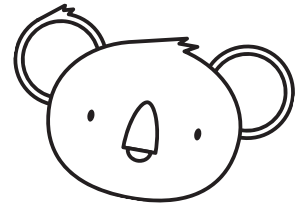




Tricky Thoughts



Many times, kids think their parents' divorce had something to do with them.
What are your thoughts?

Rate these statements from 1 - 5

- 1 - never
- 2 - once or twice
- 3 - sometimes
- 4 - often
- 5 - always

I have thought that ...

The divorce was my fault because of something bad I did.

I don't deserve to be happy.

Had I tried better, Dad/Mum would've chosen to keep us as his/her family.

There's something wrong with me which is why Dad/Mum left us.

It's my responsibility to fix this.

Dad/Mum doesn't love me anymore, I don't matter.

No one is going to like me because my parents are divorced.

There is a chance that Mum/Dad will leave too.

Divorce is an adult problem that can't be fixed by kids.

Divorce is never caused by kids.

Divorce doesn't affect a mother or father's love for their kids.

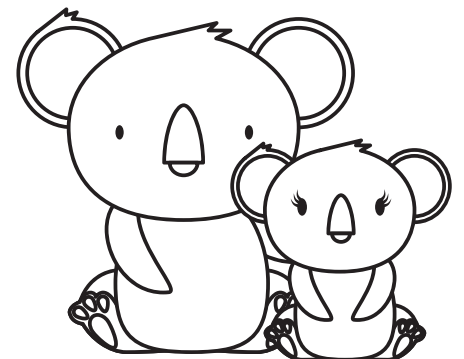
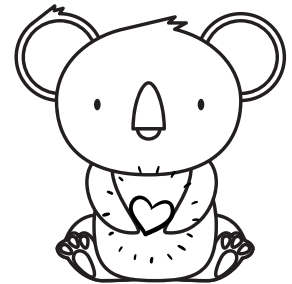
Kids always deserve to be happy.

Families can change shape but the love never changes.

Parents don't divorce their kids.

The preciousness of kids doesn't change with divorce.

Colour in the statements that you agree with



I can choose to have good thoughts about myself. I will try to remember that I am ...

