

my parents divorce how do i feel

My Parents Divorce How Do I Feel: Navigating the Emotional Journey

my parents divorce how do i feel is a question many children and young adults grapple with when their family dynamics change unexpectedly. Divorce, while sometimes necessary, can stir a whirlwind of emotions—confusion, sadness, anger, relief, and even guilt. Understanding these feelings is the first step toward healing and finding a new sense of stability.

Understanding Your Emotions After My Parents Divorce How Do I Feel

When your parents decide to separate, it's normal to experience a mix of emotions that can sometimes feel overwhelming. You might find yourself asking, "Why did this happen? Was it my fault? What does this mean for my future?" These questions are common and highlight the complexity of feelings involved.

Common Feelings Children Experience During Divorce

It's important to know that your reactions are valid and shared by many who have experienced similar situations. Some of the most common feelings include:

- **Sadness:** Mourning the loss of the family unit as it was.
- **Confusion:** Struggling to understand why the parents are separating.
- **Anger:** Feeling upset, sometimes even blaming one or both parents.
- **Guilt:** Wondering if you caused the divorce in any way.
- **Relief:** In some cases, feeling a sense of peace if the household was tense.
- **Fear:** Worrying about what the future holds, including living arrangements or changes in routine.

Recognizing these emotions can help you feel less alone and more prepared to cope with the changes ahead.

Why Do My Parents Divorce Make Me Feel So Conflicted?

It's perfectly natural to feel conflicting emotions when your parents separate. One moment, you might feel angry and the next, you feel sad. These mixed feelings arise because divorce can disrupt your sense of security and belonging.

The Impact of Divorce on Your Sense of Stability

Family structures often provide a foundation of comfort and routine. When that foundation shifts, it can feel like the ground beneath you is unstable. You might worry about:

- Where you will live and with whom.
- How your relationships with each parent will change.
- Whether holidays and special occasions will be different or awkward.

All these uncertainties contribute to emotional turmoil, making it important to find ways to regain a sense of control.

How to Process and Express Your Feelings When My Parents Divorce How Do I Feel?

Feeling overwhelmed after your parents' divorce is something you don't have to face alone. Expressing your emotions is a crucial part of processing the experience and moving forward.

Healthy Ways to Cope with Emotions

Here are some strategies to help you navigate your feelings:

- **Talk to Someone You Trust:** Sharing your feelings with a close friend, family member, or counselor can provide relief and perspective.
- **Write It Down:** Journaling your thoughts and emotions can help you understand what you're going through.

- **Engage in Physical Activity:** Exercise is a great outlet for stress and can boost your mood.
- **Practice Mindfulness or Relaxation Techniques:** Meditation and deep breathing can calm anxiety and help you stay grounded.
- **Allow Yourself to Feel:** It's okay to cry, feel angry, or be upset. Emotions are part of healing.

Acknowledging your feelings without judgment enables you to work through the pain healthily.

Seeking Professional Support

Sometimes, the feelings brought on by a parental divorce can be too heavy to handle alone. Speaking with a therapist or counselor who specializes in family changes can provide valuable tools and support. They can help you:

- Understand the complexity of your emotions.
- Develop coping mechanisms tailored to your situation.
- Improve communication with your parents and siblings.

Professional support can be a safe space to explore your feelings and gain clarity.

How My Parents Divorce How Do I Feel Affects My Relationships

Divorce doesn't just affect how you feel internally; it can also influence your relationships with others. You might notice changes in how you interact with friends, family, or even in romantic relationships as you grow.

Building Resilience and Trust Again

Divorce can sometimes make people wary of trusting others or fear abandonment. Acknowledging these fears is key to building healthy relationships moving forward. Remember:

- Your parents' divorce is not a reflection of your worth or ability to maintain relationships.
- Open communication and honesty help build trust with others.
- Learning from your experience can make you more empathetic and understanding.

Growth often comes through adversity, and your experience can ultimately strengthen your emotional intelligence.

Finding Your New Normal After My Parents Divorce How Do I Feel

Life after divorce may look different, but it's possible to find a new rhythm that feels comfortable and fulfilling. This process takes time, patience, and self-compassion.

