

# **I M 17 And My Parents Are Getting Divorced**

## **I'm 17 and My Parents Are Getting Divorced: Navigating This Difficult Time**

### Introduction:

The shattering news of your parents' divorce at 17 can feel like an earthquake hitting your life. Suddenly, the foundation of your family, your sense of security, and even your future plans are thrown into upheaval. This isn't just a change; it's a complete restructuring of your world. This comprehensive guide is designed to help you navigate these turbulent waters, providing coping strategies, resources, and advice specifically tailored to teenagers facing parental divorce. We'll cover everything from understanding your emotions to building support networks and planning for the future. This isn't about fixing the situation, but about equipping you with the tools to manage your journey through it.

### Understanding Your Emotions: It's Okay Not to Be Okay

The initial reaction to your parents' divorce is likely to be a rollercoaster of emotions. Anger, sadness, confusion, fear, even relief – these are all perfectly normal responses. Don't try to suppress or minimize your feelings. Acknowledge them, allow yourself to grieve the loss of your previous family dynamic, and understand that it's perfectly acceptable to feel a range of contradictory emotions simultaneously. Journaling, talking to a trusted friend or family member, or seeking professional help can be invaluable tools in processing these feelings.

### Communicating with Your Parents: Setting Healthy Boundaries

Divorce often leads to strained communication between parents and children. It's crucial to establish healthy boundaries with both parents. This doesn't mean shutting them out; it means setting clear expectations for respectful communication. Avoid becoming a messenger or intermediary between your parents. Let them know you need to process the situation at your own pace and that you'll reach out when you're ready to talk. If conversations become confrontational or hurtful, politely excuse yourself and seek support from a trusted adult.

### Building a Support System: You're Not Alone

Facing this challenge alone is incredibly difficult. Lean on your support system: friends, family members, teachers, coaches, or mentors who can offer a listening ear and a shoulder to cry on. Consider joining a support group for teenagers going through parental divorce. Sharing your experiences with others who understand can be incredibly validating and empowering. Remember, you're not alone in this, and reaching out for help is a sign of strength, not weakness.

### Focusing on Your Well-being: Prioritizing Self-Care

Amidst the chaos, prioritizing your mental and physical well-being is paramount. Establish a routine that helps you manage stress. This could include exercise, meditation, spending time in nature, pursuing hobbies, or engaging in activities that bring you joy. Maintain a healthy diet and ensure you're getting enough sleep. Remember that taking care of yourself isn't selfish; it's essential for navigating this challenging period. Don't hesitate to seek professional help from a therapist or counselor if you're struggling to cope.

### Academic and Future Planning: Maintaining Your Goals

Parental divorce can significantly impact your academic performance. Talk to your teachers, counselors, or school administrators about any challenges you're facing. They can provide additional support and resources. Don't let your parents' divorce derail your future plans. Continue to work towards your academic goals, explore career options, and seek guidance from mentors or career counselors. Your future is still yours to shape, regardless of your family situation.

### Legal and Financial Considerations: Understanding Your Rights

Depending on your circumstances, you may need to understand your legal and financial rights. Familiarize yourself with custody arrangements and visitation schedules. If you have questions about child support or other financial matters, seek advice from a trusted adult or legal professional. Remember, you have rights, and it's important to understand them.

### Looking Ahead: Finding Hope and Resilience

The path ahead may seem daunting, but remember that this is a temporary phase. With time, support, and self-care, you will find your footing and navigate this challenging time. Embrace your resilience, celebrate your strengths, and focus on building a positive future for yourself. Your parents' divorce doesn't define you; it's an experience that will shape you, but it doesn't determine your destiny.

### Article Outline:

Title: I'm 17 and My Parents Are Getting Divorced: Navigating This Difficult Time

Introduction: Hooking the reader and outlining the article's scope.

Understanding Your Emotions: Addressing common emotional responses and coping mechanisms.

Communicating with Your Parents: Setting healthy boundaries and expectations.

Building a Support System: Identifying and leveraging available resources.

Focusing on Your Well-being: Prioritizing self-care and mental health.

Academic and Future Planning: Maintaining academic focus and long-term goals.

Legal and Financial Considerations: Understanding legal rights and financial implications.

Looking Ahead: Focusing on resilience and building a positive future.

Conclusion: Reiterating key takeaways and offering encouragement.

(The body of the article above fulfills this outline.)

