

MUSIC city COUNSELOR

Thank you for purchasing
this resource!



Please contact me any time at laura@musiccitycounselor.com if
you have questions, suggestions, or requests for resources!
I am here for you!

let's connect!

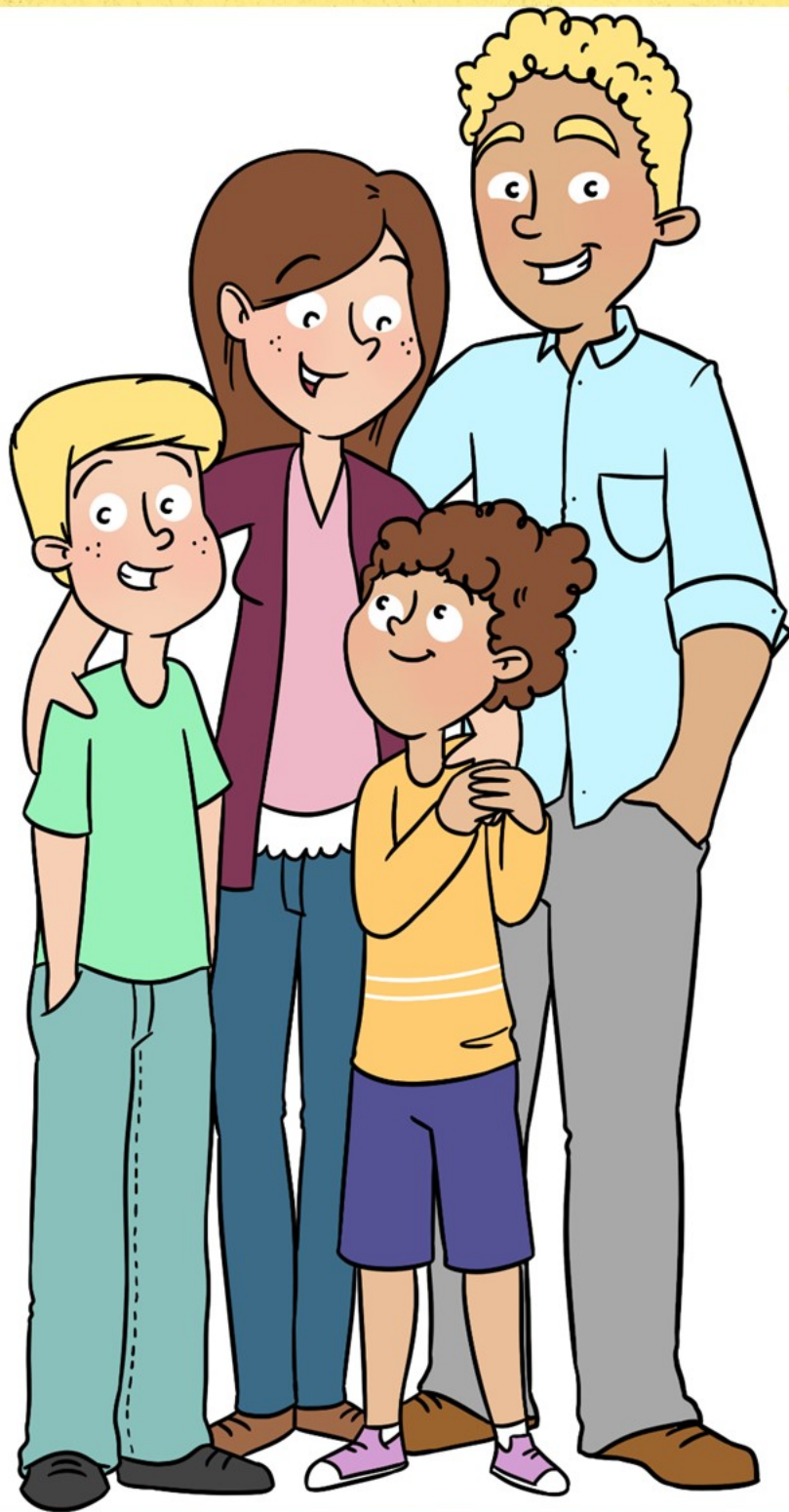


For helpful ideas and free resources, please check out my website!
www.musiccitycounselor.com

Coping with FAMILY CHANGES

Name: _____





What is a separation?