Tips for Adjusting to Changes

- **Create New Routines:** Establish consistent schedules that include time with both parents if possible.
- **Stay Connected:** Maintain relationships with siblings and extended family members for support.
- **Set Boundaries:** It's okay to set limits on what you're comfortable discussing or experiencing during this transition.
- **Focus on Self-Care:** Prioritize activities that make you happy and relaxed.

Remember, adapting to change is a process, and it's okay to take small steps toward feeling whole again.

Reflecting on My Parents Divorce How Do I Feel and Growing Stronger

Looking back on the question, my parents divorce how do I feel, it's clear

that emotions are complex and deeply personal. While the initial stages can be difficult, many find that over time, they develop a stronger sense of self and resilience. Life may change, but your capacity to love, trust, and build meaningful connections can remain intact and even flourish.

By acknowledging your feelings, seeking support, and giving yourself grace, you can navigate this challenging chapter and emerge with newfound strength and understanding. Divorce changes the family landscape, but it doesn't define your happiness or future.

Frequently Asked Questions

What are common feelings I might experience when my parents divorce?

It's normal to feel a mix of emotions such as sadness, anger, confusion, fear, and even relief when your parents divorce. Everyone reacts differently, and your feelings may change over time.

Is it okay to feel angry about my parents' divorce?

Yes, feeling angry is a natural response to your parents' divorce. You might feel angry at your parents, the situation, or even yourself. It's important to acknowledge these feelings and find healthy ways to express them.

Why do I feel guilty about my parents' divorce?

Many children wrongly blame themselves for their parents' divorce, but it's important to remember that the divorce is not your fault. Parents make their own decisions, and your feelings of guilt are common but misplaced.

How can I cope with feelings of sadness after my parents divorce?

To cope with sadness, try talking to someone you trust, such as a friend, family member, or counselor. Engaging in activities you enjoy, maintaining routines, and practicing self-care can also help manage your emotions.

Is it normal to feel confused about my parents' divorce?

Yes, it's normal to feel confused as divorce can change family dynamics and routines. You might have questions about the future or why the divorce happened. Seeking answers from your parents or a counselor can provide clarity.

How do I deal with feeling anxious about changes after my parents divorce?

Feeling anxious about changes like moving homes or adjusting to new schedules is common. Try to communicate your concerns with your parents, maintain a routine, and practice relaxation techniques such as deep breathing or mindfulness.

Can my feelings about my parents' divorce affect my relationships with others?

Yes, your feelings about the divorce might impact how you relate to friends, family, or future relationships. It's important to recognize your emotions and seek support if you notice difficulties in your interactions with others.

When should I seek professional help for my feelings about my parents' divorce?

If your feelings of sadness, anger, or anxiety are overwhelming, persistent, or interfering with your daily life, it may be helpful to talk to a mental health professional. They can provide support and strategies to help you cope.

Additional Resources

****Navigating Emotions: Understanding "My Parents Divorce How Do I Feel"****

my parents divorce how do i feel is a question that resonates deeply with many individuals facing the challenging reality of their parents' separation. The emotional landscape following a divorce can be complex, multifaceted, and often difficult to articulate. This article delves into the psychological and emotional repercussions experienced by children and young adults amid parental divorce, examining common feelings, coping mechanisms, and the broader social and psychological context underpinning these experiences.

Emotional Impact of Parental Divorce: An Overview

Parental divorce is a significant life event that can profoundly reshape a child's emotional and psychological world. According to the American Psychological Association, approximately 40-50% of married couples in the United States divorce, highlighting how widespread this experience is. The question "my parents divorce how do i feel" often reflects a mixture of confusion, sadness, anger, and uncertainty. Understanding these emotions is crucial to fostering resilience and emotional health during such turbulent

times.

Children and adolescents may experience a spectrum of feelings such as grief over the loss of family unity, anxiety about the future, and feelings of isolation or self-blame. These reactions are not uniform; they vary based on age, personality, family dynamics, and the circumstances surrounding the divorce. The emotional upheaval can sometimes manifest in behavioral changes, academic challenges, or social withdrawal, indicating the depth of the internal struggle.

