

GRACEFUL DIVORCE SOLUTIONS  
THE TRUTH ABOUT CHILDREN AND DIVORCE WORKSHEET

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**ASK YOURSELF:**

If I were \_\_\_\_\_ (my child), what would I want in this situation?

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If I were \_\_\_\_\_ (my child), how would I want my Mom and Dad to be acting or reacting in this situation?

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If I were \_\_\_\_\_ (my child), what could my parents do to ease my fear and sadness? (be specific)

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If I were \_\_\_\_\_ (my child), what could my parents say to me that would be helpful?

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Who in my life can I seek out for support and kindness who can help us through this period in our lives?

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