

## My Parents Divorce How Do I Feel About

When a marriage ends, it is hard enough for the two people directly involved. When there are children in the family, however, the destructive effects of a divorce or separation are magnified. In *Now What Am I Supposed to Do?* author Lynn Cassella-Kapusinski offers a workbook for teens to help them flush out their feelings and fears over their parents' divorce or separation. The author's own parents divorced when she was eleven, and she writes with a style that teens can easily relate to without feeling talked down to. The exercises in *Now What Am I Supposed to Do?* can be done alone or with friends. While this book is aimed at teens, it is also a helpful guide for parents and youth ministers who want to help teens work through their emotions.

Answers common questions about divorce, its effects on the family, relationships with parents after a divorce, and related matters, and provides observations from children who have experienced a divorce in their families.

**EIGHT STARRED REVIEWS!** The reassuring book kids and families need right now. "An absolute original . . . a story that kids will love." --R. J. Palacio, bestselling author of *Wonder* At a time when everything is changing for Bea and her family, the important things will always stay the same. A soon-to-be classic by the Newbery Award-winning author of *When You Reach Me*. After her parents' divorce, Bea's life became different in many ways. But she can always look back at the list she keeps in her green notebook to remember the things that will stay the same. The first and most important: Mom and Dad will always love Bea, and each other. When Dad tells Bea that he and his boyfriend, Jesse, are getting married, Bea is thrilled. Bea loves Jesse, and when he and Dad get married, she'll finally (finally!) have what she's always wanted--a sister. Even though she's never met Jesse's daughter, Sonia, Bea is sure that they'll be "just like sisters anywhere." As the wedding day approaches, Bea will learn that making a new family brings questions, surprises, and joy, and readers will discover why the *New York Times* called Rebecca Stead a "writer of great feeling." "An undeniably beautiful book." --The *New York Times* "No author writing today observes young lives with more clarity, tenderness, and grace." --Newbery Medalist Katherine Applegate, author of *The One and Only Ivan* "Stead truly understands the inner life of kids." --Newbery Medalist Erin Entrada Kelly, author of *Hello, Universe* and *You Go First*

Adult children are often overlooked and forgotten when their parents divorce later in life, but in these pages they will find comfort and understanding for the many feelings, frustrations, and challenges they face. For more than two decades, a silent revolution has been occurring and creating a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and its effects are being felt across three to four generations: more couples are divorcing later in life. Called the "gray divorce revolution," the cultural phenomenon describes couples who divorce

after the age of 50. Overlooked in the issues that affect couples divorcing later in life are the adult children of divorcing parents. Their voices open this book, and they are the voices of men and women, 18 to 50 years old. Some of them are single; some are married. Some have children of their own. All of them are in different stages of shock, fear, and sudden, dramatic change. In *Home Will Never Be the Same: A Guide for Adult Children of Gray Divorce*, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them. As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

"Why isn't there a commandment to 'honor thy children' or at least one to 'not abuse thy children'?" asks Beverly Engel. No one should have to tolerate an abusive or destructive relationship. However, countless adults continue to foster toxic relationships with their parents. Perhaps honoring our parents starts with honoring ourselves. While making peace with a parent may seem ideal, it is not always a viable option, and severing ties with a parent is sometimes a necessity. Engel, who had to divorce her mother for a number of years, recognizes that forgiveness is not always necessary or even possible. This sensitive, emphatic, yet practical guide includes exercises to help you through this important turning point that can inspire positive and healthy changes in your life. With step-by-step instruction and real-life testimonials, *Divorcing a Parent* will show you how to anticipate and manage negative pressure from others, how to overcome your doubts and guilt, how to participate in family gatherings, and how to handle grandchildren. Engel even addresses how to manage the abuse of a deceased parent. While utilizing an individualized approach, Engel guides you through the entire process to determine what is best for your wellbeing—from deciding if divorce is right for you to finalizing the separation. Above all, this book shows you how to love yourself and give yourself the gift of freedom! Beverly Engel, is an internationally recognized psychotherapist and an acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of 20 self-help books, including four best-selling books on emotional abuse. Several of her books have received awards and been translated into many languages. Engel is a licensed marriage and family therapist, and has practiced psychotherapy for 35 years. She frequently lends her expertise to national television talk shows and has appeared on Oprah, CNN, *Starting Over*, and others. Learn more at [www.beverlyengel.com](http://www.beverlyengel.com).