A separation means that two people have decided to live apart. They may need time away to think, sort out their feelings, and decide what to do next.

What is a divorce?

A divorce means that two people have chosen to not be married anymore. They sign legal papers to end their marriage.

IT'S NOT my fault!



Important Things to Remember:

- Divorce and separation are grown-up problems.
- You did NOT cause the divorce or separation.
- You are NOT to blame!
- You can't fix your parents' problems.
- You are safe.
- You are loved.
- You will be okay!

My RIGHTS:

Just like parents, kids have rights in a separation or a divorce.

Kids NEED to...

- Be LOVED unconditionally!
- Live in a safe, stable home.
- Show love for both parents.
- Express their feelings.
- Stay part of their mom and dad's lives.
- Understand any changes that are happening.
- Be a kid and not have to worry about grown-up problems.



My RIGHTS:

Just like parents, kids have rights in a separation or a divorce.

Kids should NOT...

- Feel like the divorce is their fault.
- Hear or see their parents fight.
- Worry about grown-up problems such as court dates or money.
- Be asked to “spy” on the other parent or carry important messages between them.
- Be asked too many questions after visiting a parent.



BEFORE the Changes...

Circle where you lived before the changes in your family happened.



A house



An apartment



A townhouse

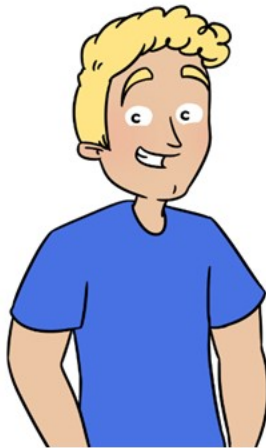


A mobile home

Circle who you lived with before the changes in your family happened.



Mom



Dad



Grandma



Grandpa



Brother



Sister



Baby



Let's SHARE...

Where do you live now, and who do you live with?

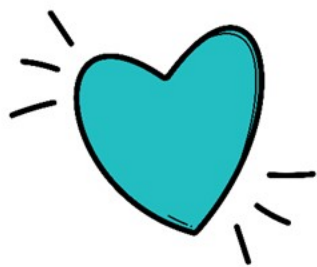
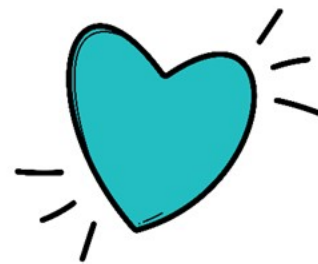
How is your home different now?

How is your family different now?





I am
SAFE,



I am
LOVED,



I can get through this part.

IT'S NOT MY FAULT

that things changed, but I can

KEEP AN OPEN HEART.

- Slumberkins®

How it all FEELS...

Circle how you have been feeling since the changes happened in your family.



Content

Sad

Angry

Confused

Nervous

Hurt

MY WORRIES:

Circle all of the worries and struggles that you have had.



Parents arguing
and fighting.



Parents feeling
sad or mad.



Who will I live
with?



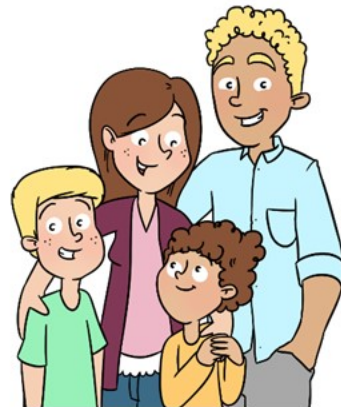
Is this all
my fault?



Bringing my
stuff from
house to house.



Can I still go to
my same
school?

