

“So your parents split up” - Divorce Worksheet

by, Patience Domowski, LCSW

1. What do you THINK about your parents' divorce?

(Good thing, bad thing, other...)

2. What do you FEEL about your parents' divorce?

Sad / Upset/ Happy/ Anxious/ Relieved/ Don't care/ Angry/ Confused/
Mixed up/ Other:

3. What do you DO about your parents' divorce? (coping strategies)

4. What's the BEST thing about mom and dad not together anymore?

5. What's the WORST thing about mom and dad not together anymore?

6. Whose FAULT is the Divorce (in your opinion)?

___ Mom ___ Dad ___ Both parents ___ My fault/the kids fault

___ Whole Family ___ Another person outside the family ___ No One

7. Why did mom and dad break up (in your opinion)?

8. What did your parents tell you was the reason for their divorce?

9. What was life like before your parents split up? Were your parents fighting alot? Quiet? Stand-offish? Other problems? (Describe)

10. Custody arrangement- how often are you at each house?

Mom's: _____ Dad's: _____

11. Do I like this arrangement? Yes/No/Maybe

12. If you could change something what would you change?

13. If I could tell my parents something, or give them some advice, I would say:

14. Things in my life are BETTER/WORSE now because:

15. During the transition (drive/transfer)between parent's homes, I can do *what* to make things go better?

Mom's House

What I like about my mom:

Who all lives at my mom's house?

What I like best at mom's house:

What I don't like about my mom, or mom's house:

Past Hurts/Problems with Mom:

Fun things you do with mom:

Draw your family at mom's house

A large, empty rounded rectangular box with a thin black border, intended for drawing a family at mom's house.

Dad's House

What I like about my dad:

Who all lives at my dad's house?

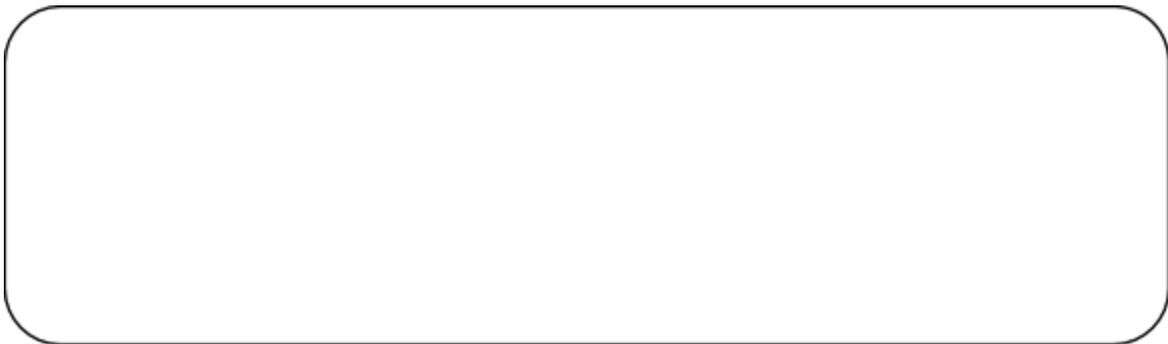
What I like best at dad's house:

What I don't like about my dad, or dad's house:

Past Hurts/Problems with dad:

Fun things you do with dad:

Draw your family at dad's house

A large, empty rounded rectangular box with a thin black border, intended for drawing a family at dad's house.