

Name





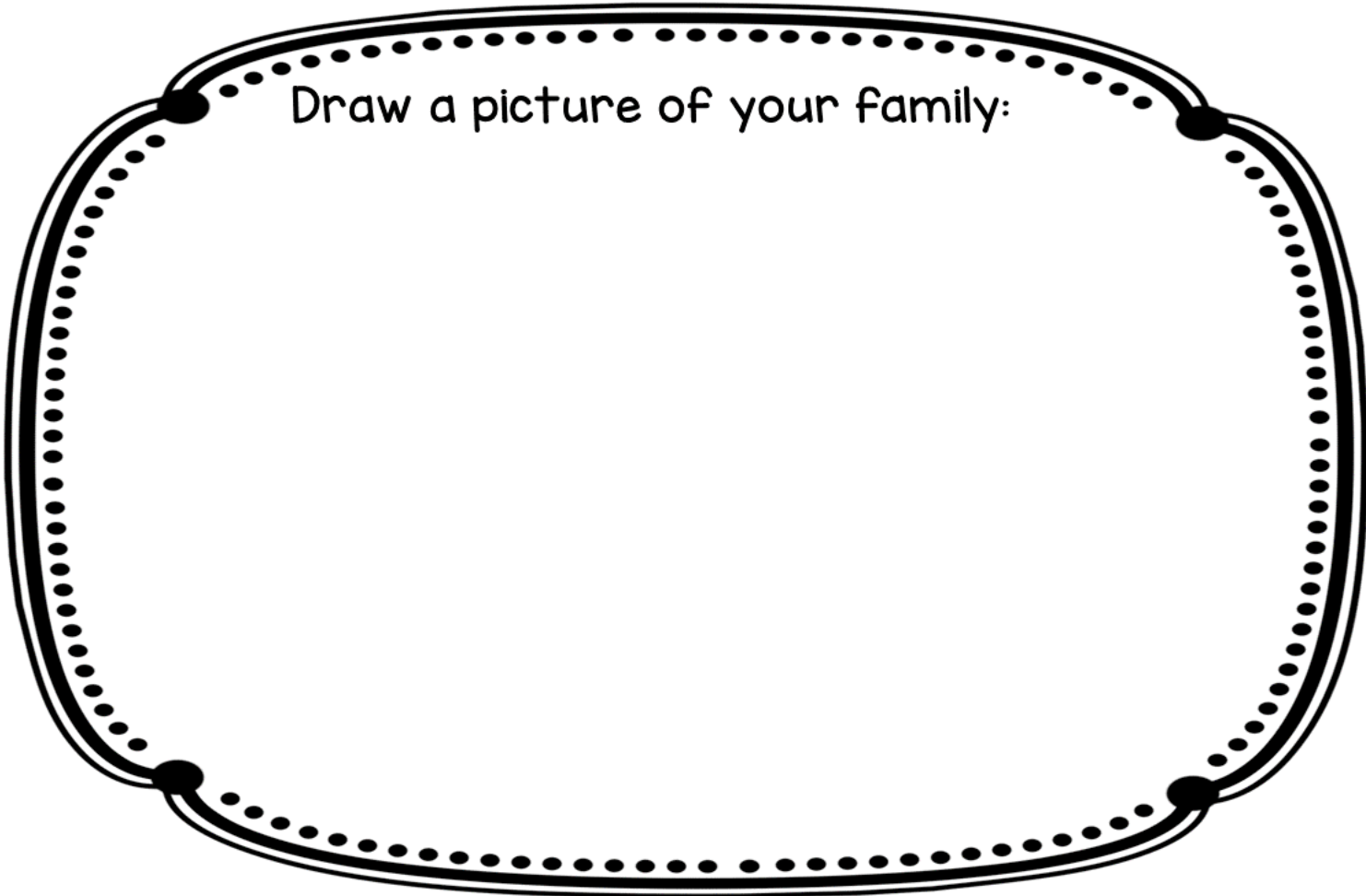
My FAMILY STORY



My Family
Members:



My Divorce story:



Draw a picture of your family:

My FAMILY STORY

What makes me
angry about the
divorce is:

How it used to be before
the Divorce:

Things I like to do with
my Mom:

These are things
about the Divorce
that I worry about:

Things I like to do with
my Dad:

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A sad memory I have
of my family:

People I can talk to
if I am sad:

A good memory
I have of my
family:

I wish this would change
about my family:

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How I found out about the divorce:

People I know that
are also divorced or
experienced divorce:

What I miss the
most is:

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New people in my
life after the
divorce:

One positive thing
about the new
people in my life
after the divorce is:

How I feel about the new people in my life
after the divorce:

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How are you different after the divorce?

How are you the same after the divorce?

Things that got better after the divorce:

After my parents got divorced, I have changed for the better by becoming more:

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These are questions that I have about the divorce:

What I want to say to my dad about the divorce.

What I want to say to my mom about the divorce.

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I will try these coping skills the next time I feel upset about the divorce (put a checkmark on your answers):

<input type="checkbox"/>	Talk to someone.
<input type="checkbox"/>	Read a book.
<input type="checkbox"/>	Squeeze a stress ball.
<input type="checkbox"/>	Listen to music.
<input type="checkbox"/>	Exercise.
<input type="checkbox"/>	Go for a walk.
<input type="checkbox"/>	Do yoga/meditate.
<input type="checkbox"/>	Hug a loved one.
<input type="checkbox"/>	Do something fun.
<input type="checkbox"/>	Do something relaxing.
<input type="checkbox"/>	Watch a movie.
<input type="checkbox"/>	Write in a journal.
<input type="checkbox"/>	Draw your feelings.
<input type="checkbox"/>	Do something creative.
<input type="checkbox"/>	Take deep breaths.

<input type="checkbox"/>	Focus on what you can control.
<input type="checkbox"/>	Look for the positives.
<input type="checkbox"/>	Call a friend.
<input type="checkbox"/>	Play with a pet.
<input type="checkbox"/>	List what you are grateful for.
<input type="checkbox"/>	Color.
<input type="checkbox"/>	Play a game.
<input type="checkbox"/>	Take a break.
<input type="checkbox"/>	Clean/organize.
<input type="checkbox"/>	Play outside.
<input type="checkbox"/>	Build something.
<input type="checkbox"/>	Complete a puzzle.
<input type="checkbox"/>	Ask for help.
<input type="checkbox"/>	Take a bath/shower.
<input type="checkbox"/>	Think of a funny joke

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Remind yourself of these quick facts:



You are not to blame for your parents' divorce.



There is nothing you can do to get them back together.



Forgiving a parent for their mistakes can help you move forward and accept the divorce.



Try to find the good things that happened because of the divorce.



There is no such thing as a "normal" family. Every family is different and unique.



You are not alone, about 40% of families in the United States are divorced.



Just because your parents divorced, does not mean that you will end up divorced. Kids who have been through divorce may end up having more insight as to what makes a relationship successful because they saw what did not work.



Letting new people into your life like stepparents or stepsiblings is not replacing your other parent, no one can replace them. It's just adding to your family.