## FAQs:

1. Is it normal to feel angry at my parents after a divorce? Absolutely. Anger is a common and valid reaction. Allow yourself to feel it, but find healthy ways to express it.
2. How can I avoid becoming a messenger between my parents? Set clear boundaries. Tell them you're not comfortable relaying messages and that they should communicate directly.
3. Where can I find support groups for teens dealing with divorce? Search online for "teen support groups divorce" or contact your school counselor for resources.
4. What if my parents' fighting is affecting my grades? Talk to your teachers and school counselor. They can offer support and strategies to help you cope.
5. Should I choose sides between my parents? It's best to maintain a healthy relationship with both parents, even if it's challenging.
6. What if I'm struggling to cope emotionally? Seek professional help from a therapist or counselor. They can provide personalized support and strategies.
7. How do I deal with changes in living arrangements? Try to maintain a consistent routine and reach out to your support network for help.
8. What are my legal rights regarding custody and visitation? Consult with a lawyer or legal aid organization to understand your rights.
9. Will my parents' divorce affect my college applications? It might, but colleges understand difficult family situations. Be honest and transparent in your application materials.

## Related Articles:

1. Coping with Parental Divorce as a Teenager: Provides practical tips and strategies for emotional management.
2. Maintaining Healthy Relationships with Both Parents After Divorce: Offers guidance on effective communication and boundary setting.
3. The Impact of Divorce on Academic Performance: Explores the academic challenges and provides solutions.
4. Finding Support Systems for Teens During Parental Separation: Highlights various resources and support networks.
5. Legal Rights and Responsibilities of Teens During Divorce: Explains legal aspects relevant to teenagers.
6. Financial Planning for Teens After Parental Divorce: Discusses financial considerations and resources.
7. Self-Care Strategies for Teens Facing Difficult Life Events: Offers self-care techniques for managing stress and anxiety.
8. Long-Term Effects of Parental Divorce on Children: Examines the long-term impact and strategies for positive adjustment.
9. Building Resilience After Parental Divorce: Focuses on building strength and coping skills.

**i m 17 and my parents are getting divorced: Primal Loss** Leila Miller, 2017-05-20 Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to those who claim that children are resilient and children are happy when their parents are happy? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.

**i m 17 and my parents are getting divorced: Hold On to Your Kids** Gordon Neufeld, Gabor Maté, MD, 2011-11-30 A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions. *Hold On to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from *Hold On to Your Kids*

**i m 17 and my parents are getting divorced: Grown and Flown** Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of *Grown and Flown*, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. *Grown and Flown* is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. *Grown and Flown*

is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

**i m 17 and my parents are getting divorced: Daughters of Divorce** Terry Gaspard MSW, LICSW, Tracy Clifford, 2016-01-19 Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted by her parents' divorce. Silver Medal Independent Publisher's Award Winner of the Best Book Award in Self-Help: Relationships Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to: Examine your parents' breakup from an adult perspective Heal the wounds of the past Recognize destructive dynamics in intimate relationships and take steps to change them Trust yourself and others by embracing vulnerability Create strong partnerships with their proven Seven Steps to a Successful Relationship Break the divorce legacy once and for all!

**i m 17 and my parents are getting divorced: Divorced Girl Smiling** Jackie Pilossoph, 2014 Smile! It's not just the end of your marriage, it's the beginning of your second chance! Missy Benson has a two and a half carat diamond engagement ring with color grade H, VS2 clarity and a value of \$36,000. It's absolutely gorgeous, practically flawless, and let's be honest, really big! But what the successful Chicago realtor doesn't have anymore is a husband. After 12 years of marriage, her husband, Paul, a handsome, wealthy attorney has devastated her by breaking up their marriage for Priscilla Sommerfeld, a young, personal trainer, who according to Missy's sassy assistant, J.J., looks more like a Las Vegas stripper than a fitness expert. Not sure what to do with her ring, and with no financial issues to worry about, Missy decides to put it up for sale on Craigslist. The price: 99 cents! The catch: She gets to pick the buyer. In essence, she's looking for the perfect guy, but not for herself. Her hope is to regain faith that good men do exist, and that marriages can last forever. Now referring to herself as the divorced girl, Missy interviews dozens of young men who are vying for the huge ring. It's a contest that includes outrageous characters, hilarious and sentimental stories, and two finalists, both of whom Missy adores and who she must choose between. Then there's Parker Missoni, the sexiest contestant by far, who drives her crazy with his brutal honesty, and at the same time stops her heart with his deep brown eyes. *Divorced Girl Smiling* is the story of a woman's journey to do whatever it takes to heal herself from divorce. It's about acceptance, reflection, taking accountability for mistakes, and appreciating all of life's wonderful gifts. In other words, if you have the guts to put the past behind, admit your mistakes, embrace your future, and give love another chance, you will surely be a divorced girl smiling.

