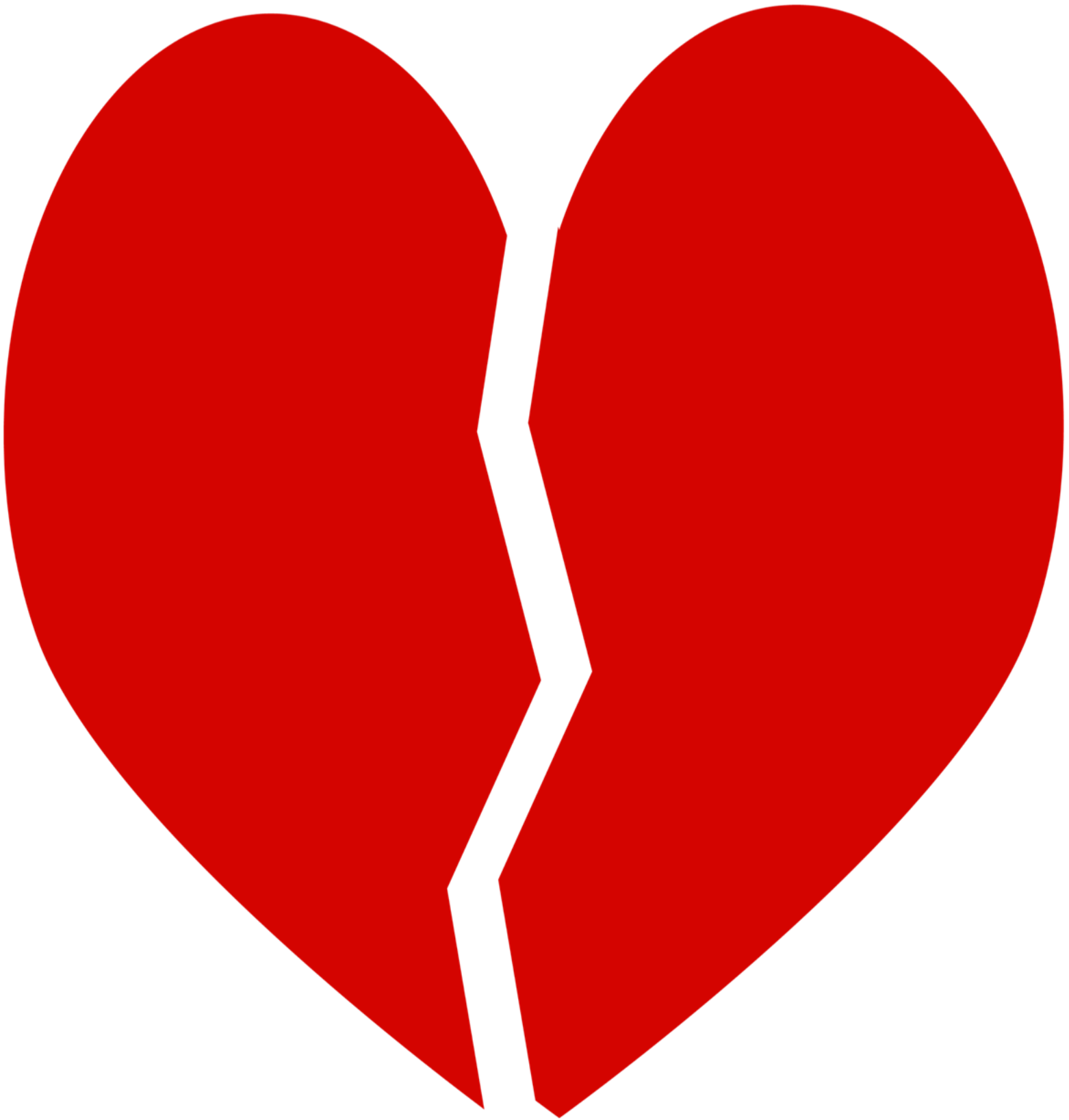


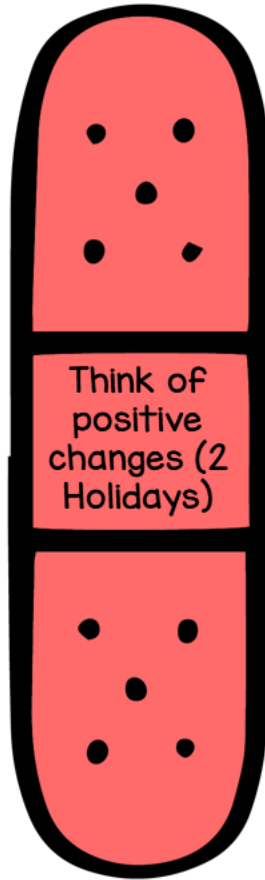
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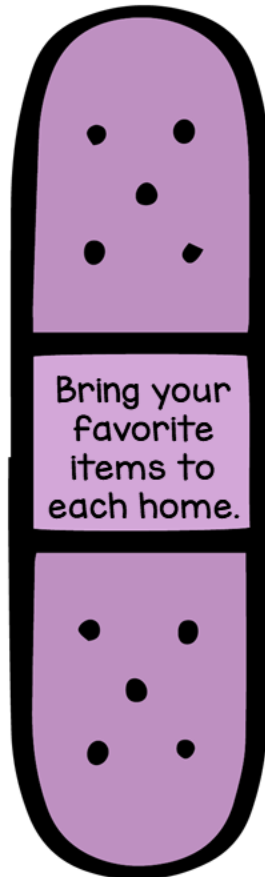