Common Emotional Responses to Divorce

The emotional responses to parental divorce often evolve over time and may include:

- **Sadness and Grief:** The dissolution of a family unit often triggers mourning for the loss of the familiar family structure.
- **Anger and Resentment:** Children may feel anger towards one or both parents, sometimes blaming them for the breakup.
- **Confusion and Uncertainty:** Unclear communication and changing living arrangements can lead to feelings of instability.
- **Guilt and Self-Blame:** Particularly among younger children, there can be a mistaken belief that they are responsible for the divorce.
- **Relief:** In cases where the parental relationship was marked by conflict, some children may feel relief or hope for peace.

These feelings are natural and represent the complexity of adjusting to new family dynamics. Recognizing and validating these emotions is essential in the healing process.

The Psychological Framework Behind "My Parents Divorce How Do I Feel"

Exploring the psychological underpinnings can clarify why children often struggle with the question of their emotional state during parental divorce. Developmental psychology suggests that children's understanding of relationships and stability is critical to their sense of security. Disruption in the home environment can challenge fundamental beliefs about safety and trust.

Attachment theory, for example, posits that children form emotional bonds with caregivers that influence their emotional development. Divorce can disrupt these attachments or alter how they function. Children with secure attachments may cope more effectively, while those with insecure attachments might experience heightened emotional distress.

Additionally, cognitive theories emphasize the role of interpretation. How children perceive the divorce—whether as a failure, a conflict, or a necessary change—shapes their emotional response. Parental communication and support play pivotal roles in guiding this interpretation positively or negatively.

Age and Developmental Stage Matter

Children of different ages respond differently to parental divorce:

- **Preschoolers:** May experience confusion and fear, often showing regressive behaviors such as bedwetting or clinginess.
- **School-Age Children:** Often feel sadness, anger, and might blame themselves, with academic performance sometimes affected.
- **Adolescents:** Might express anger or rebellion, struggle with loyalty conflicts, or exhibit risk-taking behaviors.
- **Young Adults:** Could experience complex feelings including resentment, empathy, or anxiety about their own relationships.

By understanding these developmental nuances, caregivers and professionals can better support children through their emotional journeys.

Coping Strategies and Support Systems

Addressing the emotional ramifications of parental divorce requires effective coping strategies and robust support networks. Psychological research emphasizes the importance of communication, emotional expression, and professional support in mitigating negative outcomes.

Healthy Ways to Process Feelings

Children and young adults grappling with "my parents divorce how do i feel" can benefit from:

- **Open Dialogue:** Encouraging honest conversations with parents or trusted adults helps articulate feelings and reduce confusion.
- **Therapeutic Support:** Counseling or therapy offers a safe space to explore emotions and develop coping skills.
- **Peer Support:** Connecting with others who have experienced similar situations can normalize feelings and foster resilience.
- **Journaling and Creative Expression:** Writing, art, or music can be therapeutic outlets for complex emotions.
- **Maintaining Routine:** Stability in daily life, including school and extracurricular activities, provides a sense of normalcy.

These strategies not only help in managing immediate emotional distress but also contribute to long-term psychological well-being.

The Role of Parents and Caregivers

How parents navigate their own emotions and communicate about the divorce profoundly affects their children's adjustment. Experts recommend:

1. **Minimizing Conflict:** Shielding children from parental disputes reduces stress and confusion.
2. **Consistent Parenting:** Maintaining routines and discipline across households fosters security.
3. **Reassurance:** Affirming love and commitment to the child's well-being helps counter feelings of abandonment.
4. **Collaborative Co-Parenting:** Effective cooperation between parents supports smoother transitions and emotional stability.

When parents actively engage in these approaches, children report fewer behavioral problems and enhanced emotional resilience.

Broader Social and Cultural Perspectives

The experience and emotional response to parental divorce can also be influenced by broader societal attitudes and cultural norms. In some

cultures, divorce may carry significant stigma, exacerbating feelings of shame or isolation for children. Conversely, societies with more acceptance and support systems may offer children additional resources to process their emotions effectively.

Moreover, socioeconomic factors often intersect with divorce experiences. Financial instability post-divorce can add stressors impacting children's emotional health, while access to counseling and support services may vary widely.

Comparative Insights: Divorce vs. Other Family Transitions

While divorce is a profound family transition, it is important to contextualize its emotional impact relative to other changes such as parental death, relocation, or remarriage. Research indicates that:

- Children often perceive parental divorce as less traumatic than the death of a parent but more disruptive than a typical family move.
- Remarriage introduces new dynamics and can complicate emotional responses but may also bring positive changes if handled sensitively.
- Repeated family transitions tend to increase emotional and behavioral difficulties, underscoring the need for stability.

