

## **Feelings a Child of Divorce May Experience**

**Anger**—at parents for “ruining” the family

**Abandonment**—feeling that a parent has “left” you

**Guilt**—about being angry at your parents when you know they are also having a rough time or about being a contributing cause for the divorce, that somehow you are to blame

**Fear**—of being “caught in the middle”

**Sadness**—that the family entity you knew has “died”

**Betrayal**—feeling that your parents deceived you

**Embarrassment**—taking on your parents’ failure as your own

**Worry**—about financial security

**Resentful**—about having to deal with this problem when you already have enough to deal with

**Relief**—that conflict in the house will cease