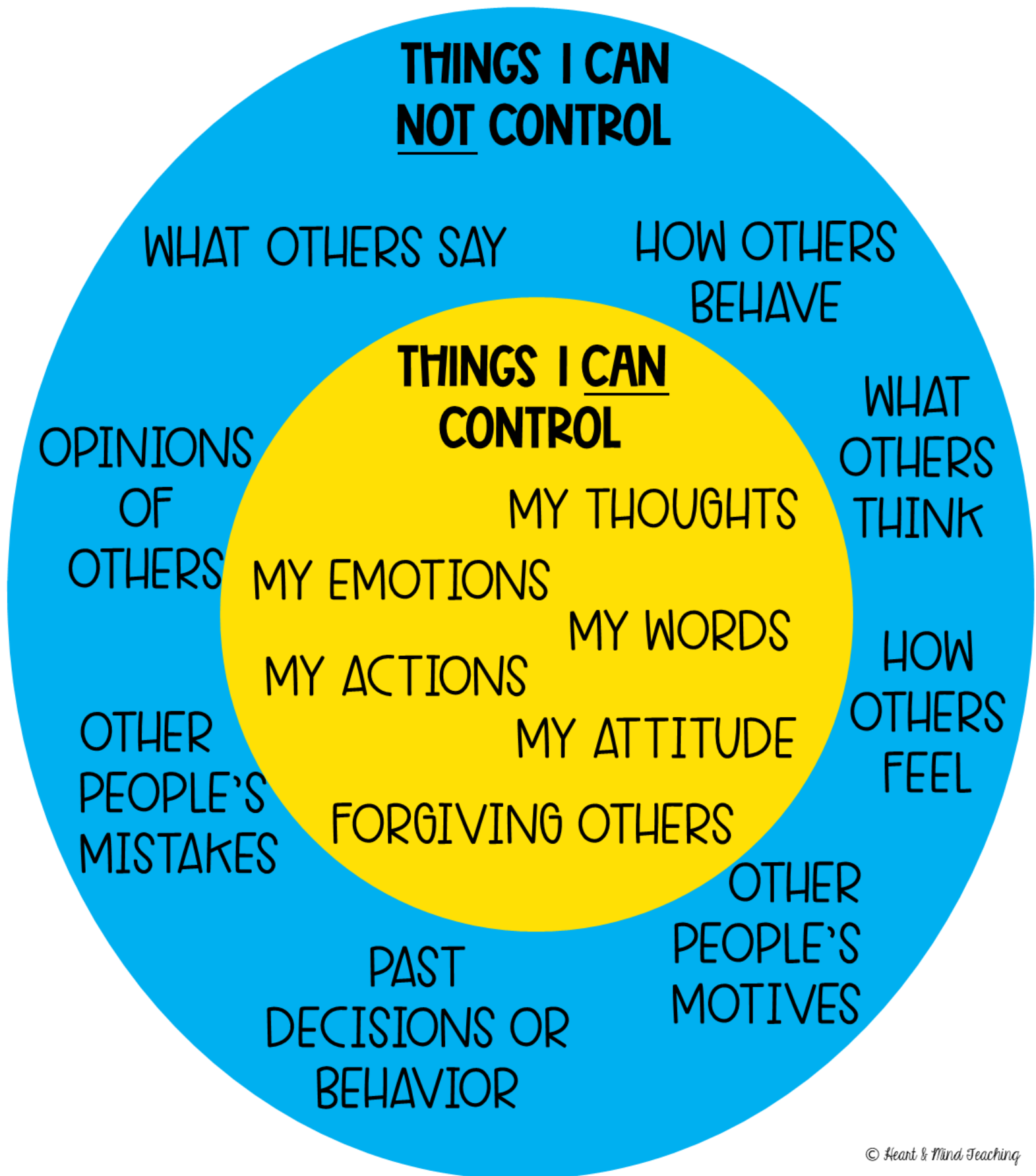
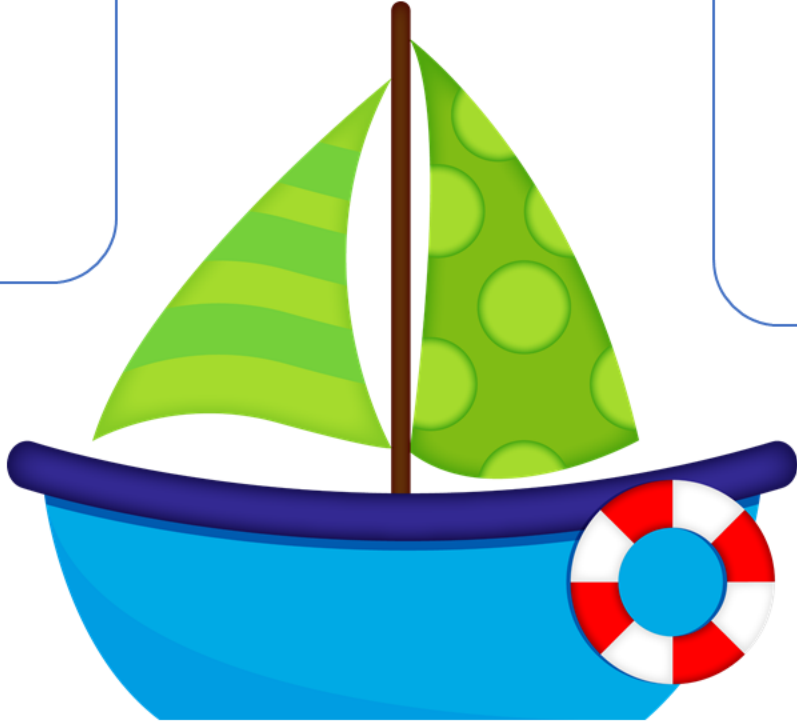