This comparative perspective aids in tailoring support to the specific challenges associated with parental divorce.

Reflecting on "My Parents Divorce How Do I Feel" in Personal Growth

Ultimately, the question "my parents divorce how do i feel" is not only about immediate emotional responses but also about the evolving understanding of family, relationships, and self. Many individuals, through reflection and support, find that navigating their parents' divorce fosters greater emotional maturity, empathy, and resilience.

The journey involves acknowledging complex feelings without judgment and seeking constructive ways to heal. While the path may be difficult, it often leads to personal growth and a nuanced appreciation of family dynamics.

By fostering awareness and providing thoughtful support, society can better

assist those asking "my parents divorce how do i feel" to find clarity and hope amidst change.

My Parents Divorce How Do I Feel

my parents divorce how do i feel: My Parents Are Divorcing. Now What? Paula Morrow, 2014-12-15 Although divorce remains an unfortunate reality for many families, teens who witness their parents' failed marriage are often left feeling isolated and conflicted, with nowhere to turn. With the right support, however, many teens find that the fracturing of one relationship in the family does not have to mean the fracturing of all—they can maintain strong relationships with both parents and even stepparents and siblings. Touching upon the practical, legal, and psychological aspects of divorce and examining healthy emotional outlets and coping mechanisms, this volume reassures teens through the grieving process and shows them that acceptance is ultimately possible.

my parents divorce how do i feel: What Happens When My Parents Get Divorced? Marisa Orgullo, 2018-07-15 Unfortunately, divorce is a common event for many families these days. Children may often feel caught in the middle, but it's important for them to understand that they are loved and not the reason their parents are separating. This book offers readers a look at different situations they might encounter during a divorce, from a parent moving out to spending time in two different homes. Age-appropriate text helps readers understand important topics such as child custody and stepfamilies.

my parents divorce how do i feel: The 6 Most Important Decisions You'll Ever Make Sean Covey, 2011-01-18 From the author of the wildly popular bestseller *The 7 Habits of Highly Effective Teens* comes the go-to guide that helps teens cope with major challenges they face in their lives—now updated for today's social media age. In this newly revised edition, Sean Covey helps teens figure out how to approach the six major challenges they face: gaining self-esteem, dealing with their parents, making friends, being wise about sex, coping with substances, and succeeding at school and planning a career. Covey understands the pain and confusion that teens and their parents experience in the face of these weighty, life-changing, and common difficulties. He shows readers how to use the 7 Habits to cope with, manage, and ultimately conquer each challenge—and become happier and more productive. Now updated for the digital and social media age, Covey covers how technology affects these six decisions, keeping the information and advice relevant to today's teenagers.

my parents divorce how do i feel: Dealing With Your Parents' Divorce Katherine E. Krohn, Jerry McLaughlin, 2015-12-15 *Scientific American* reported that there were 1.5 million children whose parents divorce each year in the United States. Although parents feel shattered or liberated by the divorce, their children probably feel terrified by the prospect of a change in their stability and happiness. This resource provides guidance in sorting out young people's feelings, understanding the divorce process, and finding people who can offer help. Teens find out how to avoid being caught in the middle of divided loyalties. They learn about conflict resolution and how to communicate with others honestly while dealing with life changes and emotional challenges.

my parents divorce how do i feel: Everything You Need to Know About Your Parents' Divorce Linda Carlson Johnson, 1999-12-15 A guide for teenagers to view divorce as the beginning of a different kind of family life, to understand what happens to parents in their lives, and to understand the feelings of everyone involved.

my parents divorce how do i feel: You and Your Parents Divorce Katherine E. Krohn, 2000-12-15 Explains how to cope with the life changes and emotional challenges that occur when parents divorce.

my parents divorce how do i feel: The Inside Story on Teen Girls Karen M. Zager, Alice K.

