

Divorce Listening Guide

Name:

Date:

Period:

I. Factors leading to divorce is:

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II. Legal reasons for divorce:

III. What can be done when a spouse finds him/herself being treated selfishly?

IV. How can a person tell when his / her actions are selfish and are harming the marriage?

Small groups discuss case studies
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V. Dr. Medved lists the major arguments against divorce.

- 1.
- 2.
- 3.
- 4.

The “Social Re-adjustment Rating Scale” Which lists the events most shattering to one’s equilibrium, shows marital separation and divorce as the 2nd and 3rd most stressful situation (after death of a spouse) that anyone can experience.

VI. COPING WITH DIVORCE

(Many people say that dealing with divorce is similar to coping with death, depending upon whether or not you initiated the divorce. There is a certain amount of grieving that must be dealt with.)

- 1.
- 2.
- 3.

(Both spouse and children must learn to deal with these stages.)

****Be sure that children understand that the divorce is NOT their fault.****

VII. Brainstorm some simple activities that families going through a divorce might do to strengthen each other.

VIII. ADJUSTING TO DIVORCE:

Divorce will not have the same effect on all children. The consequences vary, depending on:

- 1.
- 2.
- 3.
- 4.

5.

7.

6.

8.

Some divorces bring relief to families while others leave the family devastated.

7. EFFECT OF DIVORCE ON FAMILY MEMBERS:

****Preschoolers (2-5 years):**

Major theme:

Symptoms:

What to do:

****Young Children (5-9 years):**

Major theme:

Symptoms:

What to do:

****Older Children (9-12 years):**

Major theme:

Symptoms:

What to do:

****Adolescence:**

Major theme:

Symptoms:

What to do:

8. WAYS PARENTS CAN HELP CHILDREN ADJUST TO DIVORCE:

a.

b.

c.

d.

9. WHAT IS THE MAJOR CHALLENGES OF SINGLE PARENTING?

a.

b.

c.