

Mom and Dad are separating...
What is happening in my heart and in my head?

My way of facing the separation.
Write how you feel right now !

NO!!! Mom and Dad are going to get back together. It's like a bad dream!

I'm OK !
I like my new life, even if it's not always easy

I'm angry! Why are they doing this...to me??

I'm ready for anything to get them back together! I'll do whatever they want....

I'm sad! Will I be able to adapt to this? What will happen to me?

You can also write how you have felt since your parent's separation and see what stages you have already gone through. This will help you to see that you slowly advancing, at YOUR rhythm, in a positive direction.

You can ask someone to help you find out what stage you are at.