

"MY PARENTS SPLIT UP"



1. When you think of **divorce**, what usually comes to your mind?

2. Check the **three most common things** you think most teenagers experience when their parents divorce.

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|--|---|--|
| <input type="checkbox"/> Getting angry at both parents | <input type="checkbox"/> Dealing with post-divorce money problems | <input type="checkbox"/> Lower grades |
| <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> Feelings of abandonment | <input type="checkbox"/> Problems with drugs |
| <input type="checkbox"/> Stress from living with one parent | <input type="checkbox"/> Weird holidays | <input type="checkbox"/> Health problems |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Parent visitation problems | <input type="checkbox"/> Anger toward God |
| <input type="checkbox"/> Resentment toward parent who's dating | | <input type="checkbox"/> Listening to one parent gripe about the other |

3. What advice or response would you have for someone in these situations?

a. "My dad left my mom and moved in with his girlfriend—now he expects me to treat this lady like she's someone special."

b. "I want to live with my dad. When my parents divorced, my mom moved my little sister and me to another state. But we aren't getting along and it has been two years."

c. "I feel like my dad has dumped me. Since my parents' divorce, I hardly ever see him. The first year he came around quite often. But not now. I can't figure out what I have done wrong. My mom says he'll never change."

d. "My mom and dad expect me to be their messenger. They use me as a go-between for their arguments. I'm tired of being in the middle but I don't know what to do!"

e. "I hate it that my mom is dating. She brings home the weirdest guys!"

4. What do you think? Are any of these true for you?

- I'll probably get divorced someday.
- I could never forgive my parents for getting divorced.
- It isn't that big of a deal to handle your parents' divorce.
- I feel like I could have stopped or could stop my parents from divorcing.
- I would like my marriage to be like that of my parents.
- Talking about a parent's divorce to people who care helps ease the pain of divorce.

5. Check out these verses—how do they apply to teenagers' dealing with divorce?

Isaiah 66:13

Psalm 23:1-4

Psalm 119:76

2 Corinthians 1:3