**i m 17 and my parents are getting divorced: The Marriage Repair Kit** Bob Moorehead, 1988

**i m 17 and my parents are getting divorced: Your Child's Divorce** Marsha Temlock, 2006 When an adult child's marriage ends, lots of folks are hurt. The divorcing couple, of course, and their children. Until now, however, little attention has been paid to the parents of the divorcees. Temlock's examination of this sensitive topic offers parents a friendly guidebook packed with helpful information and suggestions from parents who've been there. Her five-stage model of the divorce process for parents (Accepting the News, Rescuing Your Child, Responding to Changes, Stabilizing the Family, Refocusing and Rebuilding) will help readers stay grounded through the emotional upheavals they'll share with their children and grandchildren. This practical manual puts an arm around the shoulder of parents of divorcing adults and supports them through the difficult days of the divorce process and its aftermath.

**i m 17 and my parents are getting divorced: Making Peace with Your Partner** H. Norman Wright, 1988 Wright suggests that transformed attitudes can bring hope to the most hopeless of marriages. He invites readers to risk changing their negative attitudes toward their spouses so that

happiness can flourish.

**i m 17 and my parents are getting divorced: 52 Things Wives Need from Their Husbands** Jay Payleitner, 2012-02-01 Many wives long to have their husbands choose them all over again. To be their knight in shining armor. Their leader. Their listener. Their lover. In 52 Things Wives Need from Their Husbands, Jay Payleitner, veteran radio producer and author of 52 Things Kids Need from a Dad, offers a bounty of welcome advice, such as Stir her pots Buy sparkly gifts Be the handyman Stay married Kiss her in the kitchen Leave your mommy Put her second A great gift or men's group resource, 52 Things Wives Need from Their Husbands provides a full year's worth of advice. And no chapter will make husbands feel guilty or criticize them for acting like men! For the husband who wants to live God's plan for his marriage, this book will put him on the right track.

**i m 17 and my parents are getting divorced: 52 Things Husbands Need from Their Wives** Jay Payleitner, 2013-08-01 "I don't always understand what he needs or wants from me." Most wives want a heart-to-heart connection with their husbands. But men often communicate their needs in ways that seem strange to women. How to bridge the gap? Straight from a veteran dad and husband come these insightful, unexpected, and occasionally offbeat ideas. Bestselling author Jay Payleitner digs deep to give practical insight into how a woman can see the ways her husband does want to connect...which may be different than what she expects encourage him—not overwhelm him—with her words understand why sex is such a big deal make space for him to step up and participate in family life be alert to his "hero moments" and respect and appreciate him A husband does want to be close to his wife. Here are great steps to strengthening a marriage by making room for that closeness to happen.

**i m 17 and my parents are getting divorced: 52 Ways to Connect as a Couple** Jay Payleitner, 2016-02-01 Popular author and speaker Jay Payleitner shows that becoming one includes more than just staying married. It's not just about compromise. And it's not just about sacrifice and mutual submission. And it's not just about sex. It's about unity. Solidarity. Integrity. But how do you nurture oneness in the real world? In these 52 short readings, you'll find fun, creative ways you and your spouse can embrace a common purpose and shared dreams. Jay addresses head-on some of the obstacles to oneness and suggests out-of-the-box solutions for overcoming them. Share dreams. Never compromise. Hit bottom together. Pay off the credit cards. Kiss in the kitchen. Laugh together. Cry together. Serve. Be served. Sometimes spiritual, sometimes silly, but always practical, winsome, and wise, these ideas for drawing closer to each other and enjoying your unique connection will inspire and equip you to make your marriage better than ever.

