

To Chelsey, Olivia, and Ella.

–Julia



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Introduction



While working as a school counselor, I had a child come into my office and say, "My parents are getting a divorce, and it's all my fault!" I looked at the child and said, "Oh, no it isn't. There are usually only three reasons why people get a divorce: They can't trust each other anymore, they can't talk to each other anymore, or they just don't respect one another. Look, your name isn't on this list! You did not cause your parents' divorce."

When a family goes through a divorce, it can be stressful, confusing, and difficult for everyone involved. In an attempt to make sense of the divorce, a child may place blame on themselves.

The purpose of this book is to present a concrete explanation of why people get divorced and explain the three C's of divorce:

I did not **CAUSE** it.

I cannot **CONTROL** it.

I'm going to have to learn to **COPE** with it.

Successfully working through a divorce is a team effort. It's not always easy, but it can be done. Here are a few tips:

Divorce Survival Tips for Parents:

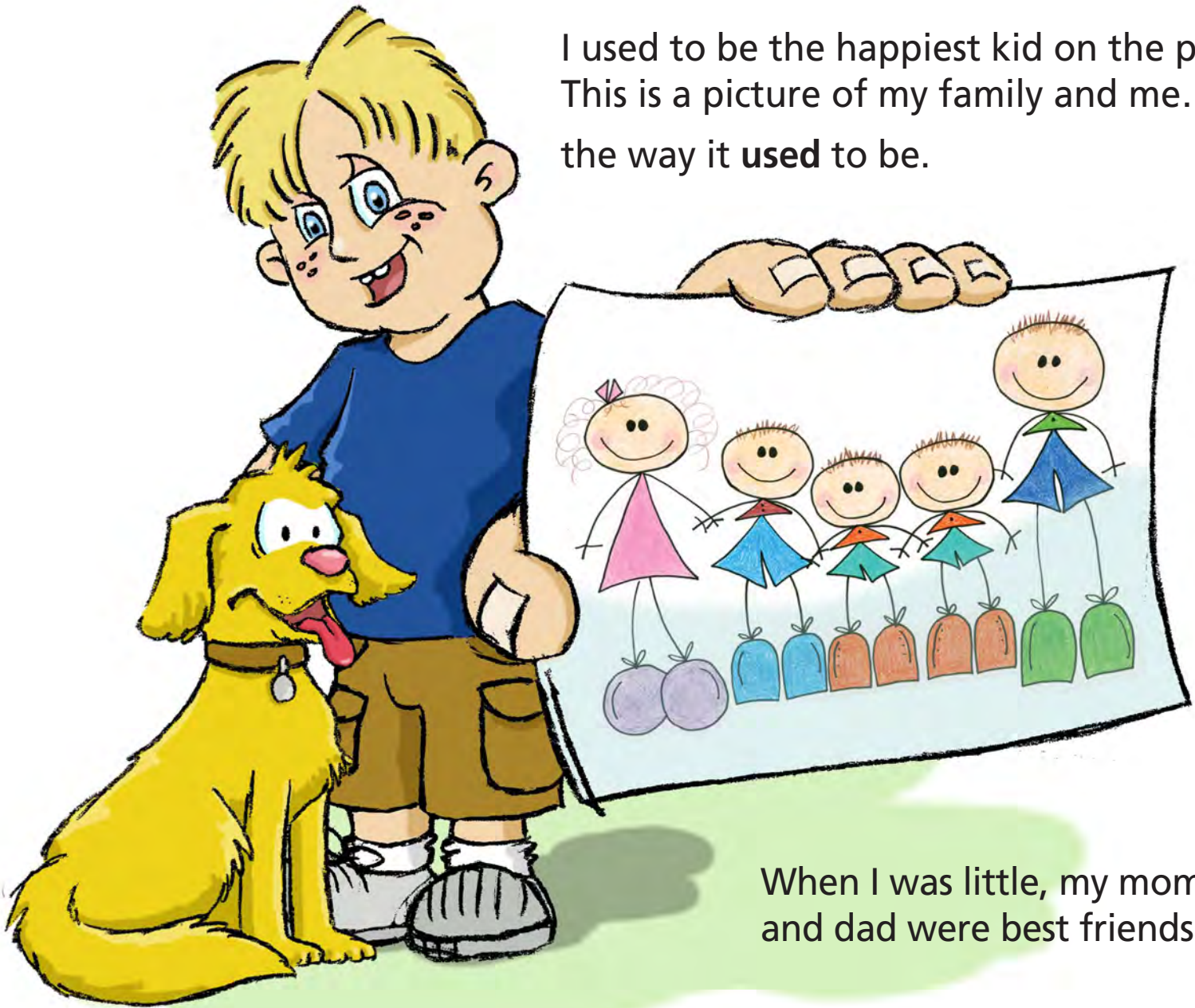
- Stay involved in your child's life in every way possible.
- Use direct communication with your ex-spouse – do not talk through your child.
- Do not say mean things about your ex-spouse to or in front of your child.
- Work hard to be civil to one another when your child is present.
- Support the time your child spends with your ex-spouse. Do not act jealous.
- Keep your child's teacher, school counselor, and child care provider informed.

