

**STORMY WEATHER**

# Learn to cope with emotions

Divorce can be overwhelming. It can shake up your life and leave you an emotional “wreck.”

**Materials:** Worksheet copies, pens or pencils

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

**Experiencing a storm of emotions about divorce is normal. Learning skills to cope with your emotions will see you through tough times.**

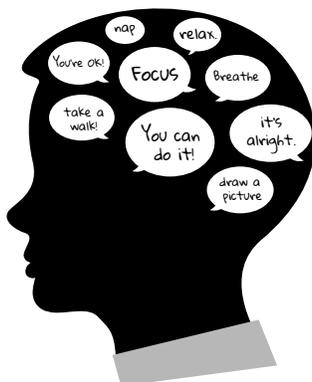
In today’s activity, we’re going to explore the emotions triggered by divorce.

**STEP ONE**

Read the list of emotions on the worksheet. If you’ve felt the emotion since learning about the divorce, write why you’ve felt it and how you cope with it.

**STEP TWO**

Let’s share what we wrote with the group. As others share, write down their coping skills to use in your own situation.



EMOTION	WHY I'VE FELT THIS EMOTION	HOW I COPE WITH THIS EMOTION
Fear		
Sadness		
Anger		
Relief		
Confusion		
Anxiety		
Worry		
Shock		
Hurt		
Embarrassment		
Loneliness		
Guilt		
Abandonment		