**i m 17 and my parents are getting divorced: One More Try** Gary Chapman, 2014-05-19 When doors slam and angry words fly, when things just aren't working out, and even when your spouse has destroyed your trust, there is still hope. If you feel like your marriage is near the breaking point, or even if you've already separated, Gary Chapman will show you how you can give your marriage one more try. One More Try will help you . . . Take the next step when blindsided in marriage; Discover healthy ways to manage frustration and anger; Effectively deal with loneliness; Renew hope and trust in your spouse; and Rebuild your marriage from the ground up. Distress or even separation do not necessarily mean divorce is imminent. Matter of fact, it's possible that these may even lead to a restored, enriched, growing marriage. The outcome of this challenging time is determined solely by the individuals involved. If you're willing to make the most of that process, then begin the journey with confidence as Gary walks you step-by-step towards healing and hope. \*The content of this book has been significantly revised and updated from its previous title Hope for the Separated.\*

**i m 17 and my parents are getting divorced: Adult Children of Emotionally Immature Parents** Lindsay C. Gibson, 2015-06-01 Now a New York Times bestseller! If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed,

and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

**i m 17 and my parents are getting divorced:** Peace After Divorce Renee Smith Ettline, 2012-03 Illumination Book Award Winner Uplifting, practical and inspiring this award-winning divorce recovery book helps you with real-life issues and takes you on a journey that can change your life for the better. Selected as an exemplary Christian self-help book by the Illumination Book Awards, Peace after Divorce walks you through a process that helps you cope with and heal from divorce. Learn Ways To: Move beyond the pain of separation and divorce; Deal with loneliness and divorce grief; Win the battle with your thoughts, Choose healing actions; Cope more effectively with your ex or soon-to-be ex; Help children cope with separation and divorce; Enjoy life after divorce as a single adult; and more. Don't Become One of the Walking Wounded! Click to Order Your Copy Now. For individual or group use. Christian divorce recovery curriculum and leader materials are available through After Divorce Ministries.

**i m 17 and my parents are getting divorced:** *Social Q's* Philip Galanes, 2012-11-27 A series of whimsical essays by the New York Times Social Q's columnist provides modern advice on navigating today's murky moral waters, sharing recommendations for such everyday situations as texting on the bus to splitting a dinner check.

**i m 17 and my parents are getting divorced:** If Your Parents Divorced, Will You Too? Sharon Brooks, 2010-09-10 If your parents divorced when you were a child, you may be wondering: Will I get divorced, too? Research indicates divorce is often passed down from generation to generation. Children from divorced homes are up to five times more likely to get divorced as compared to children whose families remained intact. It's time to end the cycle of divorce. Based upon two decades of interviews with over 400 adult children of divorce, this book will empower you to: Avoid the destructive relationship behaviors common to adult children of divorce Increase your ability to recognize what love looks like and what it doesn't look like Recognize the warning signs of a poor partner choice before you make a long-term commitment Create the successful, loving relationship you deserve This practical, no-nonsense guide is encouraging, optimistic and insightful. Through the use of real-life stories, it provides the valuable tools you need for a great relationship. Whether you're a teen embarking on dating and love, in your 20's, 30's or 40's with some dating history, or perhaps divorced already, it's never too early or too late to learn how to end the cycle of divorce.

**i m 17 and my parents are getting divorced:** **Two Homes, One Childhood** Robert E. Emery Ph.D., 2016-08-09 A paradigm-shifting model of parenting children in two homes from an internationally recognized expert. A researcher, therapist, and mediator, Robert Emery, Ph.D., details a new approach to sharing custody with children in two homes. Huge numbers of children are affected by separation, divorce, cohabitation breakups, and childbearing outside of marriage. These children have two homes. But their parents have only one chance to protect their childhood. Building on his 2004 book *The Truth About Children and Divorce* and a strong evidence base, including his own research, Emery explains that a parenting plan that lasts a lifetime is one that grows and changes along with children's—and families'—developing needs. Parents can and should work together to renegotiate schedules to best meet the changing needs of children from infancy through young adult life. Divided into chapters that address the specific needs of children as they grow up, Emery: • Introduces his Hierarchy of Children's Needs in Divorce • Provides specific advice for successful parenting, starting with infancy and reaching into emerging adulthood • Advocates for joint custody but notes that children do not count minutes and neither should parents

- Highlights that there is only one “side” for parents to take in divorce: the children’s side Himself the father of five children, one from his first marriage, Emery brings a rare combination of personal and professional insight and guidance for every parent raising a child in two homes.

