

What I Need & Want From My Divorced Parents

Most of the time parents are very concerned about their children's happiness after a divorce. But that doesn't mean that they always give their children what they really need. Sometimes parents give their children "things" after a divorce, but what children really need is time with both parents and support.

This list will help you tell your parents the things you need that are most important to you. Put a number by each statement with:

1=Not that important to me

2=Somewhat important to me

3=Very important to me

You may need different things from your mother and your father, so make two copies of this form and give one to each of your parents.

You'll also see that there are spaces to write other things you need that are not on the list.

Of course you can also just tell each parent what you need. When parents are divorcing the most important thing kids can do is to tell each parent how they feel and what they want.

This Is Need and Want From You

_____ I need see you more often.

_____ I need you to stop fighting and try to get along.

_____ I need you to tell me if you start dating.

_____ I want to do more fun things with you.

_____ I need you to stop criticizing my other parent.

_____ I need to feel that I can talk to you about anything that bothers me.

_____ I need you to talk to Mom/Dad (circle) and not make me a messenger.

_____ I need you to respect my privacy and not ask me everything that happened when I visit Mom/Dad (circle).

_____ I want to have my life be "normal," and have it be as close to the way it was before the divorce.

_____ I need you to take care of yourself so that I don't have to worry about you.

_____ I want you do whatever it is you say you will do and not make promises that you don't keep.