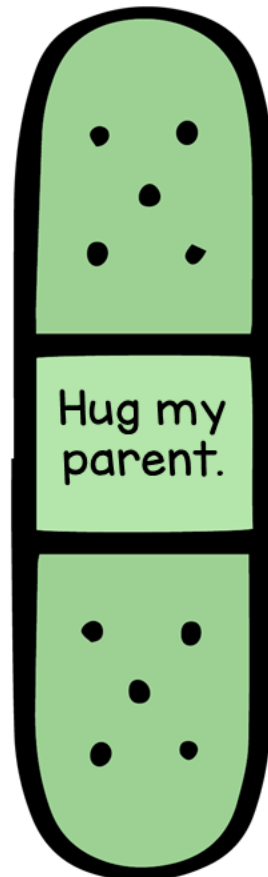
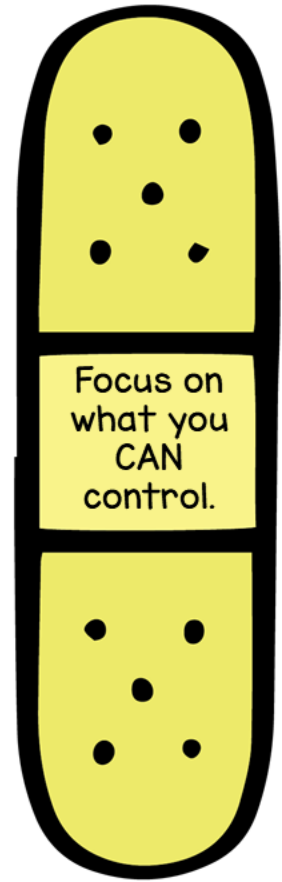
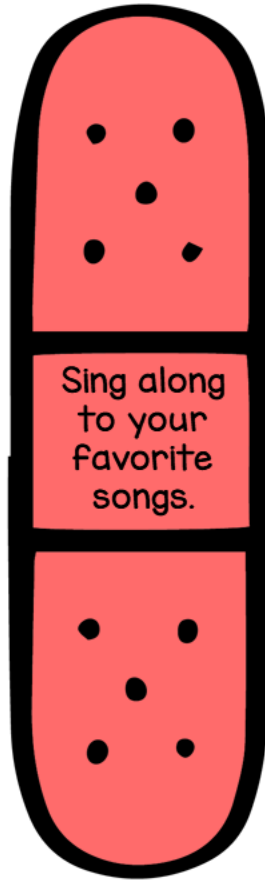
Coping Band-aids