**i m 17 and my parents are getting divorced: *Opening Up by Writing It Down, Third Edition*** James W. Pennebaker, Joshua M. Smyth, 2016-07-15 Expressing painful emotions is hard--yet it can actually improve our mental and physical health. Distinguished psychologist James W. Pennebaker has spent decades studying what happens when people take just a few minutes to write about deeply felt personal experiences or problems. This lucid, compassionate book has introduced tens of thousands of readers to an easy to use self help technique that has been proven to heal old emotional wounds, promote a sense of well being, decrease stress, improve relationships, and boost the immune system. Updated with findings from hundreds of new studies, the significantly revised second edition now contains practical exercises to help readers try out expressive writing. It features extensive new information on specific health benefits, as well as when the approach may not be helpful--

**i m 17 and my parents are getting divorced: *Toxic Parents*** Susan Forward, 2009-12-16 BONUS: This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love Them*. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

**i m 17 and my parents are getting divorced: *The Giver*** Lois Lowry, 2014 *The Giver*, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

**i m 17 and my parents are getting divorced: *The Relive Box and Other Stories*** T.C. Boyle, 2017-10-03 While T.C. Boyle is known as one of our greatest American novelists, he is also an acknowledged master of the short story and is perhaps at his funniest, his most moving, and his most surprising in the short form. In *The Relive Box*, Boyle's sharp wit and rich imagination combine with a penetrating social consciousness to produce raucous, poignant, and expansive short stories defined by an inimitable voice. From the collection's title story, featuring a Halcom X1520 Relive Box that allows users to experience anew almost any moment from their past to *The Five-Pound Burrito*, the tale of a man aiming to build the biggest burrito in town, the twelve stories in this collection speak to the humor, the pathos, and the struggle that is part of being human while relishing the whimsy of wordplay and the power of a story well told. In stories that span a variety of styles and genres, Boyle addresses the enduring concerns of the human mind and heart while taking on timely social concerns. *The Relive Box* is an exuberant, linguistically dazzling effort from a vibrant sensibility fully engaged with American society. (The New York Times)

**i m 17 and my parents are getting divorced: *Divorced Dads*** Sanford L. Braver, Diane O'Connell, 1998 Millions of families strive to give their children the best possible upbringing after being split apart by divorce. Separated mothers and fathers -- and in many cases their second spouses -- struggle to find the right way to piece together parent-child relationships in its wake. In



this revolutionary work, psychologist Sanford L. Braver -- who undertook the largest ever federally funded study on issues confronting divorced fathers -- shows how millions of well-intentioned mothers, fathers, judges, lawyers, educators, and other caregivers have been repeatedly and tragically misled by the prevailing data about divorce and parenthood. For years our society has accepted the image of the dead-beat dad who shirks childcare payments and other responsibilities. Yet Braver proves that this villainous figure -- like many other myths of the divorced parent -- simply does not exist in significant numbers. Moreover, Braver overturns one of the most important pieces of data on divorce in the past quarter-century: the belief that divorced women suffer a steep decline in their standard of living. This widely embraced notion was the result of misread data, but was transformed into fact by the media and the courts, and accepted by divorced families and their advocates. No other book has revealed the deep flaws in today's research on divorce. One-sided studies of divorced men and women, misused census data, and poor research have skewed many of the assumptions around which parents and courts have shaped divorce settlements, parenting responsibilities, and child-rearing decisions. Every divorced parent -- and anyone who loves a divorced parent -- urgently needs this book to understand the new realities behind divorce and parenting. Notes. Index.

**i m 17 and my parents are getting divorced: Saving Your Marriage Before It Starts** Les Parrott, Leslie Parrott, 2015-10-27 OVER ONE MILLION COPIES SOLD! With this updated edition of their award-winning book, Drs. Les and Leslie Parrott help you launch lifelong love like never before. This is more than a book--it's an experience, especially when you use the his/her workbooks filled with more than 40 fun exercises. Get ready for deeper intimacy with the best friend you'll ever have. *Saving Your Marriage Before It Starts*, which has been translated into more than 15 languages, is the most widely used marriage prep tool in the world. Why? Because it will help you . . . Uncover the misbeliefs of marriage Learn to communicate with instant understanding Discover the secret to resolving conflict Master the skills of money management Get your sex life off to a great start A compelling video, featuring real-life couples, is available, and with this updated edition, Les and Leslie unveil the game-changing SYMBIS Assessment. Now you can discover how to leverage your personalities for a love that lasts a lifetime. Make your marriage everything it is meant to be. Save your marriage--before (and after) it starts.

**i m 17 and my parents are getting divorced: Expectation Hangover** Christine Hassler, 2016-01-15 When our expectations are met and things go according to plan, we feel a sense of accomplishment; we feel safe, in control, and on track. But when life does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of disappointment is profoundly uncomfortable and can cost us valuable time and energy if not treated and leveraged effectively. Christine Hassler has broken down the complex and overwhelming experience of recovering from disappointment into a step-by-step treatment plan. This book reveals the formula for how to process Expectation Hangovers on the emotional, mental, physical, and spiritual levels to immediately ease suffering. Instead of wallowing in regret, self-recrimination, or anger, we can see these experiences as catalysts for profound transformation and doorways that open to possibility. Often it is only when life throws us a curveball (or several) that we look in a different direction and make room for the kinds of unexpected things that lead more directly to a life we love. By the time you finish this book, you'll understand why your Expectation Hangover happened and have your own treatment plan -- a clear course of action to pursue your goals while preventing future disappointment.

