

**HOW DO I TELL THE KIDS ...  
ABOUT THE DIVORCE?**

**A Create-a-Storybook™ Guide  
to Preparing Your Children-With Love!**

**Therapeutic Insights Journal©**

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**Created by Rosalind Sedacca, CCT**

Rosalind Sedacca, CCT is not a therapist or mental health counselor. This material is not intended in any way as a substitute for professional psychological therapy when needed.

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## How To Use Your Therapeutic Insights Journal

Here's to you! I'm assuming you've made it through one of the toughest conversations any parent is likely to have – telling your children about your upcoming divorce or separation.

Hopefully you were prepared by reading **How Do I Tell the Kids About the Divorce?** and then by creating your customized fill-in-the-blanks storybook using the age-appropriate template.

Every child and every family is unique in how they react to this news. This **Therapeutic Insights Journal** is a valuable resource you can turn to for stability, support and clarity during the days, weeks and months ahead. By keeping track of the differing ways every individual in your family responds to the challenges at hand, you will be better able to understand their perspective -- and address their needs.

Use your **Therapeutic Insights Journal** soon after telling your kids about the divorce for the first time. Get used to asking yourself -- and then answering -- the important questions offered here. Turn to this journal every time issues about the divorce or separation come up during the course of family life. It will help you focus on topics that need clarification, emotional and physical responses that need immediate attention, questions that need answering and situations that might best be handled through professional guidance. (Refer to the excellent resources listed in **How Do I Tell the Kids About the Divorce?** for a variety of professionals in the field, associations, books, etc. available for assistance.) Don't be too proud to reach out for help. You're not alone!

I send you my sincere best wishes at this difficult time in your life. Feel free to contact me with your comments and suggestions at [Rosalind@childcentereddivorce.com](mailto:Rosalind@childcentereddivorce.com). May the lessons you learn through these trials serve to richly bless your life in the future.

Sincerely,  
Rosalind Sedacca, CCT

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(Print these pages so you have a written journal you contribute to regularly.)

**YOUR INITIAL CONVERSATION**

**Date:** \_\_\_\_\_

**Did your spouse participate?** \_\_\_\_\_

**Name(s) of children participating:**

**Summary of conversation:**

**YOUR REACTION:**

**What were you feeling?**

**On a scale of 1 to 5 (5 being quite pleased), overall how satisfied are you with the results? Why?**

**What do you need to emphasize/clarify in the days and weeks ahead?**

**YOUR SPOUSE'S REACTION**

**What was he/she feeling?**

**On a scale of 1 to 5 (5 being quite pleased), overall how satisfied is he/she with the results? Why?**

**What does he/she need to emphasize/clarify in the days and weeks ahead?**

**Do you think you can make that suggestion to your spouse?**

**If so, what will you say?**

**YOUR CHILDREN'S REACTION**

**Child's name:**

**Child's name:**

**Child's name:**

**Child's name:**

**Physical reaction:**

**(Describe what you saw and heard during the conversation, i.e. tears, walking out of the room, sitting on your lap, punching, shouting, hugging, turning away from you, etc.)**

**Emotional reaction:**

**(Describe how you perceive your children were feeling, i.e. angry, hurt, frightened, guilty, confused, resistant, relieved, sad, etc.)**

**On a scale of 1 to 5 (5 being quite pleased), overall how well do you think your children handled the conversation? Why?**

**Other notes:**

## **ONGOING CONVERSATIONS**

**Print a dozen of these sheets so you have an on-going record of family communications, issues, decisions and emotions as you progress into and beyond your divorce.**

**Date:** \_\_\_\_\_

**Did your spouse participate?** \_\_\_\_\_

**Names of children participating:**

**Title/Theme of Conversation:** \_\_\_\_\_

**(This will help you to identify the various topics that inevitably will come up in conversations after your first dialogue about the divorce. It will help you to review and keep track of your answers to repeated questions over the days, weeks and months to come. Titles or themes might include: Where's Daddy going to live?, Why can't you just make-up?, I don't want you to get a divorce, Why do we have to move?, Is this because I was bad?, When are you getting the divorce?, Will we still see Grandma Jones?, etc.)**

**Summary of Conversation:**

**YOUR REACTION:**

**YOUR SPOUSE'S REACTION:**

**YOUR CHILDREN'S REACTIONS:**

**Child's name:**

**Response:**

**Child's name:**

**Response:**

**Child's name:**

**Response:**

**Child's name:**

**Response:**

**Child's name:**

**Response:**

**What I need to remember:**

**What I need to emphasize/clarify in the days and weeks ahead:**

**What I need to discuss with my spouse:**

**On a scale of 1 to 5 (5 being quite pleased), overall how satisfied are you with the results of this conversation? \_\_\_\_\_**  
**Why?**

**Overall, how are you handling your divorce-related issues?  
(Are you feeling overwhelmed? Do you feel you have a handle on daily communications? Are you in touch with your feelings? Do you need the therapeutic support of outside experts? )**

**How are you taking care of yourself today?**