Rubenstein, 2002-04-15 The Inside Story on Teen Girls reveals expert answers to real questions asked by parents and teen girls. Readers will find the wonderful collection of questions and answers to be like having a personal confidant or private therapist who they can ask anything and everything they have ever wanted to know about being a teenager or being a parent. In separate sections, parents and teen girls will find useful tips and practical suggestions for better communication and greater understanding of each other, plus ways to reconnect with other family members and strengthen their sense of self. But mostly, parents and teen girls will learn ways to value and appreciate this exceptional and exciting phase everyone goes through to grow up. The Inside Story on Teen Girls grew out of a survey of parents and teens with diverse backgrounds across the country. The result is this book that directly helps teen girls and their parents, and it might just help you!

my parents divorce how do i feel: It'll Get Better for ages 8 & up Mea Holywood, 2018-10-04 Have your parents Divorced? Are you having a hard time coping with this change? Divorces are not easy and most of the time they end with a lot of unwanted damage. I wrote this book due to my personal experiences felt when my parents got divorced. This book was created to encourage and empower individuals like me who after separation felt alone, depressed and lost. I insist it will get better Keep pushing towards the better!

my parents divorce how do i feel: How It Feels to Have a Gay or Lesbian Parent Judith E. Snow, 2013-04-15 Sometimes I fantasize about having a magic wand. How awesome it would be to wave it and completely eliminate prejudice, hate, and ignorance. Just imagine what it would be like to live in a world like that. How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages gives voice to the thoughts, feelings, and experiences of children, adolescents, and young adults who have a gay or lesbian parent. In their own words, they talk openly and candidly about how and when they learned of their parent's sexual orientation and the effect it had on them and their families. Their stories echo themes of prejudice and harassment, conflict and confusion, adaptation and adjustment, and hope for tolerance and a family that can exist in harmony. Because it's an issue for other people, it becomes an issue for me. I'm angry about the way it works against me. The stories told in How It Feels to Have a Gay or Lesbian Parent not only reflect the day-to-day struggle of children with a GLBT parent, they also reveal the pain inherent in high-conflict divorce and child custody cases. Children of gay/lesbian parents ranging in age from seven to 31 recall the confusion and grief created when the disclosure of their parent's true sexual orientation ended a marriage and divided a family. The straight parent's resentment can lead to angry remarks that intentionally or unintentionally disparage the gay/lesbian parent and threaten the natural love and affection the child feels for both. I guess the hardest part about having a gay dad is that no matter how okay you are with it, there's always going to be someone who will dislike you because of it. The one-on-one interviews presented in How It Feels to Have a Gay or Lesbian Parent document first-hand the effects of homophobia on family life. Children struggle with the choice between living in a closet, shamed by peers and family members, or dealing with discrimination as a parent's sexual orientation is used against them. Taken together, these stories make a statement for acceptance, understanding, and tolerance as children do their best to make the transition from a traditional family to a nontraditional lifestyle. My mom is a normal person just like everyone else. The only thing that's different about her is that she's gay and if you can't deal with it, you're just going to have to live with it. How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages offers comfort and support to children from those who share their journey. The book is a valuable aid for practitioners working with children of GLBT parents and an educational tool for GLBT adults considering children.

my parents divorce how do i feel: Divorce, Separation, and Remarriage Giovanna Ganesini, Sampson Lee Blair, 2016-10-10 Divorce, separation, and remarriage have become a normative part of family life. These changes have led to a diversification of the behaviors, attitudes, and norms concerning marriage and family. To better comprehend these issues, this volume addresses topics including: marital instability step-parenting and extra-marital affairs, among others.

my parents divorce how do i feel: *Chained No More* Robyn Besemann, 2014-01-31

">em>Chained No More is a program that will minister healing and hope to anyone who has been touched by the pain of divorce. Robyn Besemann has developed biblically based materials that provide a framework for personal growth, a tool for helping others, and a step-by-step grid that produces transformational results. Every church needs this program and I highly recommend this ministry." - Carol Kent, Speaker and Author "For years we have touted that children are resilient. Now we are finding that adult children of divorce were not so resilient after all. Many struggle with heavy issues that have been carried over into their adult lives. From exploring the chain of grief that has held adult children of divorce bound to their childhoods to healing through Jesus Christ, Robyn has done a phenomenal job of helping adult children of divorce release the links in their chain that have held them captive for years." - Linda Ranson Jacobs, Creator and Developer of DivorceCare for Kids "Chained No More will help you break free and find healing for the hurt you've experienced. If you are the adult child of divorced parents, dive into this material, and with God's help, find hope for the future while building a foundation for successful relationships in your life." - Steve Grissom, Founder of DivorceCare/Church Initiative