**i m 17 and my parents are getting divorced: *The Things They Carried*** Tim O'Brien, 2009-10-13 A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school

classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

**i m 17 and my parents are getting divorced:** *The Emotional Incest Syndrome* Dr. Patricia Love, 2011-07-06 From Dr. Patricia Love, a ground-breaking work that identifies, explores and treats the harmful effects that emotionally and psychologically invasive parents have on their children, and provides a program for overcoming the chronic problems that can result.

**i m 17 and my parents are getting divorced:** *Done With The Crying* Sheri McGregor, 2016-04-30 In this encouraging book, Sheri McGregor helps parents of estranged adult children break free from emotional pain and move forward in their lives. With the latest research, her own experience, and insight from more than 9,000 parents, McGregor covers the growing trend of estranged adults from loving families. Devastated parents can be happy again.

**i m 17 and my parents are getting divorced:** *We're Getting a Divorce* Kenneth Mosley, 2010 'When is [Daddy] coming home with the divorce? Is it a toy to play with? Is it a special kind of pet? Where did Daddy have to go to get it? Mommy, what is a divorce anyway?' Fred doesn't understand divorce, but his parents are getting one. As he learns about what it is, your child will also begin to understand what a divorce is and that Mom, Dad, and God still love him or her very much. Help your child in this difficult time by reading 'We're Getting a Divorce' together.

**i m 17 and my parents are getting divorced:** *The Unexpected Legacy of Divorce* Julia M. Lewis, Sandra Blakeslee, 2001-10-01 Divorce is at once a widespread reality and a painful decision, so it is no surprise that this landmark study of its long-term effects should both spark debate and find a large audience. In this compelling, thought-provoking book, Judith Wallerstein explains that, while children do learn to cope with divorce, it in fact takes its greatest toll in adulthood, when the sons and daughters of divorced parents embark on romantic relationships of their own. Wallerstein sensitively illustrates how children of divorce often feel that their relationships are doomed, seek to avoid conflict, and fear commitment. Failure in their loving relationships often seems to them preordained, even when things are going smoothly. As Wallerstein checks in on the adults she first encountered as youngsters more than twenty-five years ago, she finds that their experiences mesh with those of the millions of other children of divorce, who will find themselves on every page. With more than 100,000 copies in print, *The Unexpected Legacy of Divorce* spent three weeks on the New York Times, San Francisco Chronicle, and Denver Post bestseller lists. The book was also featured on two episodes of Oprah as well as on the front cover of Time and the New York Times Book Review.

**i m 17 and my parents are getting divorced:** *The Smart Stepfamily* Ron L. Deal, 2006 Each member has their own unique place in a family. Ron Deal explores the myth of the blended family offering practical, realistic solutions for stepfamilies.

**i m 17 and my parents are getting divorced:** *Constructive Wallowing* Tina Gilbertson, 2014-05-19 "Constructive wallowing" seems like an oxymoron. Constructive is a good thing, but wallowing is bad. Right? But wait a minute; is it really so terrible to give ourselves a time-out to feel our feelings? Or is it possible that wallowing is an act of loving kindness, right when we need it most? Just about everyone loves the idea of self-compassion -- the notion that maybe in spite of our messy emotions and questionable behavior, we really aren't all that bad. In recent years there's been an explosion of books that encourage readers to stop beating themselves up for being human, which is terrific. Unfortunately, readers who aren't interested in Buddhism or meditation have been left out in the cold. Self-compassion is an everyday habit that everyone can learn, even if they a) aren't particularly spiritual, b) find most books about self-compassion too serious, or else c) have already overdosed on meditation. *Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them* is the first book to cut right to the chase, bypassing descriptions of Eastern philosophy and meditation techniques to teach readers exactly how to accept and feel their feelings with

self-compassion for greater emotional health and well-being ... while making them laugh from time to time. It seems that the wisdom of “keeping your friends close and your enemies closer” applies to emotions as well as people. It’s tempting to turn away from menacing, uncomfortable feelings like anger, grief or regret and treat them like unwanted guests; however, ignoring them just seems to make them stick around. They lurk in the background like punks with switchblades, waiting to pounce as soon as they see an opening. By learning to accept and embrace, rather than suppress, difficult feelings, people can keep their sense of personal power and, better yet, gain greater understanding and ultimately esteem for themselves. Feeling bad can actually lead to feeling better, faster!

