

Coping with Divorce

A visual story



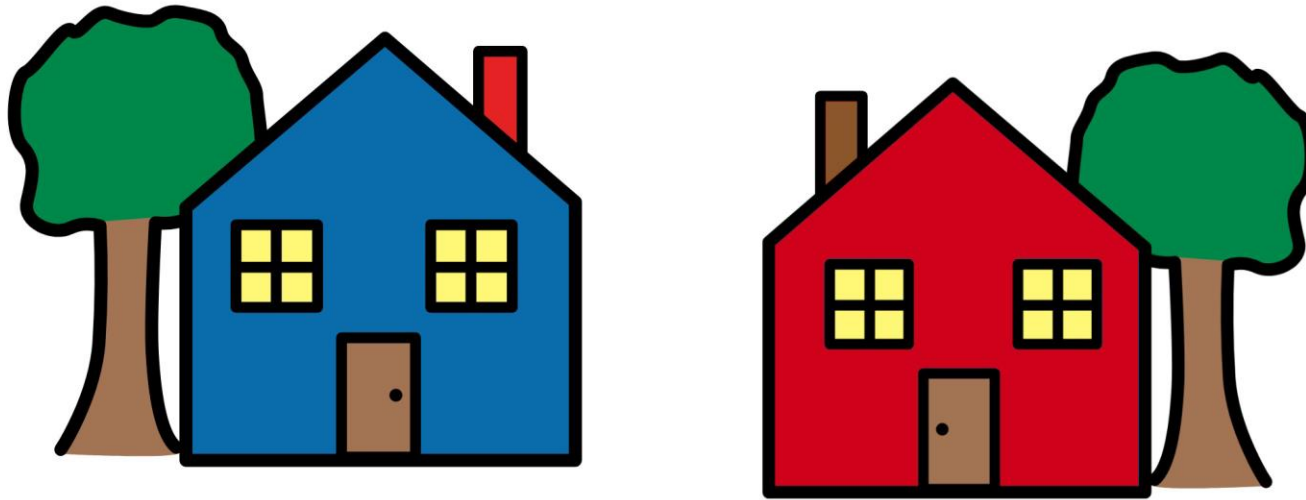
My parents are getting a divorce.



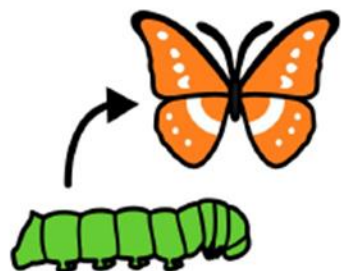
Divorce means they are no longer married to each other.



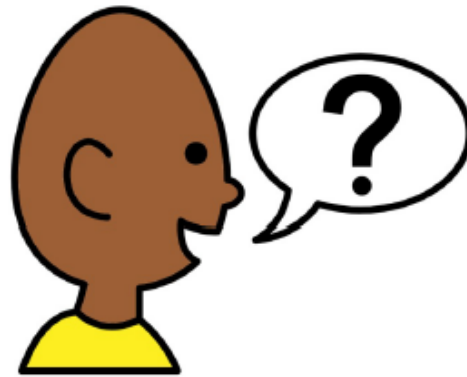
Divorce is not my fault.



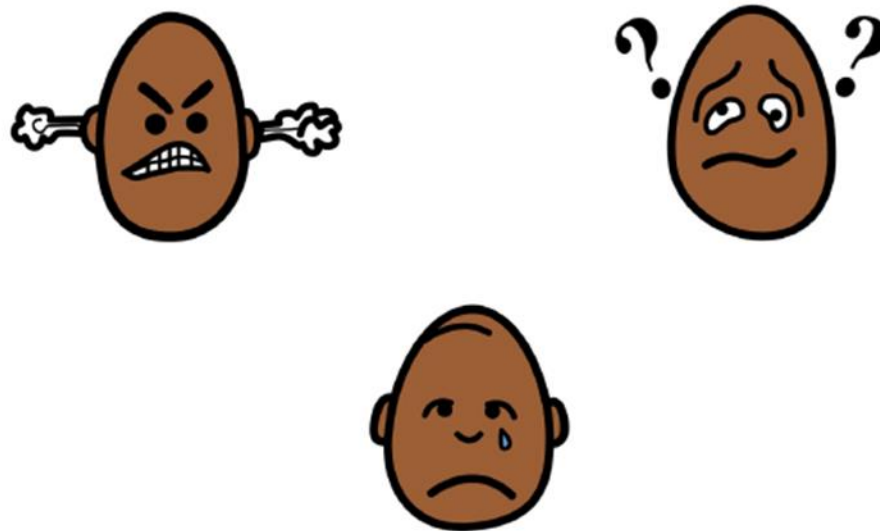
Now they live in different places. Sometimes
I travel in between.