"Parents looking for a book about separation or divorce will find few offerings as positive, matter-of-fact, or child-centered as this one. . . . Simple, yet profoundly satisfying." – Booklist (starred review) At Mommy's house, Alex has a soft chair.

At Daddy's house, Alex has a rocking chair. In each home, Alex also has a special bedroom and lots of friends to play with. But whether Alex is with Mommy or with Daddy, one thing always stays the same - Alex is loved. The gently reassuring text focuses on what is gained rather than what is lost when parents divorce, while the sensitive illustrations, depicting two unique homes in all their small details, firmly establish Alex's place in both of them. Two Homes will help children - and parents - embrace even the most difficult of changes with an open and optimistic heart.

"When your parents divorce, it can feel like the world turns upside down. What do you do? Whether you live mostly at your mom's or dad's, this story can help you through the tough times."--from cover, p. [4]

Do you come away from contact with your parent with unbearable feelings of rage, low self-esteem and depression? Is your parent hypercritical, manipulative, and/or controlling? Do you feel unsafe when you are with your parent because of verbal abuse, negligence, or inappropriate behavior? No matter how much you do for your parent, is it never enough? No one should have to endure an abusive, unhealthy relationship that threatens his or her well-being -- even if that relationship is with a parent. In this ground-breaking book, Beverly Engel draws on her own personal experience, as well as the stories and letters of other adult children, to offer a complete guide to why, when and how to divorce a parent. Engel discusses good and bad reasons for taking this step, when to stop trying to reconcile, and how to prepare yourself emotionally for the actual divorce, including such alternatives as temporary separation. If you do decide that parental divorce; how to handle negative pressure from others; how to come to terms with your own grief and guilt; what to tell your own children, and how to deal with their relationships with their grandparents; how to cope with holidays; how to divorce a parent after his or her death; and what to do if you change your mind and want to reconcile.

If your parents divorced when you were young, you were probably affected by the breakdown of their marriage. Divided loyalties, secrets kept from the other parent, one life lived in two separate houses—these may have been par for the course. With this guide, you will learn that the effects of the divorce are not permanently harmful. Find out how to forgive your parents, discover new ways to enrich your own relationships and learn that there are alternative realities available. Divorce experts and psychologists Jeffrey Zimmerman, Ph.D., and Elizabeth S. Thayer Ph.D., show you how to recognize how your parents' divorce influenced your life, resulting in disruptions such as relationship failures due to financial reasons, difficulties with commitment, and repeated situations that "just don't seem to work out." They provide techniques to help you understand and overcome these and other issues common to adult children of divorced parents. Zimmerman and Thayer focus on helping you learn how to build self-esteem, become resilient, establish healthy boundaries, communicate clearly, open up to trust, show love, believe in commitment and deal with vulnerable feelings.

Is your child stuck in the middle of a high-conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for

kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along.

Primal Loss  
The Now-Adult Children of Divorce Speak  
Lcb Publishing

Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to those who claim that "children are resilient" and "children are happy when their parents are happy"? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.

The ultimate resource for separated and divorced parents, written by an internationally acclaimed expert on divorce and its impact on children. This comprehensive and empowering guide is filled with practical, effective ways to minimize the effects of divorce on children, and offers immediate solutions to the most critical parenting problems divorce brings. In this go-to resource, Christina McGhee addresses the issues of utmost importance to parents: ? How and when to tell the children about the divorce ? Guiding children through transition ? Helping children cope with having two homes ? Dealing with finances ? Managing a difficult relationship with an ex ? And more Offering advice on explaining things to every age group--from toddlers to teenagers--in plain, consistent, and age-appropriate terms, Parenting Apart also offers practical suggestions for parents to help them maintain their own sense of stability and take care of their own well-being while taking care of their kids.

