

B. Changes. Children may react more negatively to a divorce if it leads to other changes in their lives. Often a divorce can mean moving, less income, and less time with parents. Consider how your children’s lives would change if you divorced. Circle the answer that best describes your situation.

Would my children . . .			
1. Maintain current levels of contact with me?	Yes	No	Unsure
2. Maintain current levels of contact with my spouse?	Yes	No	Unsure
3. Maintain contact with current friends/neighbors?	Yes	No	Unsure
4. Maintain contact with my extended family?	Yes	No	Unsure
5. Maintain contact with my spouse’s extended family?	Yes	No	Unsure
6. Live in their current home?	Yes	No	Unsure
7. Start sharing a bedroom (if children currently have own)	Yes	No	Unsure
8. Attend a different daycare, school, or church?	Yes	No	Unsure
9. Participate in the same extra-curricular activities?	Yes	No	Unsure

Now, think about the following questions and write down your ideas.

- How would a divorce (and the custody arrangement) affect my children’s daily schedule during the school year?

- How would a divorce (and the custody arrangement) affect my children’s daily schedule when not in school?

- How would a divorce (and the custody arrangement) affect my children’s weekend routines?

- How would a divorce (and the custody arrangement) affect my children's activities during vacation time?

- How would a divorce (and the custody arrangement) affect how my children celebrate holidays?

- So, overall, how would a divorce (and the custody arrangement) affect your children's daily lives?