**i m 17 and my parents are getting divorced:** *Aftermath* Rachel Cusk, 2012-08-07 In 2003, Rachel Cusk published *A Life's Work*, a provocative and often startlingly funny memoir about the cataclysm of motherhood. Widely acclaimed, the book started hundreds of arguments that continue to this day. Now, in her most personal and relevant book to date, Cusk explores divorce's tremendous impact on the lives of women. An unflinching chronicle of Cusk's own recent separation and the upheaval that followed—a jigsaw dismantled—it is also a vivid study of divorce's complex place in our society. *Aftermath* originally signified a second harvest, and in this book, unlike any other written on the subject, Cusk discovers opportunity as well as pain. With candor as fearless as it is affecting, Rachel Cusk maps a transformative chapter of her life with an acuity and wit that will help us understand our own.

**i m 17 and my parents are getting divorced: Radical Acceptance** Andrea Miller, 2017-05-02 “If you’re at the end of your relationship rope, reach for Radical Acceptance.” —Elle A refreshing new approach to romantic partnerships, grounded in the importance of unconditional love that shows how “prioritizing your partner [creates] true happiness in your relationship” (John Gray, PhD, author of *Men Are From Mars, Women Are From Venus*). Loving the lovable parts of your partner is easy. He’s funny, charming, smart, successful, and kind. He’s perfect. Except for when he is not. Like when he is late. Or short-tempered. Or lazy. Or he’s incorrectly loaded the dishwasher (again). Maybe he feels like the most frustrating person on the planet. Or maybe you’re simply not feeling heard or seen. Or loved enough. It’s these proverbial unlovable parts that make loving all of him so tough. But imagine if you let go of your itch to fix, judge, improve, or control your partner. Imagine if you replaced judgement with compassion and empathy. Tremendous empowerment and liberation come from loving someone—and being loved—for who we really are. This practice is called Radical Acceptance. Whether you’re looking for Mr. Right or are already with him, this is your powerful five-step guide to attaining life’s ultimate prize: unconditional love. You’ll learn how to increase your emotional resilience, feel more confident, determine whether you’re settling, quiet those doubt-filled voices in your head, get out of that endless cycle of dead-end dates, reduce conflict, and build a deeply fulfilling, affirming relationship—all through highly actionable advice. Best of all, you will discover how amazing it feels to have your heart expanded by an abundance of love and compassion for your partner and yourself. Featuring compelling stories for real-life couples and insights from the foremost thought leaders and researchers in brain science, sexuality, psychotherapy, and neurobiology, *Radical Acceptance* illustrates that embracing your partner for exactly who they are will lead to a more harmonious relationship—and provide an unexpected path to your own personal transformation.

**i m 17 and my parents are getting divorced: Ambiguous Loss** Pauline BOSS, Pauline Boss, 2009-06-30 When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central

message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornelli, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier of unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of The Good Divorce A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

**i m 17 and my parents are getting divorced: Are You the One for Me?** Barbara De Angelis, 2009-08-05 Finally--the book you've been waiting for to help you find and keep the right partner and make love last. Best-selling author and renowned relationship expert Barbara De Angelis reveals everything you need to know about compatibility and shows you how to create the fulfilling relationship you deserve whether you are- Married, and wondering if you could be happier. Single,

and wondering how to avoid another wrong partner. In love, and wondering whether your partner is the right one for you. with powerful advice and groundbreaking techniques that have helped thousands of people transform their lives, Dr. De Angelis will show you the formula for creating love that lasts, and help you to understand yourself and the one you love as you never have before. Discover: How to avoid making the biggest mistakes in love. The six essential qualities to look for in a mate. How to spot fatal flaws in a partner. How to create the sexual chemistry you want. The compatibility formula to make your relationship work.