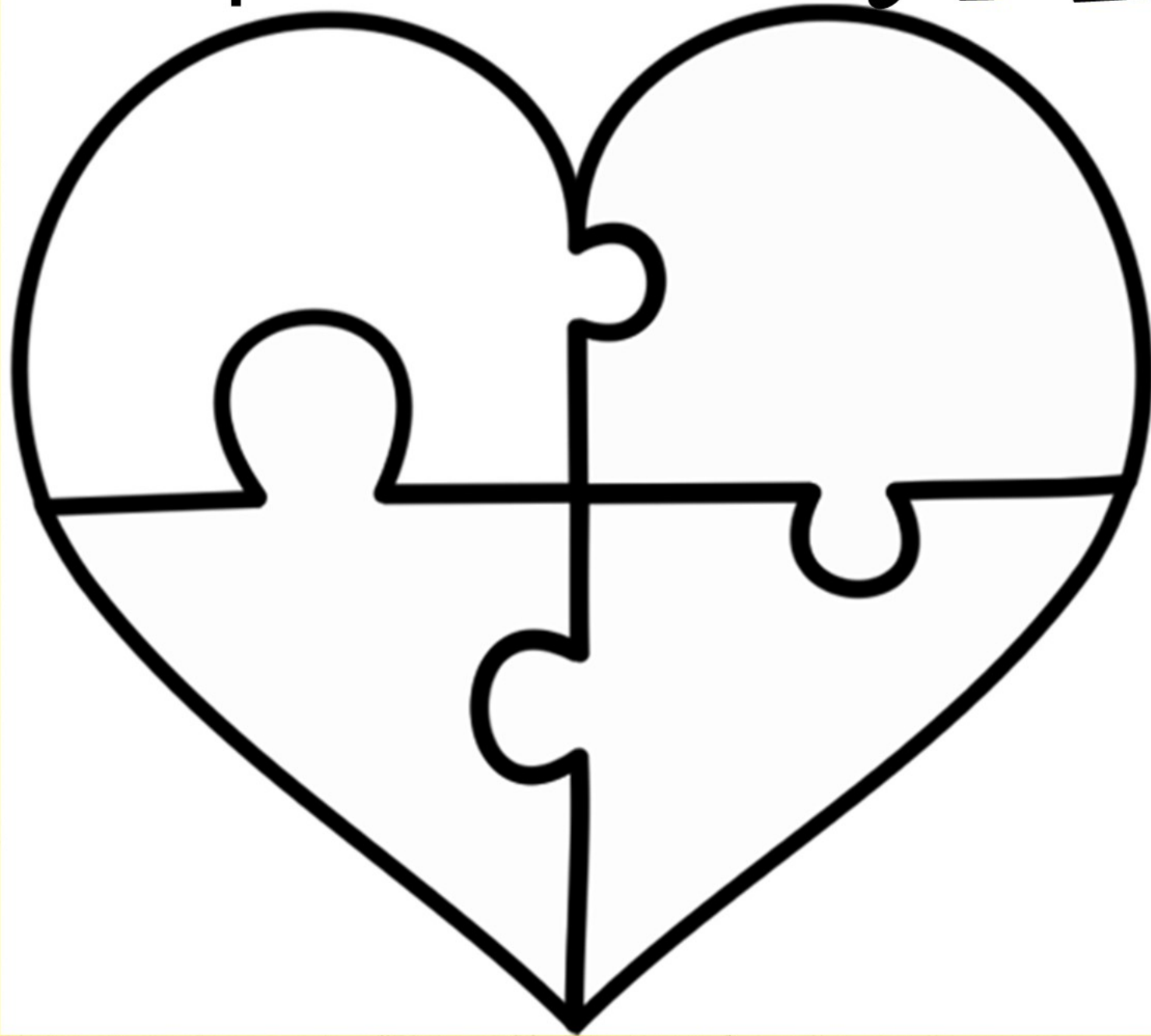


Will I still see
both parents?



Will my
parents be
okay?

The pieces of my HEART.





A divorce or separation does not change the love that you have for your parents, or the love that they have for you! Fill in the heart with all of the people that you love.

I wish I could SAY ...

Separation and divorce are difficult to talk about. If there is anything that you've been wanting to share, but have felt scared or nervous to talk about, please write it below.



I can TALK TO...

Talking out our feelings with grown-ups that we trust helps us cope. Circle the people that you can talk to.



