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## **how to deal with your parents divorce 15 steps wikihow**

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to deal with your parents divorce understand that the divorce is happening because of issues between them and is not your fault in any way next acknowledge your feelings and avoid suppressing them since it s completely normal to have strong and even confusing emotions during this time

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experiencing a parental divorce is very common as anywhere from 40 to 50 of marriages do not last in fact one study found that only around 45 of children whose parents were married at or around the time of their birth reach age 17 with their parents still married

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key points divorcing parents often underestimate the impact on their adult children thinking that since their children are grown it will not affect them adult children struggle with the

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1 they feel angry kids may feel angry about divorce if you think about it it makes sense their whole world is changing and they don t necessarily have much input anger can strike at any

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but in many cases following a divorce parents are not in an emotional or financial state to continue meeting the children s needs at the same level as prior to the divorce in these circumstances children are less likely to receive the emotional support needed to properly grieve which is what i personally experienced

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co parenting tip 1 set hurt and anger aside successful co parenting means that your own emotions any anger resentment or hurt must take a back seat to the needs of your children admittedly setting aside such strong feelings may be the hardest part of learning to work cooperatively with your ex but it s also perhaps the most vital

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it s often helpful for divorcing parents to come up with a plan and present it to their children together and keep the lines of communication open kids benefit from having honest conversations about the changes their family is experiencing in many cases sudden change can be hard on children

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key points the idea of divorcing a family member you aren t married to may sound a little dramatic but there s probably already plenty of drama leaving does not need to be an ugly drawn out

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