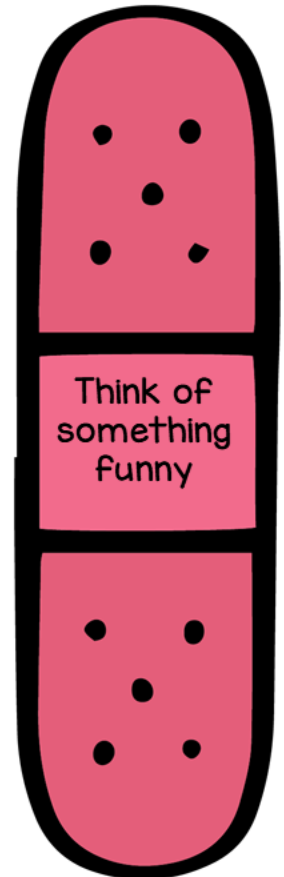
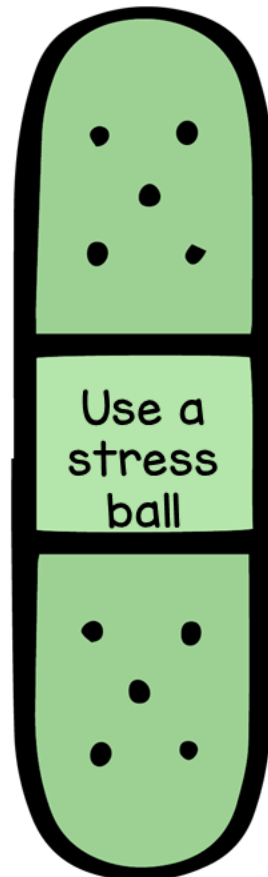
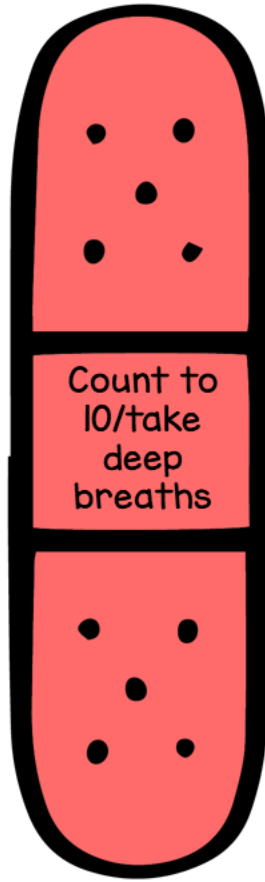
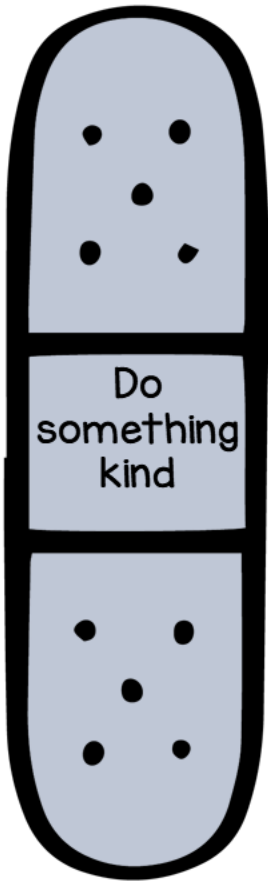
Coping Band-aids