# CIRCLE OF CONTROL



# SAILING through DIVORCE

\_\_\_\_\_ 's Boat of Control  
Things I can control


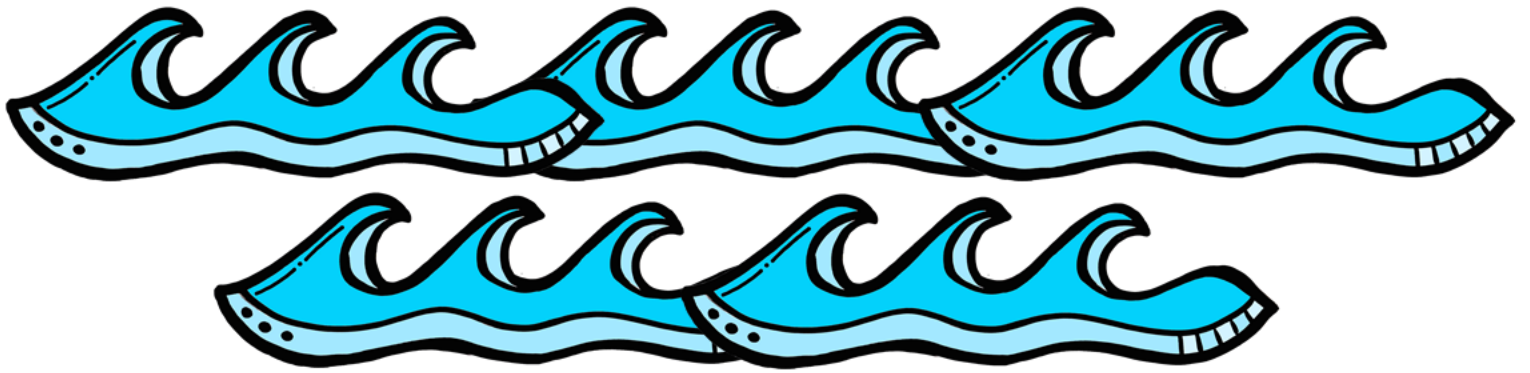


Six empty rounded rectangular boxes for writing, arranged around the sailboat:

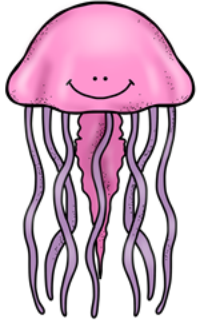
- Top center
- Left side
- Right side
- Bottom left
- Bottom center
- Bottom right