BEST!

Julia Cook

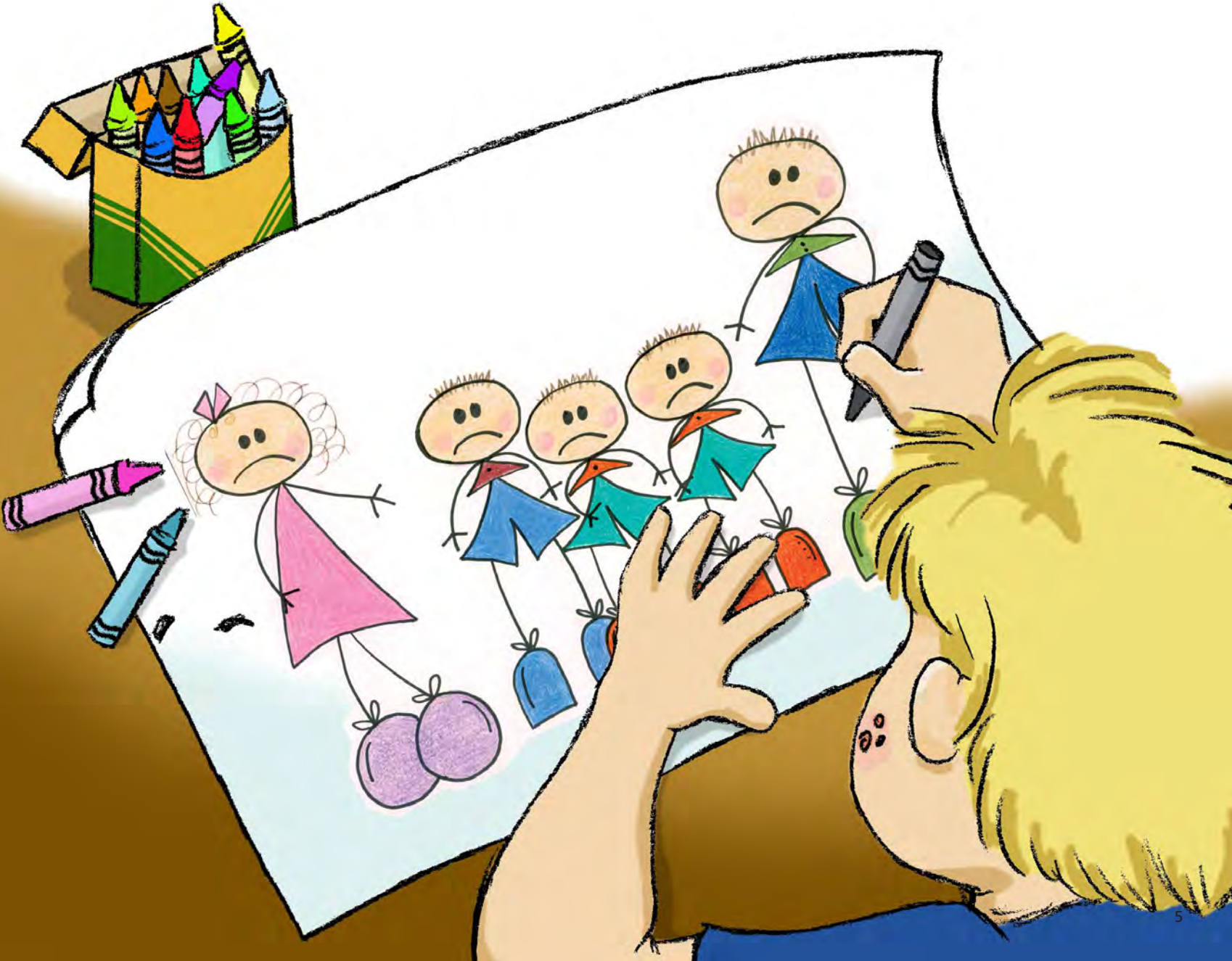
My name is Otis.

I used to be the happiest kid on the planet!
This is a picture of my family and me...
the way it **used** to be.



When I was little, my mom
and dad were best friends.

This is what my family looks like now. My mom won't even talk to my dad, and my dad won't even talk to my mom.



They make me talk
for them. I am

THE FAMILY MESSENGER.

**I don't like
it at all!**



My parents also want me to be
THE FAMILY SPY.

My mom wants me to tell her
everything my dad does.

My dad wants me
to tell him everything
my mom does.



**I don't like
it at all!**



Sometimes, they both treat me more like a friend than one of their kids. I kinda like it, but I know that's not the way it's supposed to be.

I want things to be the way they used to be, but that won't happen...because my parents are getting a D...D...D...., the "D" word.

I can't even say it!

