

I W.I.S.H. it Wasn't My Fault!

PURPOSE: The purpose of this two page worksheet is to help children with divorced or separated parents to understand that the divorce was not their fault. Using the W.I.S.H. method, the child should come to an understanding that divorce is an adult issue and not the responsibility of the children involved.

What caused the Divorce?

Write or draw what you think the following people did to cause the divorce:

You	Mom	Dad	Siblings	Others

I did nothing wrong!!!

It is important that you understand that divorce is an adult issue, and you did not do anything to cause your parents to divorce. No matter what you may have listed above for how you caused the divorce, the truth is **IT IS NOT YOUR FAULT!** Likewise, there is nothing you could have done to prevent the divorce. For each item you listed in the "You" box above, explain why it likely **did not** cause your parents' divorce or separation. If you need more room, use a blank sheet of paper.

Reason

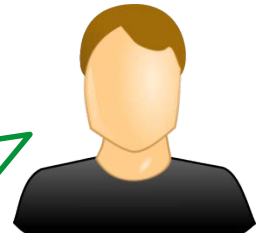
Why It Probably Did Not Cause the Divorce

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Say Something

If you feel guilty about your parent's divorce, it is important that you talk to someone about it. Make a list of people you trust who you could talk to about what you are feeling and why you think your parents' divorce may be your fault. It is also important to talk to your parents about what you are thinking and feeling. In the bubbles below fill in how you think your mom and/or dad would respond.

My List of People



Help others

Now that you understand that divorce isn't your fault, find other kids your age whose parents are separated or divorced. Talk to them about feeling guilty and how you used to think that you had caused your parents' divorce. The fact is that most children of divorce at some point or another feel like they were the cause of their parents' divorce. By helping other people to understand that they didn't cause their parents' divorce, you will be setting them on a path towards healing and reaffirming in your own mind that divorce is an adult issue that is not caused by kids and can not be prevented by kids. Make a list of people at your school, church or in your neighborhood whose parents are separated or divorced. Talk to them about what they have gone through and whether or not they feel like it's their fault. If they do, share what you have learned from this exercise and a blank copy of this worksheet for them to fill out.

People I Can Help

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