

UNBOTTLE IT

Express your feelings in writing

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 triggers many emotional responses, from confusion to sadness to anger. Because the family is already under stress, we may feel the need to hide our emotions from others.

It's unhealthy to keep your emotions about divorce bottled up inside.

Having strong feelings about divorce is normal. Expressing those feelings can help you cope with and productively handle your new situation.

STEP ONE

Write a letter to "Divorce" expressing how you feel. Be as open and honest as possible. You'll have 7 minutes to write.

(Set the timer for 7 minutes.)

STEP TWO

When the timer sounds, let's discuss our letters. How did writing help you open up about divorce? Do you feel relief after expressing your feelings?

