

- 1. If you had a magic wand and could wave it in the air and change your situation...What would you change? Why?
- 2. Fill out the chart below to help answer this question.

What I would change?	Why?

3. Using the list above put a check mark in the boxes on the left of the things that actually CAN be changed.

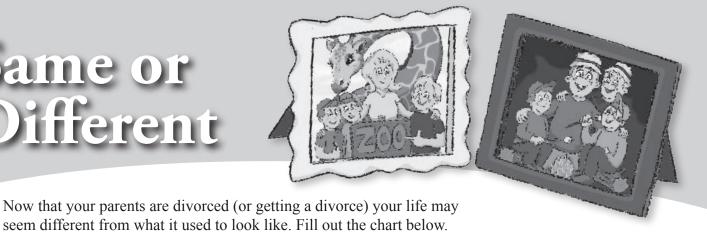
Discussion

- 1. What are the things that you will be able to change? (Remember: you can only change yourself....not others.)
- 2. What do you need to do to change these things?
- 3. What are the things that cannot be changed?
- 4. Who are the people who can help you deal with what you cannot change?

Picasso You!

before and after the divorce.	500
Draw a picture of your family before the divorce.	The state of the s
Draw a picture of your family now.	
Draw a dictilize of voilt family now	
Dian a picture of your failing now.	
Dian a picture of your failing now.	
Dian a picture of your failing now.	
Draw a picture of your failing now.	
Draw a picture of your failing now.	
Draw a picture of your failing now.	
Draw a picture of your failing now.	
Dian a picture of your failing from.	
Draw a picture of your failing now.	
Dian a picture of your failing now.	
Dian a picture of your family now.	
Draw a picture of your family now.	
Zian a picture of your failing flow.	

Same or Different



Things that have stayed the same.	Things that are different now.

Circle the things on your list that are positive or good changes.

I'm Puzzled!

When parents divorce you are sometimes caught in the middle and feel like you are pulled in many different directions. Sometimes you feel that you are falling apart. Cut out the person below and tear or cut a piece off for each of the ways you are being pulled apart. Then put yourself back together like a puzzle. Notice that you can become whole again, but the scars are still there.