# SAILING through DIVORCE

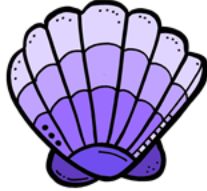
Leave it out at Sea  
Things I can NOT control



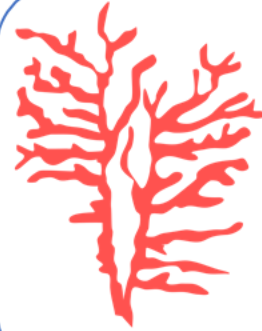
# SAILING through DIVORCE



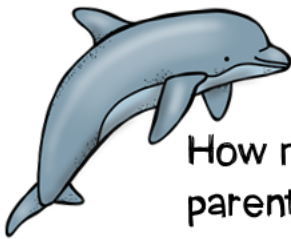
What my friends say about the divorce.



My attitude about the divorce (looking on the bright side)



My parents getting back together



How my parents speak to each other.



How much time I spend with each parent.



My choice on how to handle difficult situations (wear headphones when parents fight, try to get along with step family)



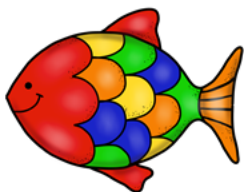
My response to sad or angry feelings: expressing myself (journal, talk to friend)



What my other family members say or think about the divorce.



New people that come into my life (Step parents, step siblings)



Where I live and who I live with.



My parents arguing.



What my parents say about each other.

# SAILING through DIVORCE



Trying to  
get to  
know  
Step  
Parents  
and Step  
Siblings



Accepting that  
the divorce is  
happening and  
making the best  
of your new  
family situation.

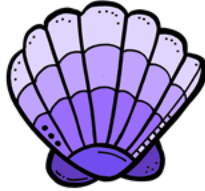


Reminding  
myself the  
divorce is  
not my  
fault.



# SAILING through DIVORCE

## Boat of Control



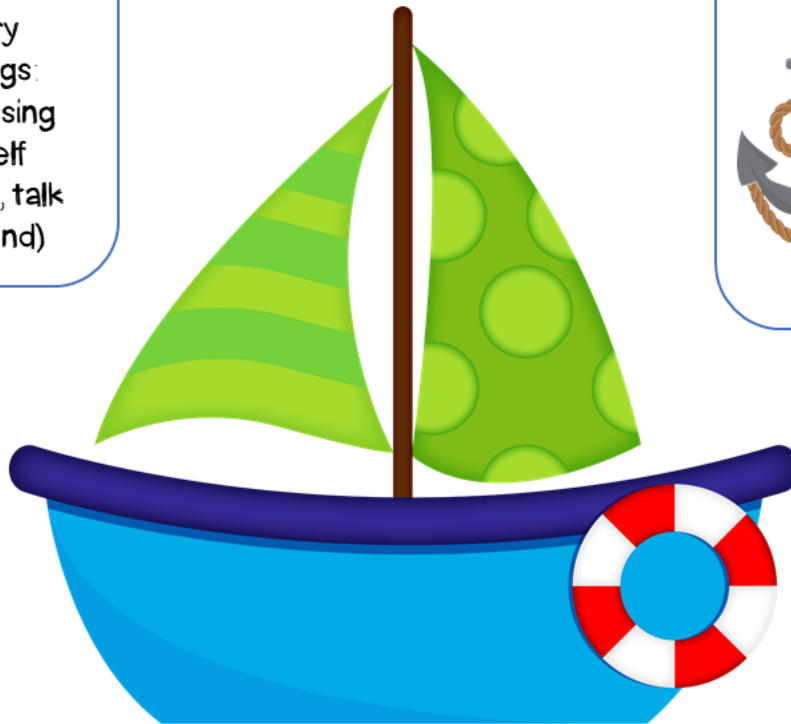
My attitude  
about the  
divorce  
(looking on  
the bright  
side)



My response  
to sad or  
angry  
feelings:  
expressing  
myself  
(journal, talk  
to friend)



My choice on  
how to handle  
difficult  
situations (wear  
headphones  
when parents  
fight, try to get  
along with step  
family)



Trying to  
get to  
know  
Step  
Parents  
and Step  
Siblings



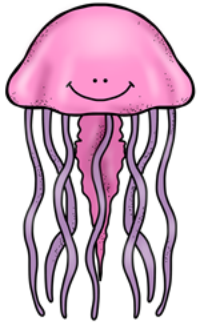
Accepting that  
the divorce is  
happening and  
making the best  
of your new  
family situation.