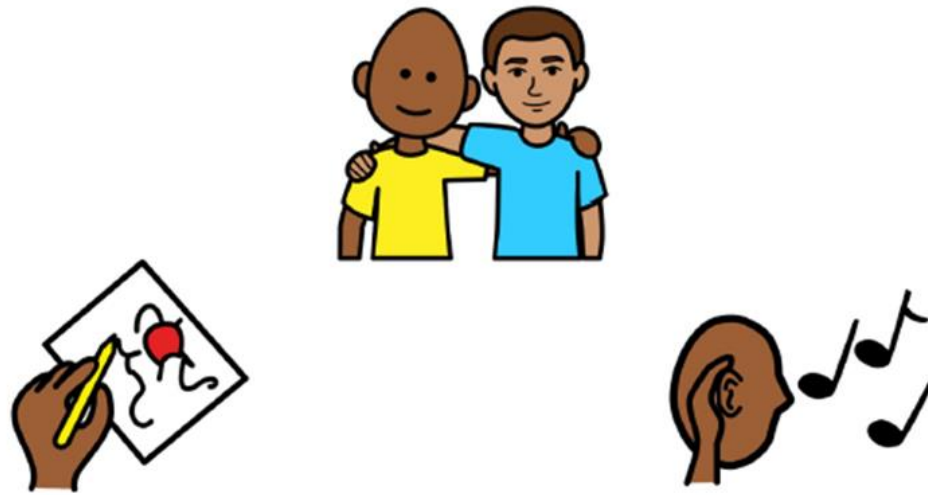
Change is hard.



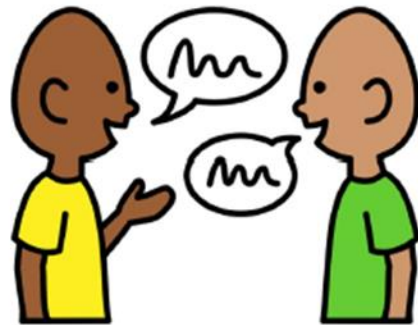
I can ask my parents questions.
They will try to answer them.



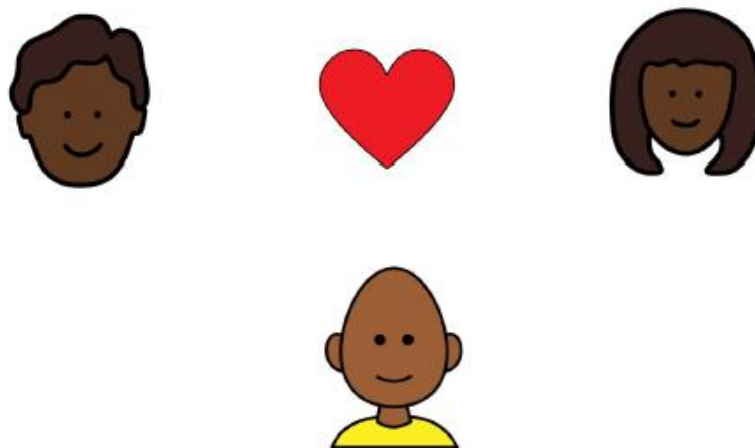
Sometimes I feel strong emotions like angry, sad, worried and confused. It is ok to feel all of these emotions.



When I am feeling strong emotions, it can be helpful to use coping strategies like coloring, spending time with friends, or listening to music.



It can also be helpful to talk to a trusted adult or a counselor about how I am feeling.



Even though my parents are no longer together, it is important to remember that they still love me.