A PAUSE, A PRACTICE, A NEXT STEP

Divorce

A changing family can bring many feelings.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Separate feelings from tasks

Keep a short list of practical questions. Address one item at a time, with professional support when needed.

01 / Notice and reflect

Which change feels hardest?

02 / Notice and reflect

What can wait until tomorrow?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek counseling for ongoing distress or conflict. For threats, stalking, or fear, use Crisis Support to find safety resources; direct negotiation may be unsafe.

Read more: American Psychological Association · Coping with divorce

More tools and immediate support: Our Healing Room / Crisis Support.