my parents divorce how do i feel: Children of Divorce John H. Harvey, Mark A. Fine, 2011-01-11 Featuring excerpts of essays collected from over one thousand young adults while in the throes of divorce, this book paints a picture of the pain and the hope shown by the storytellers. By framing the narratives with an analysis of the most recent divorce literature, the authors provide readers with a greater and more vivid understanding of the effects of divorce. Challenging the contention that most children will be irretrievably hurt by their parents' divorce, some stories clearly demonstrate the strength and resilience many have learned in dealing with a divorce in the family. Emphasis is placed on how hope about the possibilities of having close relationships - as well as a willingness to create stronger families in their own lives - represent abiding motivations in this sample of young people. The authors hope that the use of the raw input of respondents will make the experiences more realistic and ultimately help people deal with major loss events in their lives. Highlights of the new edition include: A new chapter (7) that demonstrates the messiness of divorce (infidelity, dysfunctional interactions, multiple marriages/relationships, and the financial expense), the fading stigma of divorce, the latest divorce rates, the increased average age of first time marriages, and the recent hook-up phenomenon wherein young people are showing a reluctance to commitment Updated throughout with the most current demographic data, new findings from the top researchers in the field, and the latest intervention programs A review of the Divorce Variability and Fluidity Model (DVFM) that helps predict variability in adjusting to divorce More suggestions to help children adapt to divorce, including material on parenting education classes and mediation as a method for easing the process A list of readings and suggested websites for further review More tables and graphs to summarize key concepts. An ideal supplement for courses on divorce, family studies, close relationships, and loss and trauma taught in human development and family studies, and clinical, counseling, and social psychology, as well as communication, social work, and sociology, these engaging stories also appeal to practitioners and those interested in the effects of divorce in general.

my parents divorce how do i feel: Junior Graphic Mavis Kitcher (Mrs), 2005-10-19

my parents divorce how do i feel: Emerging Adulthood Jeffrey Jensen Arnett, 2023-12-08 This 20th anniversary, third edition of *Emerging Adulthood* fully updates and expands Arnett's findings from his groundbreaking original book with a new chapter on cultural and international variations. Merging stories from the lives of emerging adults themselves with decades of research, Arnett covers a wide range of topics, including love and sex, relationships with parents, experiences at college and work, and views of what it means to be an adult.

my parents divorce how do i feel: Silent Sorrows: Let's Talk About Abortion, Reproductive Technologies, and Adoption Katherine Breckenridge, 2024-05-15 Today's self-indulgent society is one in which satisfying one's desires at the expense of others prevails. This mindset is particularly common in areas of procreation such as abortion and various assisted

reproductive technologies. Through a lens that combines Christianity, natural law, and scientific reason, this book discusses how the breakdown of man-woman marriage, biological connection, the destruction and disregard for human life, and the objectification and commodification of women and children manufactures trauma in not only adults, but in children. This trauma is evidenced by the stories of adult children who are victims of society's current cultural trends, as well as evidenced by the research of various psychologists, sociologists, and other professionals. For too long, adults have been asking children to conform to their ways of living, assuming children will just "get over it," and children are now starting to speak out about the harms of their upbringings. It's essential to illuminate their voices, as these familial breakdowns have become so normal that we currently can't talk about any of their negative aspects with any degree of common sense.

my parents divorce how do i feel: Children in Charge Mary John, 1996 Some of the papers included in this collection were first presented at the World Conference on Research and Practice in Children's Rights : a Question of Empowerment? held at the University of Exeter in September 1992.

