

D. Resilience. As you learned in this chapter, children who are more flexible or adaptive and who have better social skills generally have an easier time adjusting to divorce. Think about the following questions and write down your ideas:

- How flexible or adaptable are your children? Do they deal fairly easily with change and different situations or do those things tend to upset them? Are they usually secure or insecure? (You may need to think about this separately for each child.)

- Do your children have good social skills or do they struggle with relationships with other children and adults? Is getting along with others easy for them or hard? Do they fit in when they are in groups or do they struggle in groups? (You may need to think about this separately for each child.)
