

## Talking to Them Worksheet

Reflect on what you have said to the children about the separation/divorce. What stands out in your mind? What are the main messages?

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What fears or concerns might they be harbouring?

- That they are to blame for the problems/divorce
- That their parents aren't capable of planning their life
- That they could lose the love of one of their parents
- That the things they like the most in life will stop/change

What has my child/children been expressing through their words and behaviour?

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