

Name (INITIALS ONLY):

Age:

Kids First:  
Feelings Quiz

TRUE

FALSE

My parents' divorce or separation is NOT my fault.

My parents will always be my parents forever.

My parents do not separate from me. They only separate from each other.

Having different feelings of my parents' divorce or separation is normal.

My family is the only family going through a divorce or separation.

Things I can do when I'm feeling sad or angry:

Who are 2 people I can talk to when I'm feeling sad or angry?