

LOOKING FOR ANSWERS

# All my questions

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 talking about your parents' divorce help you?

Do you want to share these questions with your parents?  
Why or why not?

ACTIVITY INSTRUCTIONS

*Make a list of five questions you want to ask your parents about their divorce. You don't have to show this list to your parents, but you might want to. They want to help you get through this situation as easily as possible.*

As divorce is new to you and the family, it is very important for you to ask your parents questions about their divorce. Getting more information will help with knowing what to expect and reduce your stress. Remember a lot is happening during divorce, so it's important that you are checking in with your parents.

Your questions can be serious like "Does the divorce mean that I did something wrong?" or less serious like "Do I have to eat broccoli when I am visiting mom?". You get to decide on the questions that you want answered.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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