Teen Divorce / Changing Families Steps

Safety. Name. Feel. Bind. Logistics. Support. School. Future. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Name the change

Homes, schedule,
adults, what shifted.

3. Feelings + body

Sad, angry, relieved,
mixed. Sleep.

4. Loyalty bind check

Messenger? Secrets?
Adult problems?

5. Two-home logistics

Bag, rides, sports,
school contacts.

6. Map support

Two safe adults.
Places that help.

7. School + activities

Who to tell. Hard-day
and ride plan.

8. Future without adultifying

College/money talk.
Adults stay adult.

9. Log and bridge

Log practice. Bridge
to safety tools.

Tip: you can love both parents without carrying messages or adult problems.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen divorce skill practice. A practice tool, not therapy.

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My Changing Family Plan

Name the change. Bind check. Logistics. Support. School next step.

Name: _____ **Date:** _____

What is changing (homes, schedule, adults, what shifted):

_____

Type (circle): separation / divorce / two homes / other: _____

Feelings + body cues today:

_____

Loyalty bind check (messages, secrets, adult problems?):

_____

_____

Two-home logistics (bag, rides, sports, school contacts):

_____

_____

Support map + school plan (circle what fits this week):

1. Two safe adults (not in the middle of the fight)
2. School / activity ask: _____
3. Boundary line I will practice: _____

Chosen plan + check-back time:

_____

Trusted adult I will update:

_____

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Divorce Practice Log

Seven days of name, bind checks, logistics, and support moves.

Name: _____ **Date:** _____

Day / date	Change / cue	Move used	What helped	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Change: _____ Adult I tell: _____

Safety · Name · Feel · Bind · Logistics · Support · School · Log

You can love both parents without carrying adult problems.

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