This revised and updated second edition features ideas from the latest research, more information on long-distance parenting, dealing with the courts, and working with a difficult co-parent. "Parents argue a lot before a divorce," says Dr. Stahl. "If they continue to argue after the divorce, their children will suffer." Stahl knows parents are not perfect, and he uses that knowledge to show imperfect parents how to settle their differences in the best interests of the children. Often required reading in court-mandated divorce education classes.

A completely revised and updated edition on this sensitive subject designed to be read with elementary-age children facing the agonizing trauma of divorce.

Collects top-selected postings on life and relationships from The Rumpus' popular "Dear Sugar" online column, sharing recommendations on everything from infidelity and grief to marital boredom and financial hardships. Original. 40,000 first printing.

Discusses why divorce happens, how to cope with it, and how to deal with difficult feelings as well as friends whose parents are divorced.

Still a Family is a much-needed repository of wisdom and practical counsel for any family going through a divorce, a time of heightened feelings and fragile relationships. Divorce can have a devastating effect on children. Yet for families who care fully consider and manage the

intricacies associated with this difficult and upsetting time, the family, as seen from the child's perspective, can remain strong, healthy, and as loving and supportive as it ever was. Still a Family clearly and concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach, providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often painful process. The book covers the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups.

Instructs adults how to deal with parents who are getting divorced late in life and how to cope with their own distress

Counsels adult children of divorced parents on five key steps for building and maintaining strong relationships, covering topics such as learning healthy lessons from a parent's negative examples and addressing commitment fears.

"Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits"--

"Case studies and helpful advice for kids whose parents are getting divorced"--Provided by publisher.

In contemporary understanding, the working areas of children's psychology are expanding considerably. The mental health of the children ensures that they are able to use their developmental abilities, cope with difficulties in life, be productive and be creative, and demonstrate cognitive, emotional, and behavioral characteristics appropriate to their developmental turn. This research was conducted to be able to identify behavioral disorders that may be a sign of children's mental problems and to shed light on the resolution of possible problems by facilitating the follow-up of psychosocial developments during the period of growth. This book presents an overview of the contemporary approaches in the departments of child education and psychology, with the hope of them growing up as happy, peaceful, balanced, thoughtful confident and successful individuals.

Divorce is often stressful for kids. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. In *But I Love You Both*, two psychologists and experts in parental alienation offer a workbook for kids who are feeling torn between two parents in a hostile divorce. The book also deals with the negative impact of custody disputes and helps children understand and identify their feelings, learn to cope with stress and other complex emotions, and feel safe and loved.

As a parent, when you think about the word "divorce," many feelings might come to your mind, but what about your children's feelings? How can you help them deal with their very real feelings about your divorce? Feelings are a superpower when used responsibly. Feelings tend to get a bad reputation because they can sometimes be overwhelming and painful, but feelings help us learn to cope, process, and heal from all the things we experience. The true healing powers of feelings can get lost in all the chaos. It is time to take children's feelings out of the shadows and bring them to the light. Sharing all feelings is important in the healing process. This interactive workbook: Provides a safe space for children to stay "whole" before, during, and after their parents' divorce. Gives children a healthy, creative outlet to explore



and process their feelings by initiating discussion, as well as discovering the power of self-affirmation and drawing. Takes a journey inside the concerns of children regarding how their lives will be changed by their parents' divorce.

12 year old Danny's once happy and normal life starts to fall apart when his parents inform him they are getting a divorce. This book embarks on Danny's journey to understanding Why this is happening and Why God allowed it to happen.

Divorce...Although common in the times we are living in, continues to bring a devastating sting to all those in the family, especially the children. This book will give a child the truth and understanding they desperately need. It will also provide God's help, through his son Jesus, so they can develop the mindset required to overcome this personal tragedy This book will help children with the pain and confusion they feel when confronted with their parents' divorce by giving them God's perspective and Jesus' help. As someone who was a child of divorced parents and then later becoming divorced in my own marriage, I understand both as the child and mother of a child, how difficult and confusing divorce can be. Kim Carlone is the author of "I Like to Pray When...". This is her second Christian Children's book she has written with hopes to help children everywhere. "I believe this to be another great tool for the Christian parent's toolbox and a great resource for a child who has not come to know Jesus yet." A Christian Mother and former Sunday School Teacher, Kim enjoys bringing Jesus into a child's life. A child advocate, she sponsors children all over the world, through organizations that are fighting poverty and disease. Kim currently owns a Christian Retail Store, "The Christian Woman" and resides in her hometown of Portsmouth, RI with her family. Please visit our website [www.christiandivorcehelp.org](http://www.christiandivorcehelp.org)