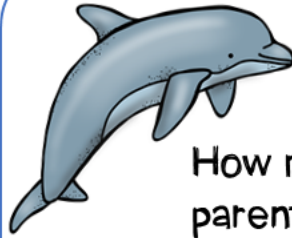
Reminding  
myself the  
divorce is  
not my  
fault.

# SAILING through DIVORCE

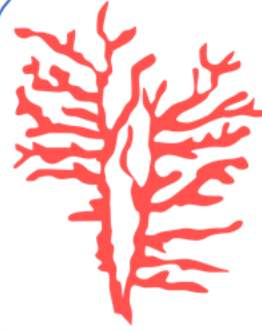
Leave it out at Sea  
Things I can not control



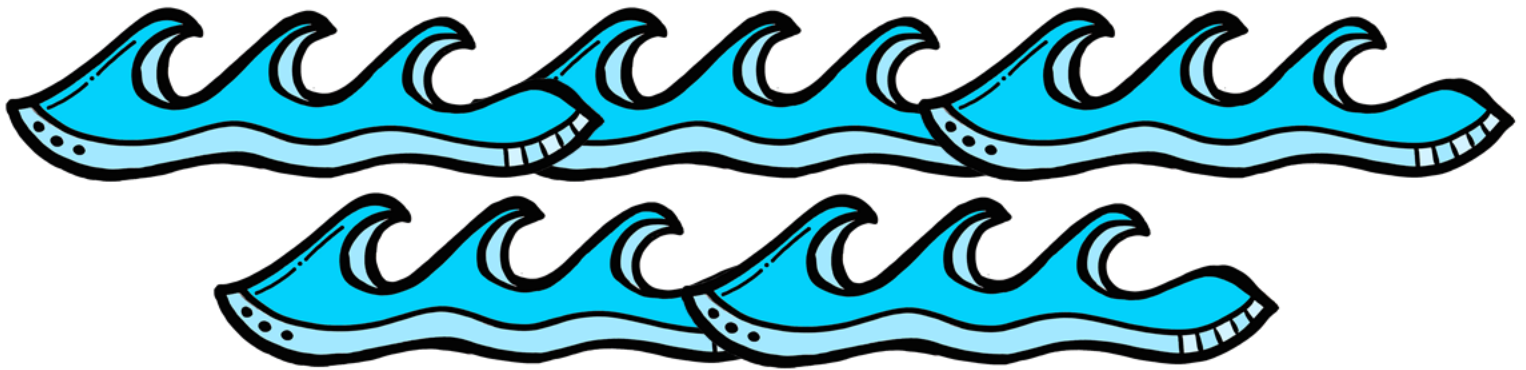
What my  
friends  
say  
about  
the  
divorce.



How my  
parents speak  
to each other.



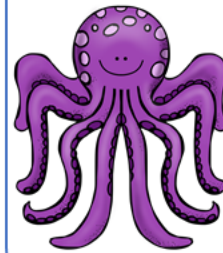
My  
parents  
getting  
back  
together



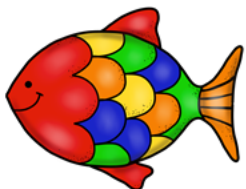
How much  
time I  
spend with  
each  
parent.



What my  
other family  
members  
say or think  
about the  
divorce.



New people  
that come  
into my life  
(Step  
parents,  
step siblings)



Where I  
live and  
who I  
live with.

