

FLIP-FLOP

Positives and Negatives of Divorce

Materials: Worksheet, pens/pencils

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

DISCUSSION QUESTIONS

How can something be both bad and good at the same time?

What are some feelings you have experienced with your parents' divorce?

What are some positives of divorce?

Parents get divorced for a variety of reasons, but at the end of the day parents come to realize that unhappy parents create unhappy homes. They are getting divorced because they believe the family has a better chance of happiness if the two of them live apart.

It can be hard to imagine that something can make you feel so bad, like a divorce, can also be good for your family. Let's practice how to increase our confidence in being able to explore how the negatives of divorce may be a real positive for you and your family.

ACTIVITY INSTRUCTIONS

Write five negative things about your parents' divorce in the left column. Then flip them around to be positives and write those positives in the right column.

NEGATIVE	POSITIVE
1. I'll miss my cat when I'm at my dad's house.	1. Dad has a big yard and is going to get a dog.

