

REALITY CHECK

Write a letter

about divorce

Materials: Worksheet copies, paper, pens or pencils, timer

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

Divorce causes upheaval in our lives. Relationships change, routines change, homes change. We may even have to relocate to a new city and school.

Acknowledging your feelings about these changes can help you understand and manage your new reality.

Today, we're going to write down our feelings about the divorce. You have the option to tear up the letter and throw it away, keep it for yourself or give it to your parents.



ACTIVITY INSTRUCTIONS

- 1 Write a letter to one or both of your parents stating how you feel about their divorce. Don't hold back. Remember: You will decide what to do with the letter. You'll have 7 minutes to write.

(Set the timer for 7 minutes.)

- 2 When the timer sounds, those who feel comfortable can share their letter with the group. You can share parts of the letter or the entire letter, depending on your comfort level.

- 3 Let's discuss the following questions:
 - Did writing the letter help you? How?
 - Why is it important to express your feelings about the divorce?
 - What will you do with your letter — keep it, give it to your parents or tear it up? Why?