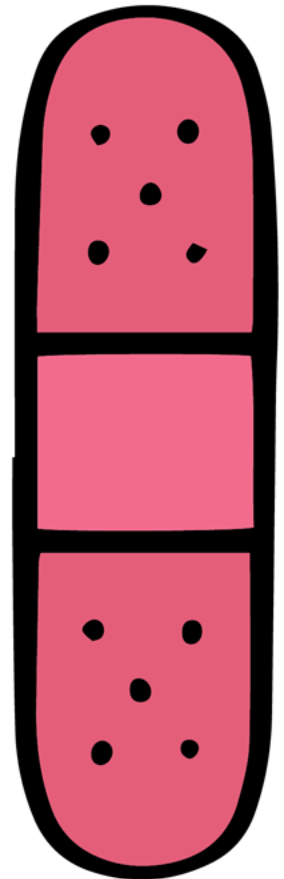
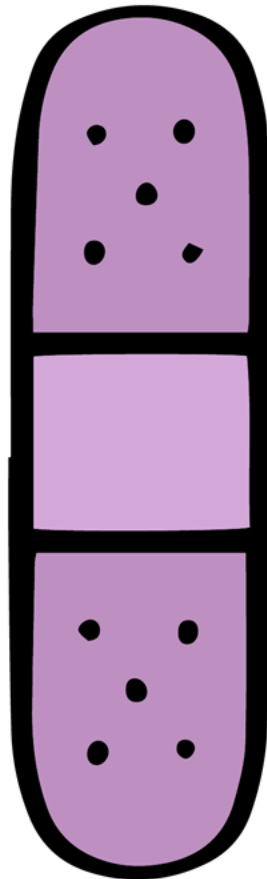
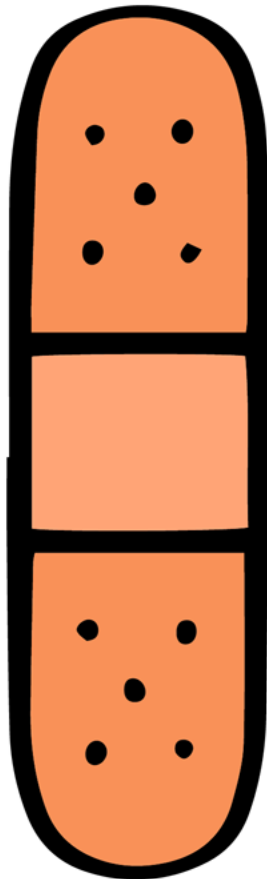
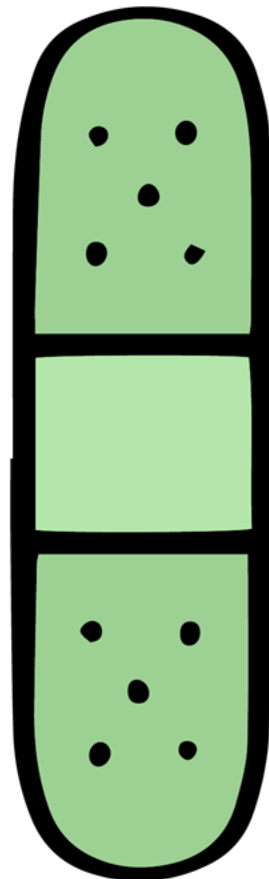
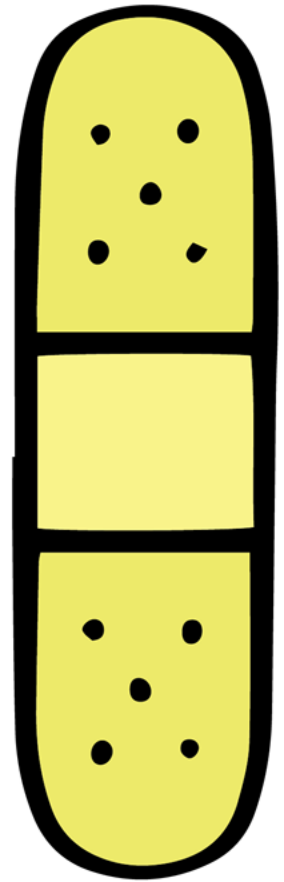
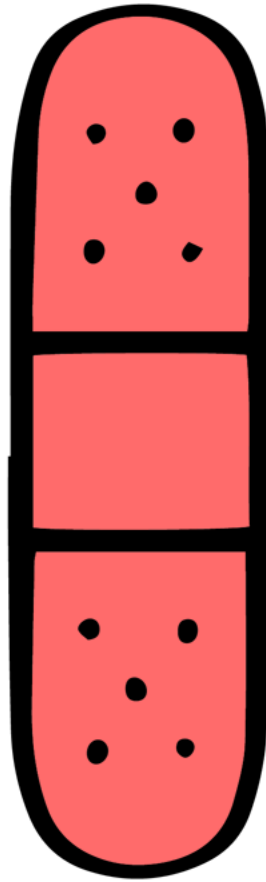
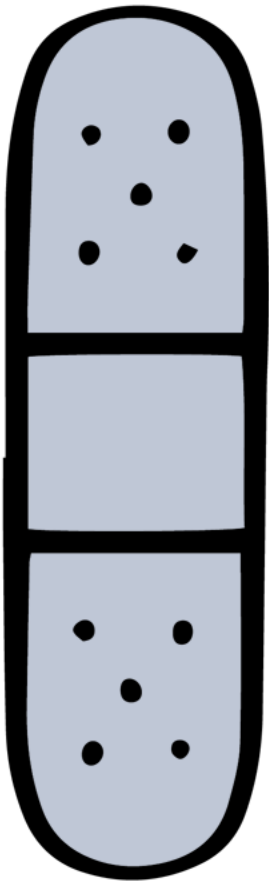
Coping Band-aids