Fresh ideas to help you pray for your parents. The Bible calls us to honor our parents—and one way we can do that is by praying for them. Little children often see their mothers and fathers as the ones with all the answers. It's not until we grow up that we realize our parents are just like us—regular people in need of prayer. This guide will help you to pray rich, intentional prayers for your mother or father—be they biological or adoptive, working or retired, frail or fit, married or separated, believers or unbelievers. Whatever their situation, if we want to love them well, we need to pray. Each of the 21 prayer themes in this book takes a passage of Scripture and suggests five things to pray for a particular area of your parents' lives. You can use this book in any number of ways: work through it as part of your daily quiet time or pick it up whenever a particular need arises. The command to honor our parents comes with a beautiful promise—"that it may go well with you" (Ephesians 6 v 3). The hope of this guide is that you will reap this blessing as you come before God with prayers that change things for an older generation. Chelsea Stanley serves with the women's ministry team at Crossway Community Church in Bristol, Wisconsin . She has written for *Desiring God*, *Risen Motherhood*, and *The Gospel Coalition*.

Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted

by her parents' divorce. Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to:

- Examine your parents' breakup from an adult perspective
- Heal the wounds of the past
- Recognize destructive dynamics in intimate relationships and take steps to change them
- Trust yourself and others by embracing vulnerability
- Create strong partnerships with their proven Seven Steps to a Successful Relationship
- Break the divorce legacy once and for all!

In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and appropriate. These boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike. The book is not a classic pediatric text book. It shows different approaches to some pediatric topics. Our aim in this book, as understood from its title, is to describe some specific issues related to nursing, psychiatric and surgical issues. The book Pediatric Nursing, Psychiatric and Surgical Issues has 8 chapters which are placed in 4 different sections, to enlighten patients and pediatricians on current developments on specific pediatric issues.

What is the real legacy of divorce? To answer this question, Constance Ahrons, Ph.D., interviewed one hundred and seventy-three grown children whose divorcing parents she had interviewed twenty years earlier for her landmark study, the basis of which was the highly acclaimed book *The Good Divorce*. What she has learned is both heartening and significant. Challenging the stereotype that children of divorce are emotionally troubled, drug abusing, academically challenged, and otherwise failing, Dr. Ahrons reveals that most children can and do adapt, and that many even thrive in the face of family change. Although divorce is never easy for any family, she shows that it does not have to destroy children's lives or lead to a family breakdown. With the insight of these grown children and the advice of this gifted family therapist, divorcing parents will find helpful road maps identifying both the benefits and the harms to which postdivorce children are exposed and, ultimately, what they can do to maintain family bonds.

Examines a young girl's feelings about her parents' divorce and how she and her parents cope with these emotions. Includes a counseling guide for parents, teachers, and counselors.

Down-to-earth, practical, and full of friendly real-world help for kids, *What Happens When Parents Get Divorced?* is a unique book for families transitioning to two households. Unlike other books, *What Happens When Parents Get Divorced?* focuses on how divorce and shared parenting will affect a child's life and uses a visual calendar kids can truly understand. Kids and grown-ups have lots of fears, but for many of us, the "unknown" edges out pretty much everything else. When something big like a divorce or separation happens in a child's life, they often feel like everything they know is thrown into chaos. Kids (like the rest of us) handle change best if they know what to expect, both on a day-to-day basis and long-term. *What Happens When Parents Get Divorced?* makes sense of marital separation and creates a visual routine that helps kids feel safe. Join Mia and her stuffed giraffe Stuart as they explain what separation and divorce is and how it affects a kid's day-to-day life. Using an illustrated calendar to explain how divorce affects a child's daily routine, *What Happens When Parents Get Divorced?* focuses on the child's experience and removes the unknowns from the equation. This book takes the proven therapy technique of using a custody calendar and brings it to book form, helping parents show kids exactly what to expect. By creating a routine that kids can see and understand, parents can restore a sense of safety and predictability in their kids' lives, helping them to be more resilient in the face of life's inevitable challenges. *What Happens When Parents Get Divorced?* is the perfect book for families that want to reduce their kids' anxiety surrounding divorce and separation. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.