Dad Mom Grandpa Grandma Therapist Teacher School Counselor Coach

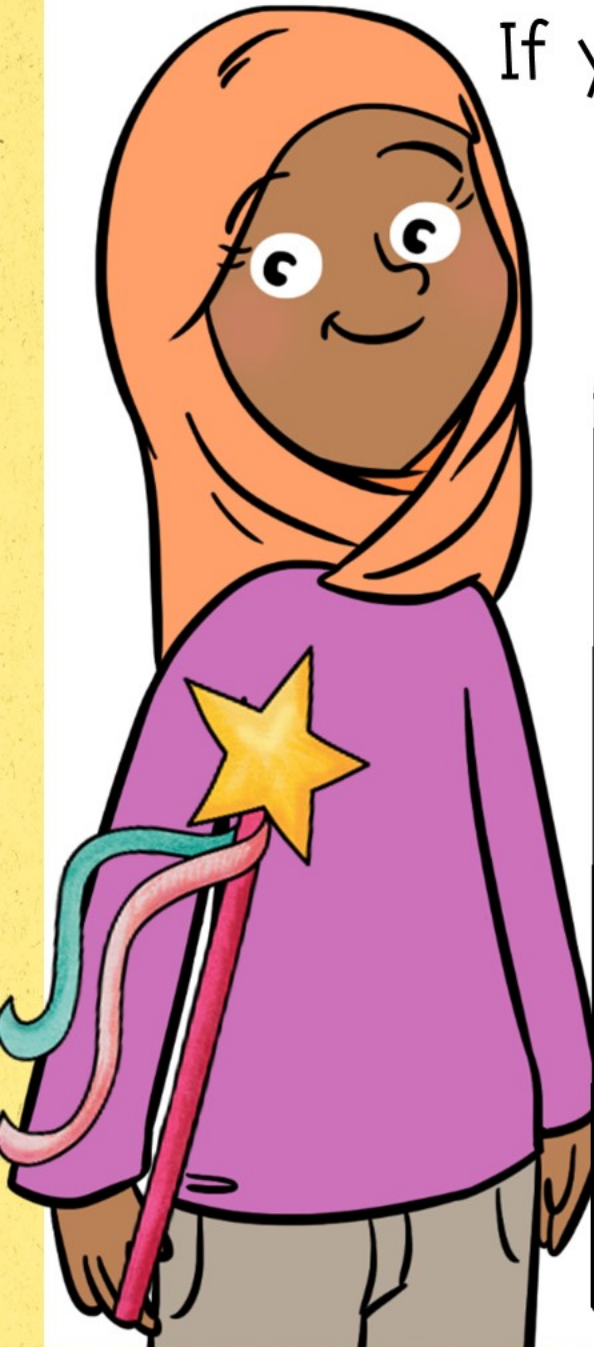
Things I'd like to **KNOW**...

What questions do you have about your parents' divorce or separation?



If I had a **MAGIC WAND**...

If you had a magic wand, what would you wish for? How would it feel to get your wish?

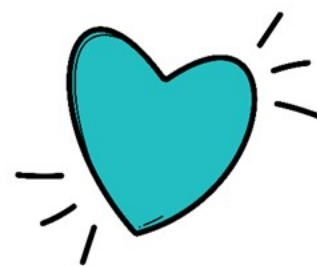
A large, spiral-bound notebook with a black cover and a white page. The page has several horizontal lines for writing. There are three dots in the top left corner, three dots in the top right corner, and a yellow star with radiating lines in the bottom right corner. The spiral binding is on the left side.



YOU ARE
BRAVER
THAN YOU BELIEVE.



STRONGER
THAN YOU SEEM.



SMARTER
THAN YOU THINK.
AND LOVED



MORE THAN YOU'LL EVER KNOW.

- A.A. Milne

My COPING SKILLS:

Circle the coping skills that you would like to try.



Talk it out.
Ask questions.



Ask for
a hug.



Count to 10.



Take deep
breaths.

Think
positive.



Exercise.



Listen to music.



Write or draw.



Take a break.



I HOPE that...

Even though separation and divorce can be challenging, there is always hope! What do you hope will happen or change in your family and in your life?

A large rectangular box with a thick black border, containing several horizontal lines for writing. A yellow rectangular highlight is at the top. A pink heart with radiating lines is in the top left corner, and a green heart with radiating lines is in the bottom right corner.



Let's think **POSITIVE**:

Even though it may be hard to see at first, divorce can, in time, be a positive change for a family.

What are some good things that are happening in your life now?

Have you noticed any positive changes in you or your parents since the divorce or separation?



Someday everything will make
 PERFECT SENSE.
So for now, laugh at the confusion,
SMILE THROUGH
THE TEARS, 
and keep reminding yourself that
EVERYTHING HAPPENS
 FOR A REASON.

- John Mayer

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LAURA
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