

DIFFERENCES

The table below will help you understand how you and your parents might be looking at the same situation and reacting to it in different ways. When you have had time to look at it, you might find it helps to show it to your parents and talk about it together.

HOW PARENTS SEE THINGS

One parent wants to try and emotionally detach from the other parent. This is not easy for them and it takes a long time to adjust to not being in a couple.

Parents need to accept that their marriage is over. Again this is easier said than done.

Parents need time to readjust to the changes and decide what to do next.

Parents accept that the separation is an ending and rejection of their own relationship, but not a rejection of the children.

Parents can assume that their children want something to change if their parents are unhappy and always arguing.

Adults who have been in an unhappy marriage might hope to find happiness in a new relationship.

Parents can sometimes believe that separation/divorce will give them a second chance.

(Source: Teen Between ©)

HOW YOU SEE THINGS

You need to stay emotionally attached to both of your parents. You need to keep in regular contact with them both (except in exceptional circumstances).

You may hope and believe that they will get back together.

You need your life to return to some kind of normal routine. Knowing the plans and arrangements helps.

You may sometimes feel rejected because your parents are separating and are not able to stay living together with you.

You may be so used to your parents arguing that you see no reason that their separation will make things better.

You may not share this opinion, especially if you feel that this new relationship was a reason for the breakdown of your parents' marriage.

You may not see your parents' separation in the same way.