Your best resource now completely revised and updated! Being a single mother isn't easy--but with *The Complete Single Mother*, Third Edition, it just got easier. Long the most popular source of encouragement and advice for single moms, this engaging, enlightening guide explores such important issues as: Finances Dealing with the absent father Custody Dating and remarriage With a new chapter devoted to children with special needs, as well as inspirational sidebars about famous single mothers, this updated classic is the supportive, one-stop handbook you'll turn to again and again!

Explains in terms that young people can understand the concepts of divorce and family, and offers suggestions and activities for coping with feelings of anger, blame, shame, and loneliness.

If your parents divorced when you were a child, you may be wondering: Will I get divorced, too? Research indicates divorce is often passed down from generation to generation. Children from divorced homes are up to five times more likely to get divorced as compared to children whose families remained intact. It's time to end the cycle of divorce. Based upon two decades of interviews with over 400 adult children of divorce, this book will empower you to: Avoid the destructive relationship behaviors common to adult children of divorce Increase your ability to recognize what love looks like and what it doesn't look like Recognize the warning signs of a poor partner choice before you make a long-term commitment Create the successful, loving relationship you deserve This practical, no-nonsense guide is encouraging, optimistic and insightful. Through the use of real-life stories, it provides the



valuable tools you need for a great relationship. Whether you're a teen embarking on dating and love, in your 20's, 30's or 40's with some dating history, or perhaps divorced already, it's never too early or too late to learn how to end the cycle of divorce. Three stepsiblings in a blended family discuss their experiences and those of friends with divorce and remarriage.

It's never too late to have a good divorce Based on two decades of groundbreaking research, *The Good Divorce* presents the surprising finding that in more than fifty percent of divorces couples end their marriages, yet preserve their families. Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family--one that spans two households and continues to meet the needs of children. *The Good Divorce* makes an important contribution to the ongoing "family values" debate by dispelling the myth that divorce inevitability leaves emotionally troubles children in its wake. It is a powerful tonic for the millions of divorcing and long-divorces parents who are tired of hearing only the damage reports. It will make us change the way we think about divorce and the way we divorce, reconfirming our commitment to children and families.

*My Parents Divorced, And I Have A Plan* is a groundbreaking children's picture book for all ages to help children (and parents) adjust to divorce in a healthy way. It is critical that children have the opportunity to ask questions and feel some control over their situation in the midst of a divorce. This *Have a Plan Book* provides an engaging, straightforward, and gentle approach. Grounded in brain science, it empowers children to L.E.A.D.: to integrate Logic and Emotions to Analyze and Decide on a plan to thrive. Learning facts about divorce, examining the emotions involved, analyzing suggestions, and deciding on a plan teaches resilience and lifelong coping and communication skills. It also provides a thoughtful and comforting framework for discussion. Most importantly, the lessons in this book—including that a child is NEVER to blame when parents divorce—can truly help a child navigate their new situation, making a difference now and for years to come. *Blueprint it: This Have a Plan* title can also be personalized online at [www.littleblueprint.com](http://www.littleblueprint.com). You can add names, a dedication, a character resembling your child, and/or photos of both parent and child. It is not only engaging, but useful for children to see themselves as the hero of their own story; it promotes both comprehension and recall of critical information about divorce, and helps children to process their situation and thrive.

*How to deal with your parents' divorce when you're not a kid anymore* As the divorce rate soars among the baby-boomer generation, more and more people in their twenties and thirties are being faced with the divorce of their parents, and few resources exist to help them cope with their unique circumstances. Written by an award-winning journalist who has lived through her own parents' midlife divorce, this practical, comforting guide includes advice on:

- How to help your parents without getting caught in the middle
- How to have tough conversations with your parents about money, property, and inheritance—theirs and yours
- How to understand the complexities of infidelity and stepfamilies
- How to rebuild relationships with each parent after the divorce

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