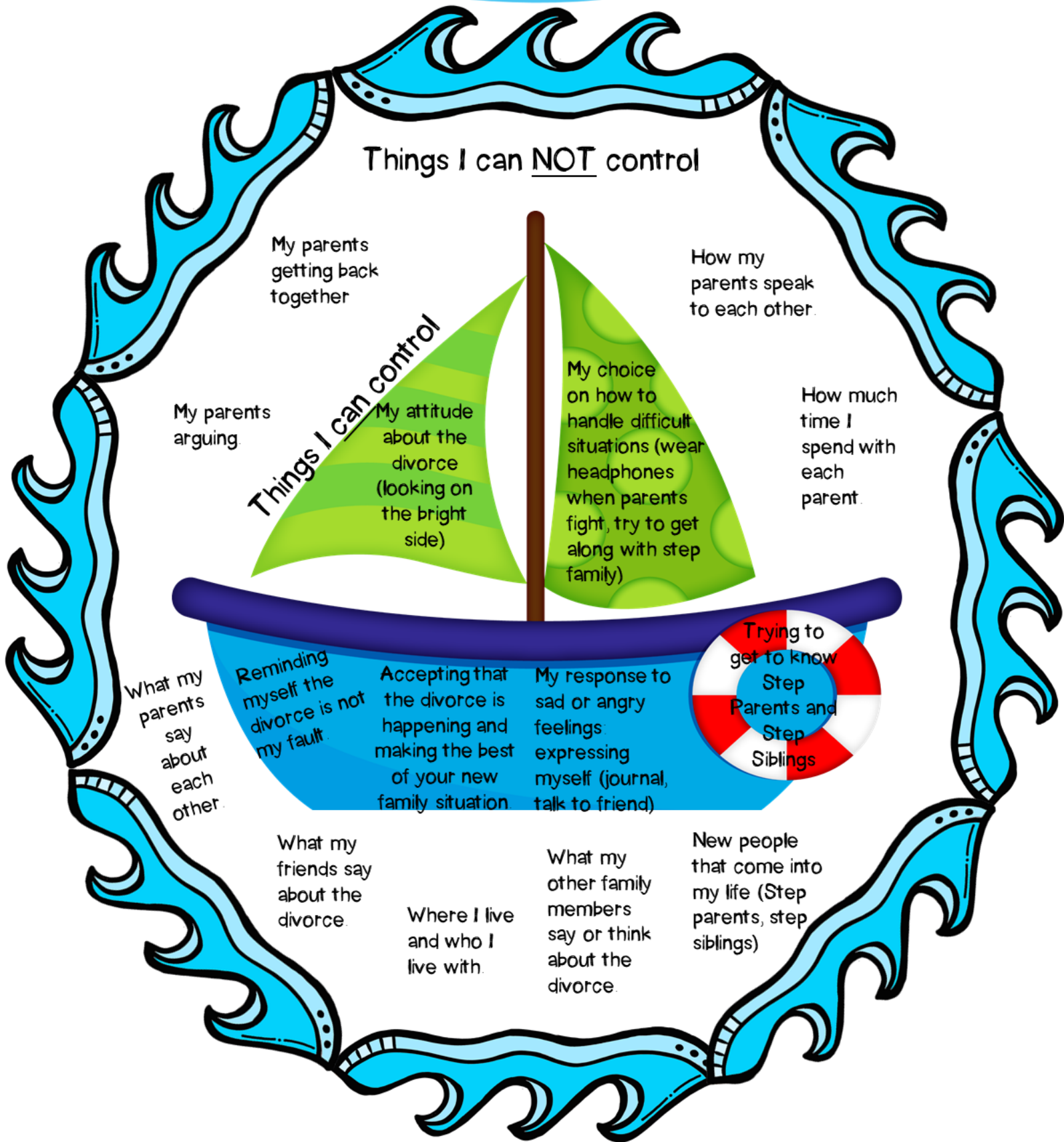


My  
parents  
arguing.



What my  
parents  
say  
about  
each  
other.

# SAILING through DIVORCE





# SAILING through DIVORCE

Things I can NOT control

Things I can control



# SAILING through DIVORCE

One thing I plan on focusing on (that I can control) is:



How this will help me:

One thing I plan on letting go of (that I can't control) is:



How this will help me: