

## Worksheet 2: The "It's Not My Fault" Reminder

Read each sentence. Put a ✓ if it's true. Put an ✗ if it's not true.

\_\_\_\_\_ Parents get divorced because of something kids did.

\_\_\_\_\_ Grown-ups make their own decisions.

\_\_\_\_\_ You deserve to be happy and safe.

\_\_\_\_\_ Loving one parent means you love the other one less.

\_\_\_\_\_ It's ok if you sometimes miss the way things used to be.

\_\_\_\_\_ It's ok if you sometimes like having two homes.

\_\_\_\_\_ Your feelings don't matter.

\_\_\_\_\_ Fighting about divorce doesn't mean they stopped loving you.

\_\_\_\_\_ You can love both parents even if they don't live together.

\_\_\_\_\_ Feeling sad, mad, or mixed up is normal.

\_\_\_\_\_ Asking questions when you're confused is a good thing.

\_\_\_\_\_ You shouldn't tell your parents if you're worried.

**Bonus:** Write down things you want your parents to know:

Dear Mom and Dad, I want you to know:

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