my parents divorce how do i feel: Trauma, Recovery, and Growth Stephen Joseph, P. Alex Linley, 2008-02-13 The latest theory and research on understanding posttraumatic stress and its treatment, providing evidence-based clinical interventions using techniques drawn from positive psychology. It is known that exposure to stressful and traumatic events can have severe and chronic psychological consequences. At the same time, mindful of the suffering often caused by trauma, there is also a growing body of evidence testifying to posttraumatic growth: the positive psychological changes that can result for survivors of trauma. Blending these two areas of research and exploring the relevance of positive psychology to trauma practice, *Trauma, Recovery, and Growth: Positive Psychological Perspectives on Posttraumatic Stress* provides clinicians with the resources they need to implement positive psychology interventions in their trauma treatment across a spectrum of therapeutic perspectives, including cognitive-behavioral, psychodynamic, humanistic, existential, and group therapies. Featuring contributions by internationally renowned researchers and practitioners and edited by experts in the field of positive psychology who have worked with survivors of trauma in the facilitation of their resilience, recovery, and growth, this timely book is divided into four parts: *Toward an Integrative Positive Psychology of Posttraumatic Experience*, *Growth and Distress in Social, Community, and Interpersonal Contexts*, *Clinical Approaches and Therapeutic Experiences of Managing Distress and Facilitating Growth*, and *Beyond the Stress-Growth Distinction: Issues at the Cutting Edge of Theory and Practice*. *Trauma, Recovery, and Growth* explores the role positive psychology can play in how clinical practitioners treat and work with survivors of stressful and traumatic events and offers an optimistic perspective in the treatment of those who suffer posttraumatic stress following devastating events such as terrorist attacks, childhood sexual abuse, cancer, and war.

my parents divorce how do i feel: The Cool Kids Ramsey Dean, 2001-04-04 An overly idealistic hardcore straight-edge vegan high school senior tries to hold his trendy clique together as graduation threatens to tear them and everything they stand for apart.

my parents divorce how do i feel: My Parents Divorced Me! Africa Hann, 2015-09-23 Zoe Jones is an eleven-year-old sixth-grader attending W. G. Wesley Middle School. The first year of middle school is supposed to be the best year of all times. However, it's Zoe Jones's first week of school, and she can't find anything to be excited about due to her parents getting a divorce. Zoe enters her first week of middle school not able to pay attention and feeling sad because she thinks that she's the reason her parents are getting a divorce. But when Zoe's teachers notice that something is wrong with Zoe, she is taken to the school nurse, who then takes her to the school counselor, to find out what is bothering Zoe. Once Zoe discloses that her parents are getting a divorce and she thinks that she is the cause of the divorce, the school counselor intervenes and calls a meeting with Zoe's mother. Will Zoe Jones continue to blame herself for her parents getting a divorce? Or will counseling help her to see that she is not the cause of the divorce and help her to accept the fact that her parents are divorcing and move on so that she can enjoy her first year of middle school? *My Parents Divorced Me* is a story of a child dealing with her parents going through

a divorce by the incomparable Africa Hann. In the book, the main point is, when married couples are going through a divorce, they don't realize that the children are going through a divorce as well. This book is to encourage the parents to maintain a healthy and positive relationship with each other for the sake of the child, and that they should not allow their differences to interfere with continuing to raise the child as parents if not a couple. Additionally, when parents are going through a divorce, they should seek family counseling to assist the child with coping with the traumatic experience of divorce.

my parents divorce how do i feel: Don't Blame the Parents: Corrective Scripts and the Development of Problems in Families Rudi Dallos, 2019-10-07 This invaluable contribution to working with families, whether as a family therapist, clinician or parent, offers insight into how problems for families and children arise and what can help. Don't Blame the Parents explores the ubiquitous issue of blame and responsibility in families, especially of parents feeling blamed for causing or exacerbating problems. The book examines problems that we all encounter in family relationships, whether with children's behaviour, marital anxiety, or not feeling like we are the effective parent that we intend to be. Blame can restrict our ability as therapists, clinicians and family members to explore family dynamics and responsibility for emerging problems in a constructive and progressive way. It can prevent exploration of family dynamics and of finding workable options for long-term positive change and better understanding the role of the family unit. The book draws on attachment and systemic perspectives on family therapy to support the view that parents generally intend to repeat or correct positive childhood experiences, while exploring why these intentions may become derailed. Seminal and contemporary research as well as clinical cases feature, all with an eye to fostering positive and responsible families. "Rudi Dallos offers us a thoughtful and helpful deconstruction of the crucial ethical and therapeutic differences between blame and responsibility in family life. Drawing on his integration of trauma theory and attachment theory with systemic theory and practice, he explores the vexed questions of causality, context and intergenerational influences in the understanding and alleviation of distress in close relationships." Arlene Vetere, Professor of Family Therapy and Systemic Practice, VID Specialized University, Oslo, Norway

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