

**NATURAL RESPONSE**

# Trash Your Divorce Fears

**Materials:** Worksheet, pencils/pens, colored pencils/crayons

**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

**DISCUSSION QUESTIONS**

What are your fears and worries about your parents' divorce?

Who can you talk to about your fears?

What are some ways that you can overcome your fears?

Fear is a natural response for both kids and adults when faced with life-changing events like divorce. Fears become present because life as we know it changes. Fears can sometimes stop us from moving forward as we get stuck in these big worries that aren't good for us.

Now, when we have an object that we don't like, can't use, or just isn't good for us, we throw it away. Did you know that you can do the same things with your worries and fears? The first step toward letting go of the things that scare you about your parents' divorce can be to imagine throwing them in the garbage.



**ACTIVITY INSTRUCTIONS**

*Write all your fears and worries about divorce in the trash can. If you run out of room on the inside, feel free to keep writing outside the can. It's okay to litter just this once.*

