

# The Divorce Workbook For Teens: A Guide to Coping with Divorce and Moving Forward



## The Divorce Workbook for Teens: Activities to Help You Move Beyond the Breakup by Lisa M. Schab

★★★★☆ 4.5 out of 5

Language : English  
File size : 2458 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 208 pages



## What is divorce?

Divorce is the legal process of ending a marriage. It can be a difficult and emotional experience for everyone involved, especially for children.

## How can divorce affect teens?

Divorce can affect teens in many ways. They may feel angry, sad, confused, or even guilty. They may have difficulty concentrating in school or may withdraw from their friends and family. They may also experience physical symptoms, such as headaches or stomachaches.

## How can The Divorce Workbook For Teens help?

The Divorce Workbook For Teens is a comprehensive guide to help teens cope with the challenges of divorce. It provides practical advice and

exercises to help teens:

\* Understand their emotions \* Communicate with their parents \* Build coping skills \* Move forward with their lives

The workbook is written by a team of experts in the field of divorce and child development. It is based on the latest research and best practices.

### **What is included in The Divorce Workbook For Teens?**

The Divorce Workbook For Teens includes the following sections:

\* **Section 1: Understanding Divorce** \* What is divorce? \* Why do parents get divorced? \* How does divorce affect teens? \* **Section 2: Coping with Emotions** \* Identifying and expressing emotions \* Managing anger and sadness \* Building coping skills \* **Section 3: Communicating with Parents** \* Communicating with parents about divorce \* Setting boundaries \* Resolving conflict \* **Section 4: Moving Forward** \* Adjusting to a new family structure \* Making new friends \* Building a positive future

### **Who should use The Divorce Workbook For Teens?**

The Divorce Workbook For Teens is a valuable resource for any teen who is experiencing the challenges of divorce. It is also a helpful resource for parents, educators, and other professionals who work with teens.

### **How can I get The Divorce Workbook For Teens?**

The Divorce Workbook For Teens is available for Free Download online and at major bookstores.

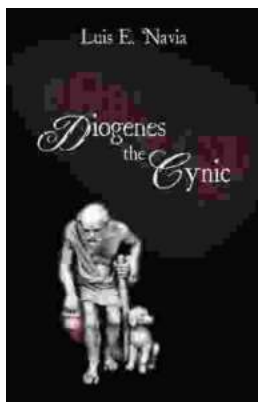
Divorce is a difficult experience for everyone involved, especially for teens. The Divorce Workbook For Teens is a comprehensive guide to help teens cope with the challenges of divorce and move forward with their lives.



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