**i m 17 and my parents are getting divorced: Woman on the Edge of Time** Marge Piercy, 1997-06-23 Hailed as a classic of speculative fiction, Marge Piercy's landmark novel is a transformative vision of two futures—and what it takes to will one or the other into reality. Harrowing and prescient, *Woman on the Edge of Time* speaks to a new generation on whom these choices weigh more heavily than ever before. Connie Ramos is a Mexican American woman living on the streets of New York. Once ambitious and proud, she has lost her child, her husband, her dignity—and now they want to take her sanity. After being unjustly committed to a mental institution, Connie is contacted by an envoy from the year 2137, who shows her a time of sexual and racial equality, environmental purity, and unprecedented self-actualization. But Connie also bears witness to another potential outcome: a society of grotesque exploitation in which the barrier between person and commodity has finally been eroded. One will become our world. And Connie herself may strike the decisive blow. Praise for *Woman on the Edge of Time* "This is one of those rare novels that leave us different people at the end than we were at the beginning. Whether you are reading Marge Piercy's great work again or for the first time, it will remind you that we are creating the future with every choice we make."—Gloria Steinem "An ambitious, unusual novel about the possibilities for moral courage in contemporary society."—The Philadelphia Inquirer "A stunning, even astonishing novel . . . marvelous and compelling."—Publishers Weekly "Connie Ramos's world is cuttngly real."—Newsweek "Absorbing and exciting."—The New York Times Book Review

**i m 17 and my parents are getting divorced: How to Be a Lady Who Leaves** Emma Heptonstall, 2017-06-07 Leaving your husband and getting divorced is a big deal, even when it's your idea. But how do you know if you're making the right decision for you, and if you are, what's the first thing you need to do? How to be a Lady Who Leaves answers all these questions and more. From understanding the divorce legal process in England and Wales, to getting to grips with your finances, this book shows you how. Worrying how your children will cope with your divorce and how to manage your own emotions? This book covers that too. With real life case studies from women with different experiences of divorce, this book takes you through the divorce process both practically and emotionally. Packed with hints, tips and action steps, this book is the perfect companion for any woman who is going through divorce.

**i m 17 and my parents are getting divorced: It's Not Your Fault** Joey Pontarelli, 2021-09-16 What has brought the most pain and problems into your life? For many teens and young adults, the answer is their parents' separation or divorce. Yet nobody shows them how to handle all the pain and problems that stem from their family's breakdown. As a result, they continue to feel alone and struggle in serious ways with emotional problems, unhealthy coping, relationship struggles, and more. *It's Not Your Fault* is a practical guide to successfully navigating the 33 most pressing challenges faced by teens and young adults from broken homes. As a child of divorce himself, author Joey Pontarelli has found solutions to the pain and problems from his parents' breakup for the past 17 years. Drawing from research, expert advice, and real-life stories, he offers tools to cope in healthy ways, overcome emotional problems, form thriving relationships, and build virtue. After reading *It's Not Your Fault*, teens and young adults, or adults who love or lead them, will know: How to handle the trauma of their parents' divorce or separation How to build healthy relationships How to overcome emotional pain and problems Healing tactics to help them feel whole again How to navigate their relationship with their parents Healing their relationship with God How to make important decisions about their future Young people from broken homes have been neglected for far too long. They deserve better. They deserve the help they need to undo the cycle of dysfunction and

divorce. This book is the long-awaited resource that will help them stop feeling alone and guide them along their journey.

**i m 17 and my parents are getting divorced: Getting Through My Parents' Divorce** Amy J. L. Baker, Katherine C. Andre, 2015-07 Is your child stuck in the middle of a high-conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along.

**i m 17 and my parents are getting divorced: To Love, Honor, and Vacuum** Sheila Wray Gregoire, 2014 Sheila speaks to both the heart and habits of the woman who is wife and mother. The lessons in this book are biblical, doable, and affordable!--Margaret B. Buchanan From advertisements to mommy blogs to Pinterest, scenes of domestic bliss abound, painting a picture of perfection and expectation nearly impossible to live up to. Why can't you work a full-time job, stylishly clothe yourself and your children, plan a party for twelve with handmade decorations, keep your house sparkling clean without chemicals, and bake a gourmet meal in the same day? Everyone else is doing it! For many women, housework has become more than chores that need to be done; it is a symbol of identity. Sheila Wray Gregoire wants to stop that thinking in its tracks and help women back to a life of balance--for their sakes and for their families. She encourages women to shift their focus from housekeeping to relationships and shows them how to foster responsibility and respect in all family members. The second edition retains the helpful, concrete advice on everyday situations such as strategies for tackling chores and budgets and tips on effective communication, while incorporating the wisdom Sheila has gained through her interaction with thousands of readers of her blog and through her speaking ministry over the past ten years. Through the principles in *To Love, Honor, and Vacuum*, Gregoire promises readers they can grow and thrive in the midst of their hectic lives--even if their circumstances stay the same.

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