Coping Band-aids


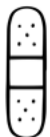

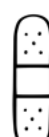


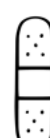
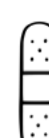


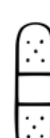

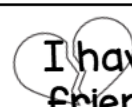





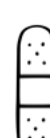

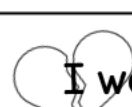







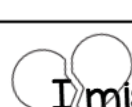





Coping Band-aids




Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 One parent talks bad about the other parent.	 Talk to parent about your feelings.	 Hug your parent.	 Count to ten, take deep breaths.
 I am asked which parent I want to live with.	 Write in journal.	 Talk to a counselor.	 Use stress ball.
 I am asked to carry messages back and forth.	 Draw your feelings.	 Talk to parent about your feelings.	 Hug a pet or stuffed animal.
 I have to leave my friends behind and move to a new place.	 Think of positive changes	 Accept your new family situation.	 Join a club or sport.
 My parents yell at each other.	 Listen to music.	 Talk to parent about your feelings.	 Participate in a support group.
 I worry that it was my fault.	 Talk to a counselor.	 Talk to your sibling.	 Talk to a trusted family member.
 I am trying to keep track of my stuff from house to house.	 Bring favorite items to each home.	 Focus on what you can control.	 Talk to your parent.
 I miss the parent that I am not with.	 Hug pet/ stuffed animal.	 Do something you love.	 Write in your journal.


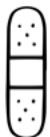

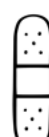


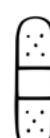
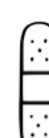


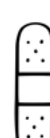

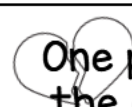



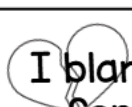

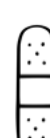

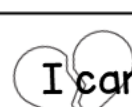



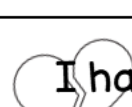



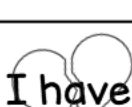



Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 I see other families together, not divorced.	 Make a gratitude list.	 Think of positive changes (2 holidays)	 Accept your new family situation.
 I am told my stepparent will live with us.	 Write in journal.	 Get to know the new people in your life (stepparent)	 Meditate /do Yoga
 A friend asks me if my parents are together.	 Think of something funny.	 Visualize your favorite place.	 Listen to music.
 I have to spend holidays apart from one parent.	 Create a new family tradition.	 Allow myself to be happy and move on.	 Read a book/ watch a movie.
 One parent says something bad about a stepparent.	 Listen to music.	 Talk to parent about your feelings.	 Use a stress ball.
 I wish my parents would get back together.	 Focus on what you can control.	 Find a friend who is also going through divorce.	 Run/go for a walk.
 My step siblings get more attention than me.	 Bring favorite items to each home.	 Hug pet or stuffed animal.	 Sing to your favorite songs.
 Family members talk bad about my parent.	 Draw feelings.	 Listen to music.	 Count to 10/ take deep breaths.

Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 I want to live with one parent instead of the other.	 Make a gratitude list.	 Do something you love.	 Accept your new family situation.
 My parent wants me to meet their girlfriend/boyfriend.	 Write in journal.	 Get to know the new people in your life	 Use stress ball.
 I wish we were a "normal" family.	 Allow myself to be happy and move on.	 Get to know a friend who is also going through a divorce.	 Talk to your sibling.
 One parent blames the other for the divorce.	 Listen to music.	 Do something kind.	 Hug pet or stuffed animal.
 I blame one parent for the divorce.	 Talk to a counselor.	 Draw your feelings.	 Join a support group.
 I can't have both my parents at my birthday party.	 Focus on what you can control.	 Find a friend who is also going through divorce.	 Run/go for a walk.
 I have to share a room with a step sibling.	 Bring favorite items to each home.	 Get to know the new people in your life (stepsiblings)	 Visualize your favorite place.
 I have to keep track of which parent's house I am at.	 Write in journal.	 Use stress ball.	 Count to 10/ take deep breaths.