



# DIVORCE STORM

Feels like...

Looks like...



Tears in eyes  
Hanging head low  
Quiet/shaky voice  
Trembling lips  
Dragging feet  
Tiredness



Face gets hot/red  
Pounding heart  
Breathing faster  
Clenched fist/jaw  
Thinking shuts down



Tapping hands/feet  
Sweating/feeling hot  
Mind racing  
Tense  
Butterflies in stomach



Eyebrows  
scrunched together  
Stuttering speech  
Tense  
Questioning look





# DIVORCE STORM

Feels like...

Looks like...



## Embarrassed

Holding back tears  
Stomach in knots  
Hiding face  
Blushing/red face  
Head hanging low  
No eye contact



## Scared

Fast/heavy breathing  
Heart pounding  
Whimpering  
Hands shaking  
Knees like rubber



## Shocked

Mouth wide open  
Eyes popping out  
Sense of disbelief  
Fast beating heart  
Hands covering mouth



## Content

Smiling face  
Regular heartbeat  
Calm  
Comfortable  
Relaxed  
Regular breathing





# DIVORCE STORM

Feels like...

Looks like...



Sad



Angry



Worried



Confused



# DIVORCE STORM

Feels like...

Looks like...



Embarrassed



Scared

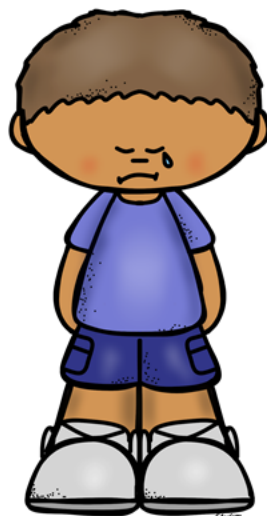


Shocked



Content





Things that make me sad about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am sad:



Things I can do to not feel sad about the divorce:



# Angry



How I look  
when I am angry:



Things that make me angry  
about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am angry:



Things I can do to not feel angry about the divorce:





How I look  
when I am worried:

# Worried



Things that make me  
worried about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am worried:

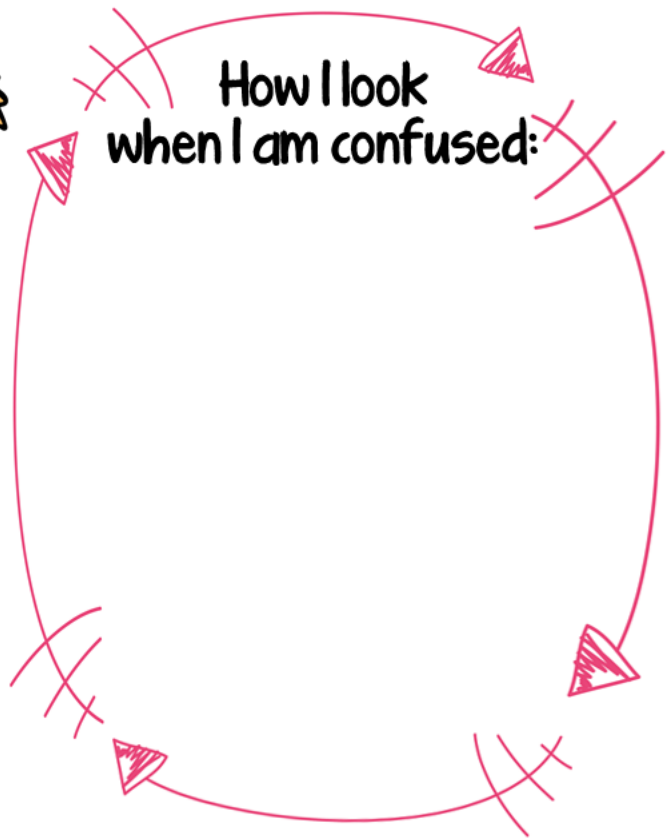


Things I can do to not feel worried about the divorce:



# Confused

How I look  
when I am confused:

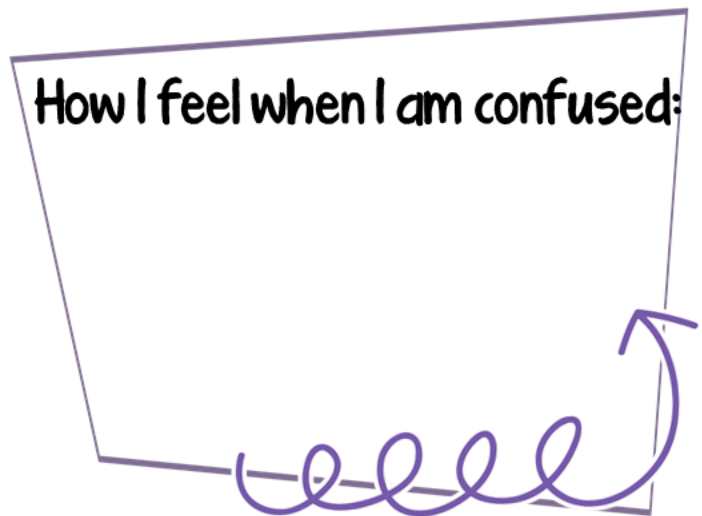


Things that make me  
confused about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am confused:



Things I can do to not feel confused about the divorce:







# Embarrassed

How I look  
when I am  
embarrassed:



Things that make me  
embarrassed about the  
divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am  
embarrassed:



Things I can do to not feel embarrassed about the divorce:





# Scared

How I look  
when I am scared:



How I feel when I am scared:



Things that make me  
scared about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

Things I can do to not feel scared about the divorce:



# Shocked

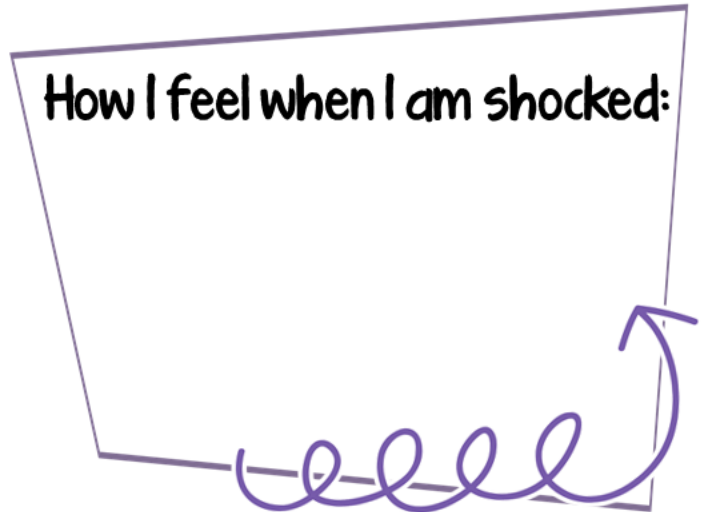
How I look  
when I am shocked:



Things that make me  
shocked about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

How I feel when I am shocked:



Things I can do to not feel shocked about the divorce:



# Content

How I look  
when I am content:



Things that make me  
content about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am content:



Things I can do to feel content about the divorce:

