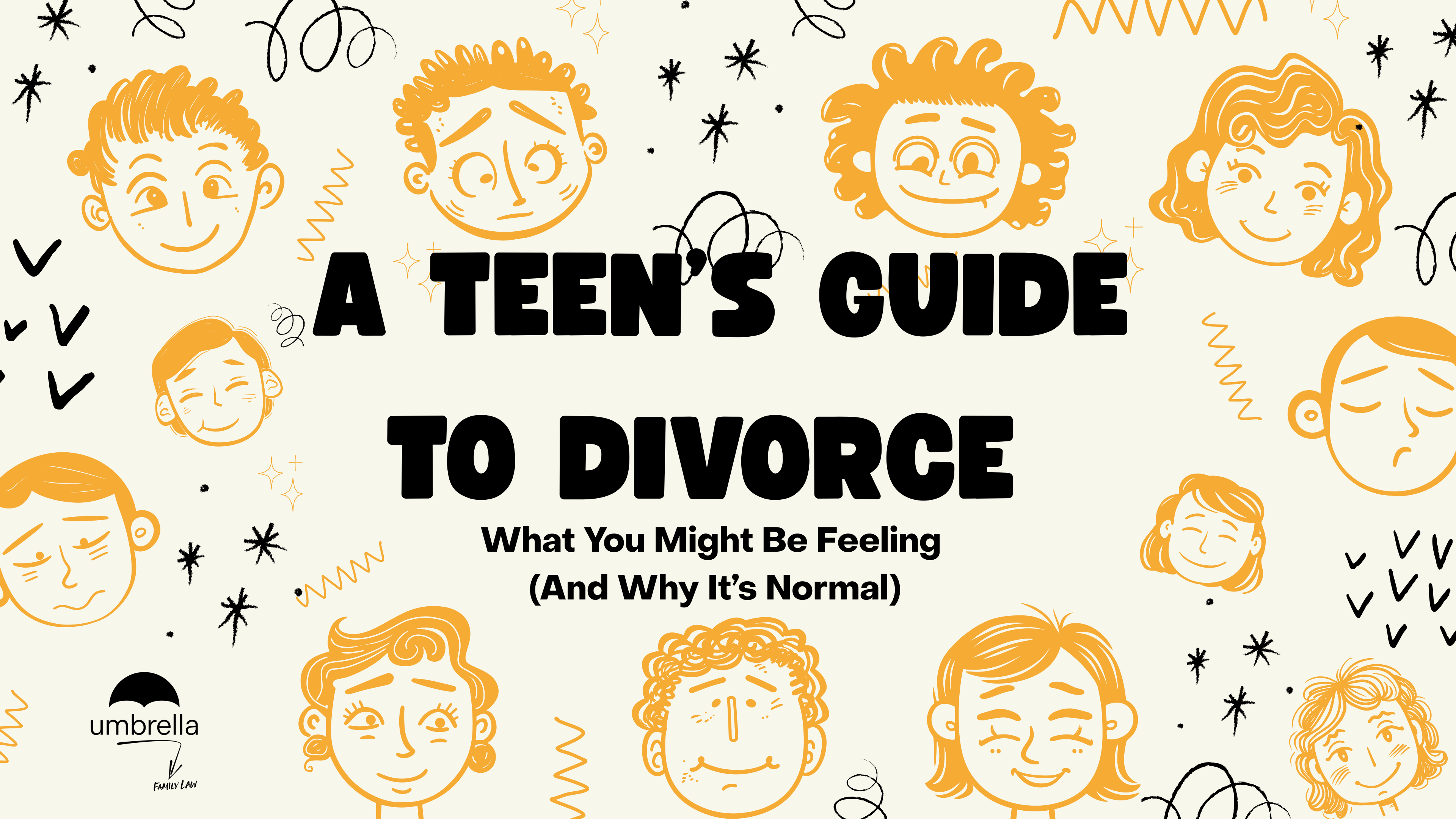




A TEEN'S GUIDE TO DIVORCE

**What You Might Be Feeling
(And Why It's Normal)**





grateful

Firstly, we want to say that whatever you are feeling is completely valid and normal. You might feel happy and you might feel sad... you're not a psychopath. You're not weird. trust me, it's normal.



confusion

relief

anxiety

COMMON EMOTIONS YOU MAY FEEL

happy

guilt

sadness

loss

resentment

anger



Feeling Stuck Between Parents ?

Make sure to first:

Be clear with yourself

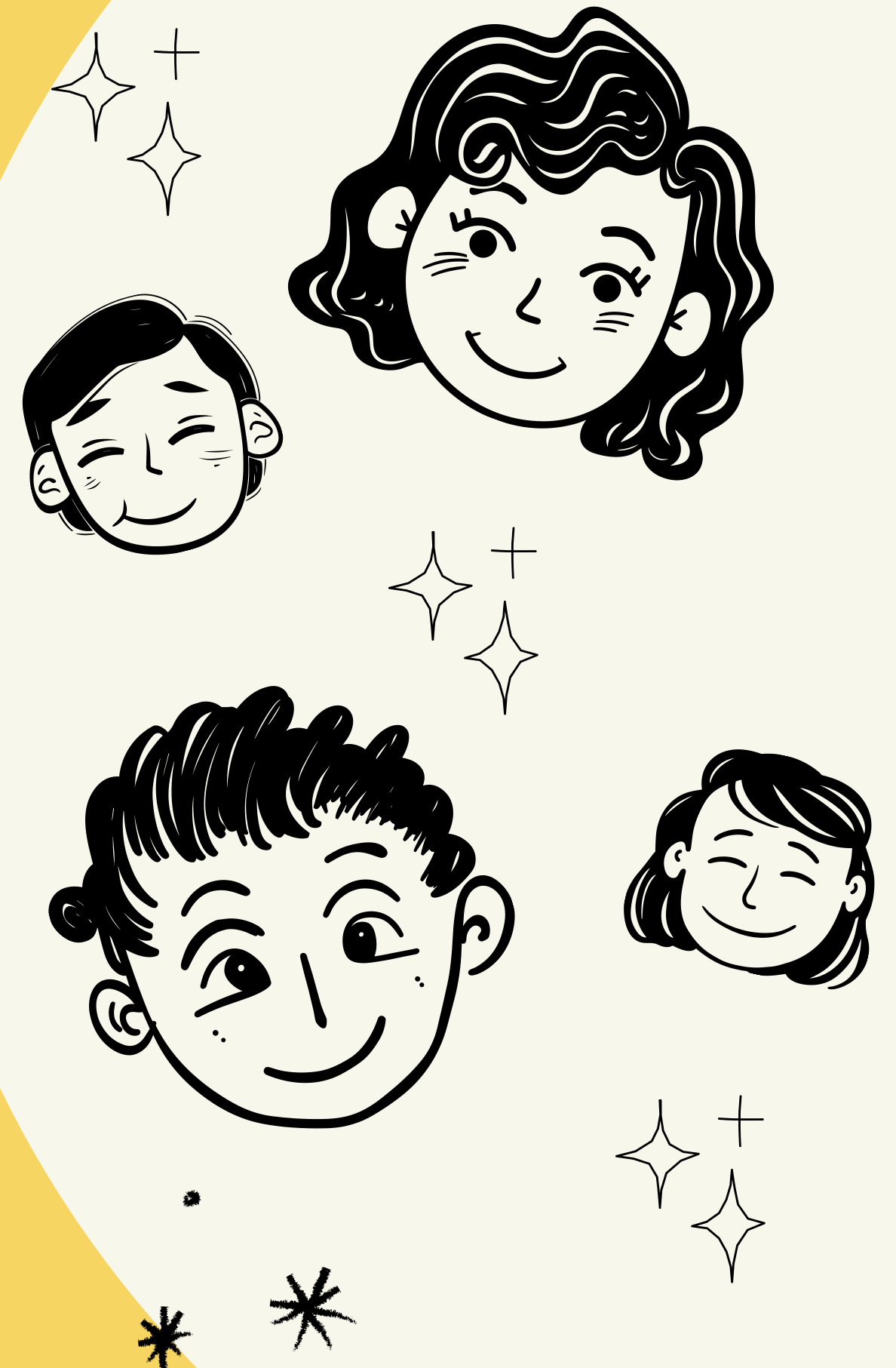
Before reacting, figure out what you actually feel. Are you stressed because they argue? Are they asking you to take sides?

Don't take on the referee role

If your parents are involving you in their conflict, remember that you are their child, not their mediator. You can say something like: "I don't feel comfortable being in the middle of this."
It might feel awkward, but it sets an important boundary.

Keep your relationship with each parent separate

You're allowed to care about both of them without betraying the other. Try not to let one parent's opinion shape how you see the other, instead work on building your own view.



Feeling Stuck Between Parents ?

Communicate simply, not emotionally loaded

If things are tense, to avoid big emotional speeches you can keep it calm and direct:

“When I feel caught between you two, it stresses me out.”

That lands better than blaming either side.

Find a neutral outlet

You need somewhere to decompress so talking to a friend, school counsellor, coach, or even journaling can help. Keeping it all in your head tends to make it feel worse than it actually is.

Accept what you can't control

This part is frustrating, but important to remember: you can't fix your parents' relationship. You can only control how you respond and protect your own mental space.



Feeling Like It's Your Fault

It's easy to start wondering if you somehow caused it, but divorce usually **isn't** about one moment or one mistake. It's more often the result of a long build up of disagreements and issues between your parents that may have nothing to do with you.

Even if things at home weren't perfect, that doesn't make you responsible for what's happening now. This is something between them, not something you created or could have fixed.





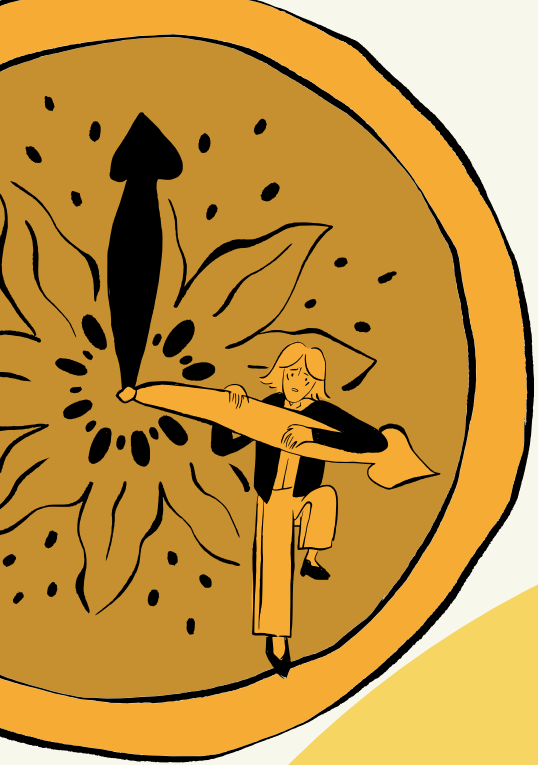
When To Ask For Extra Help

If your parents are divorcing, it's normal to feel overwhelmed, confused, or even angry, and you don't have to deal with that alone.

It might be time to ask for extra help if your feelings start getting too heavy to carry by yourself, like if you're constantly stressed, can't focus at school, feel stuck in sadness or anger, or just don't feel like yourself anymore.

Reaching out doesn't mean something's "wrong" with you, it just means you're handling a lot. Talking to someone you trust, like a close friend, a teacher, or a school counsellor, can make things feel a bit less intense. You deserve support while everything around you is changing.

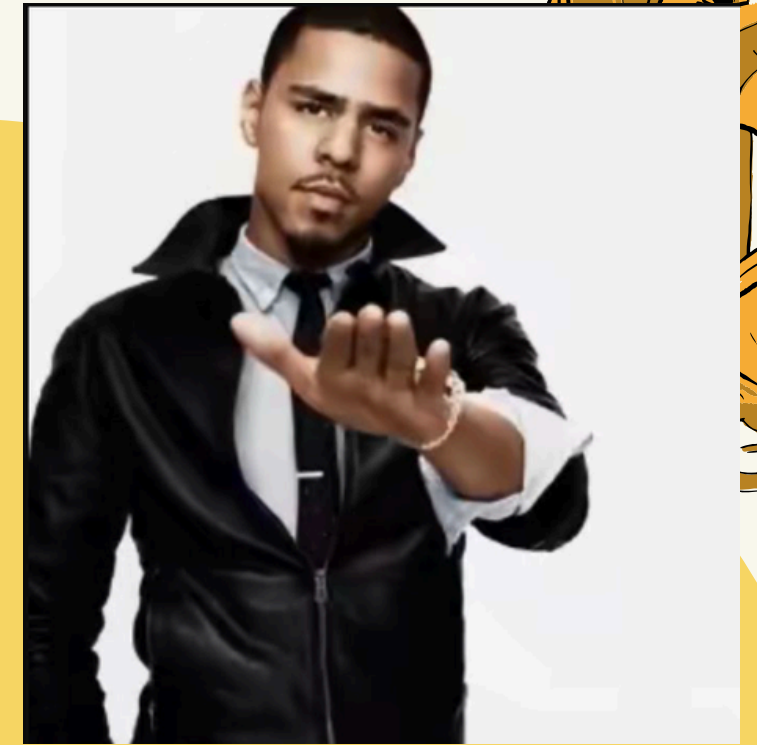
Your feelings are normal!!



Everything you're feeling right now makes sense. It's normal for your feelings to be all over the place – sad, angry, confused, even guilty sometimes. None of that means there's anything wrong with you. It just means you care and you're trying to process. Most people in your situation would feel a similar mix of emotions, even if they don't always show it.

It's also important to remember that your feelings don't define you, and they don't mean you caused any of this. You don't have to have everything figured out right now – just feeling what you're feeling is already a normal and valid response.

Keep thinking positively!





You're doing amazing!