

Basic Steps for Deep Breathing

- 1. Relaxing word.**
- 2. Comfortable place.**
- 3. Breathe in through nose, breathe out through mouth.**
- 4. One hand on chest, the other on stomach.**
- 5. Breathe in—stomach rises.**
- 6. Breathe out—stomach falls.**

Ask if you can call or see your other parent

*** If the answer is "no"...**

- 1. Don't be angry.**
- 2. Ask when would be a better time to call or visit.**

What to say and do when parents argue

- * Do not choose sides.**
- * Get away from arguments.**
- * Tell parents later how you feel.**
- * Do something you like—draw, write, read, TV.**

You CANNOT control:

**Your parents' divorce
or what they do and
think.**

You CAN control:

**What you do and
what you think.**

Basic Steps for Guided Imagery

- 1. Start with a short deep-breathing exercise.**
- 2. Sit or lie in a comfortable position.**
- 3. Think of a story about walking through a forest or anywhere that is relaxing.**
- 4. Pretend that you are really at this relaxing place and think about what you see, smell, hear, and feel.**

Tell Parents How You Feel

I feel

Sad

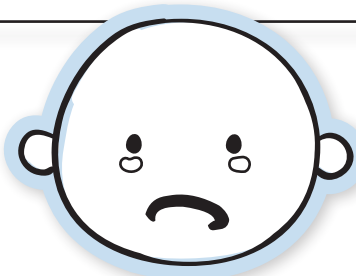
because

I don't get to see

my dad as much as I

used to see him

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Saying how you feel will make you feel better.

Telling Friends Is Okay

* Okay to tell friends if...

1. You trust them.
2. They are a really good friend.
3. You are alone with them.

Basic Steps for Muscle Relaxation

- 1. Short deep-breathing exercise.**
- 2. Sit up with your feet on the floor and hands in your lap.**
- 3. Listen and tense different muscles.**
- 4. Hold it for 5 seconds.**

Good Things about Divorce and Separation

- 1. Parents fight less.**
- 2. More time with each parent.**
- 3. Having different bedrooms, clothes, etc.**

Why Parents Sometimes Get New Partners

- * Being with someone new can make your parents happy.**
- * Parents need someone else to spend time with.**
- * Your parents want what is best for you.**

Group Rules

- 1. Be kind to everyone in the group.**
- 2. Listen when other people in the group are talking.**
- 3. Do not talk to children outside of the group about what other people in the group say.**



TRUDE



FALSE

Adult Job

Kid Job