



A ZINE BY 

PARENTAL DIVORCE

***A BOOKLET ON FINDING YOUR WAY THROUGH
FAMILY CHANGE***

LET'S TALK ABOUT DIVORCE

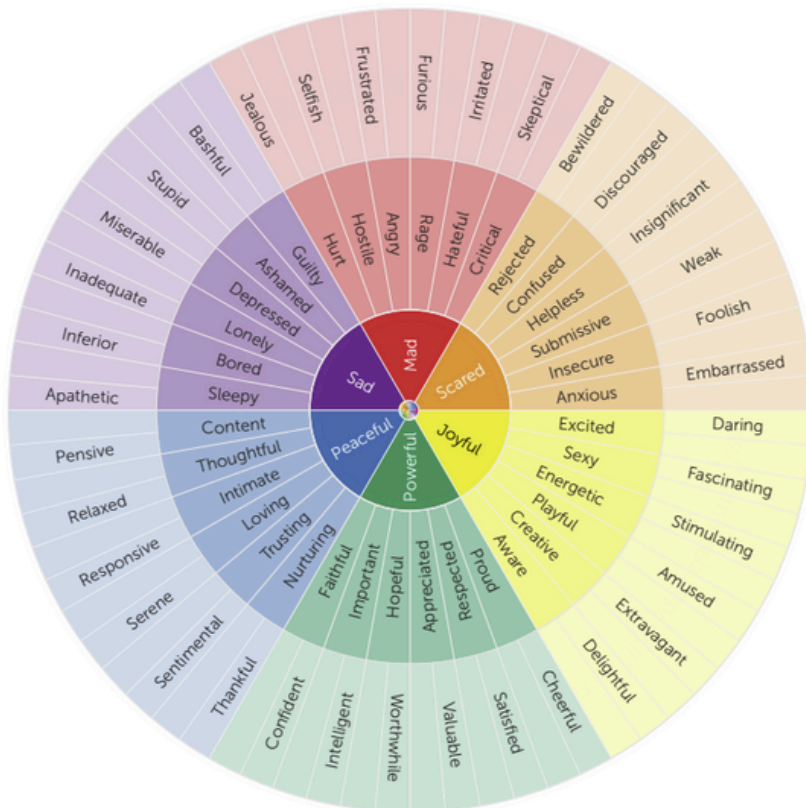
The literal definition of divorce is the legal ending of a marriage between two people. However, for many individuals it can feel more complex than that.

Divorce is a unique and personal journey for every person involved. Whilst there may be similarities, every divorce is different. Some divorces may be short and straightforward, whilst others can be long and more challenging. For some people the decision to separate will be mutual and for others unexpected or conflicting.

Either way, divorce is a life changing event for many young people. Experiencing parental divorce can bring a host of challenges and mixed emotions that can go on to impact your wellbeing and your everyday routines. Therefore, this booklet will aim to provide guidance in navigating you through this change in your life.



THE FEELING WHEEL



The Feeling Wheel Gloria Willcox (1982)

It's possible that you will experience a variety of emotions during the divorce process, or perhaps none at all. Since each person is unique, whatever feelings you may or may not be experiencing are personal to you.

Some emotions can leave you feeling uneasy about the divorce (e.g. anxiety or confusion). Some may leave you feeling conflicted (e.g. shame, guilt or anger). Some, the complete opposite (e.g. relief). Either way, every feeling is valid, and it can be great help to talk to yourself and others about them.

Leaving space and time to identify feelings can help to manage any that may be overwhelming you, once you know what you're feeling, you might be able to pinpoint the reason why you're feeling that way. The Feeling Wheel activity can help you to not only recognise your emotions but possibly draw attention to any you are unaware you may be experiencing.

CHANGES

Recognising what changes you might face during parental divorce can be useful in understanding what situations you find yourself in and why. Making sense of your experiences can help you identify what thoughts and feelings may be present; this can be the first step to finding ways of being able to manage them.

Use the boxes below to think about the changes you may be encountering.

Are there any changes you have experienced throughout the divorce?

How have these changes made you feel?

Have you found ways to cope with any you may be struggling with?

Is there any support you feel would be helpful?

This list of prompts can encourage you to reflect more deeply on potential changes. Some may include:

- Housing arrangements.
- Your daily routines.
- Your academic performances and how well you feel you are managing at school.
- Your physical health.
- Your mental health.
- Your social life.
- Changes to your relationships with family and friends.
- Your feelings about the divorce, particular people or current situations in your life.

Often changes in life are interlinked and can impact one another.

"I FELT ISOLATED FROM MY FRIENDS WHOSE PARENTS WERE STILL TOGETHER, SO I DISTANCED MYSELF FROM THEM. THIS HAD AN IMPACT ON OUR FRIENDSHIP. NOTICING THIS ENCOURAGED ME TO TALK TO MY PEERS ABOUT HOW I WAS REALLY FEELING"

Are there any changes you feel are connected?

Why might this be?



COMMUNICATION / SUPPORT

Effective communication is important when facing challenges in life, especially something big like a parental divorce. Sharing your feelings with others can improve their understanding of your emotions and maybe even the divorce itself.

This could open the opportunity to receive support and space from those around you. It can be difficult at times to express your feelings to others. For some people, it can be tough to find someone to confide in about these matters.

WRITE DOWN A CONTACT LIST

It can be useful to write down the names of people (or a person) you feel comfortable talking to or reaching out to for support. You can come back to this list as a reminder of who's available for a chat.



CONTACT LIST



Five horizontal lines for writing contact information, each preceded by a heart icon.



Expressing your feelings and thoughts can be difficult. For some individuals it may help to write it down or draw a picture.

The Blob Tree activity can be a chance to discuss non-verbally with those around you the way you feel about the divorce, the changes in your life or maybe just how you are feeling in general. What Blob do you relate too? Why is that?



NOTES

A blue spiral-bound notebook with lined pages for taking notes.

The Blob Tree by Pip Wilson & Ian Long

SIGNPOSTING

Thinking you might need a bit more while you're waiting? Here are some other organisations that might be able to help.



childline.org.uk



connect.kooth.com



youngminds.org.uk



themix.org.uk

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This booklet was created by OTR, a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset.

You can view our whole collection of zines over on our website.

Looking for some support? For more information about what we do, drop in to one of our Hubs:

MONDAYS 4-7PM

8-10 West Street, Old Market, Bristol, BS2 0BH

WEDNESDAYS 3:30-5:30PM

Armadillo, Station Road, Yate, BS37 4FW
North Somerset Hub, Worle at Castle Batch Childrens Centre BS22 7PQ

SATURDAYS 10AM-1PM

8-10 West Street, Old Market, Bristol, BS2 0BH



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