

LIST IT OUT

# My Divorce Wishes

Materials: Worksheet, pencils/pens

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

DISCUSSION QUESTIONS

Was it easy or hard to identify five wishes?

When will you share your wishes with your parents?

Sometimes you might feel powerless because of your parents' divorce. Huge decisions affecting the rest of your life are being made, and you have no say in them. Let's take a minute to reflect on what you will need from others to help you navigate through this big change.

Try and think about situations that are upsetting you now and ways your parents can better support you (i.e., talking about your day at dinner, keeping to the routine of ice cream on Thursday nights, family game nights, do you want to keep any traditions, etc.).

ACTIVITY INSTRUCTIONS

***Make a list of at least five wishes that you think will make your parents' divorce easier on you. Be realistic - demanding a new game system every year isn't going to work. Think hard about what you really need from your parents that you aren't getting now.***

1. I wish to see both my parents on my birthday.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

