

DEALING WITH FEELINGS



30 JOURNAL PROMPTS TO HELP YOU PROCESS YOUR FEELINGS ABOUT YOUR PARENTS SEPARATION

When your parents separate, it's completely normal to have a big mix of thoughts and feelings. Writing things down can help you process what's happening and make it a bit easier to cope. If you don't know where to start, try to answer one of these questions...

- 1) How do I feel about your parents' separation right now?
- 2) Do you feel different on different days?
- 3) What has been the hardest thing about the separation so far?
- 4) What do I wish I could say out loud?
- 5) Is there anything I have been pretending is o.k. but isn't really?
- 6) If I could talk to anyone about the separation who would it be and why?
- 7) If I could say anything at all to Mum or Dad what would it be?
- 8) What do I wish Mum/Dad would understand about how this feels for me?
- 9) Who do I feel safest speaking to about my parents separation?
- 10) What makes me feel comfortable to speak up?
- 11) Is there a place where I feel most calm or safe?
- 12) What do I miss most about how things were?
- 13) Am I on one side more than the other?
- 14) Do I feel caught in the middle of my parents?
- 15) Am I trying to fix Mum and Dad's relationship?
- 16) How has my relationship with Mum/Dad changed?
- 17) What does "Home" mean to me now?
- 18) Have I heard both sides of the story?
- 19) Have I been told different things about the separation from different people?
- 20) Are there good things that have come out of them separating?

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21) How has this experience changed me?

22) What have I learned about myself?

23) What do I want?

24) What do I wish people knew about what it's like when your parents separate?

25) What hobbies and activities do I enjoy?

26) What helps me feel calm and happy?

27) What three things am I proud of myself for in this situation?

28) Who are my most supportive friends?

29) Who are the adults in my life who are on my side and give good advice?

30) What do I hope life will look like in 1 year's time?

Grab your journal and give it a go!



"I was doing lots of journalling to help me process thoughts and feelings which was very useful"

Chloe, 16

