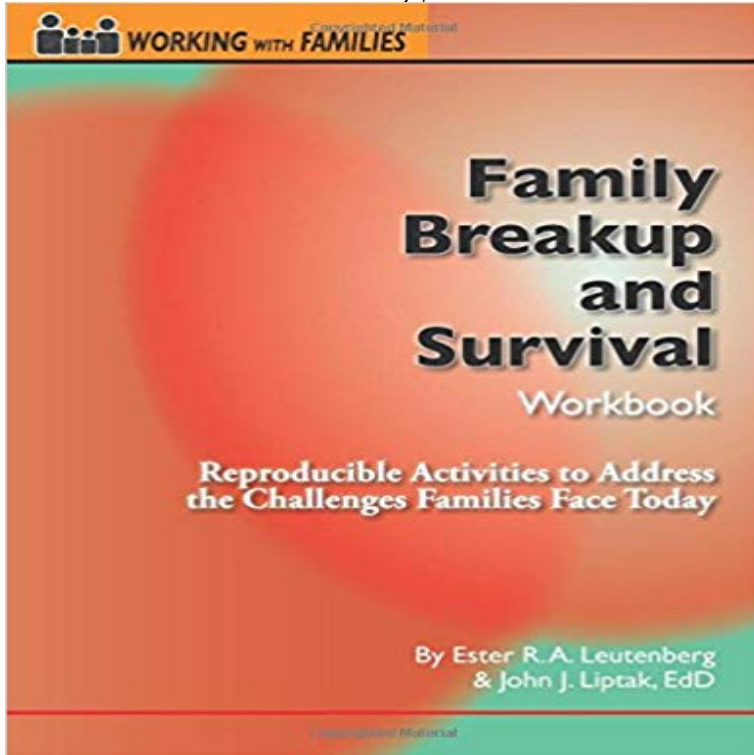


# Family Breakup and Survival Workbook: Reproducible Activities to Address the Challenges Families Face Today



The Family Breakup & Survival Workbook contains assessments and self-guided exploration activities for practitioners to use with all members of a family as they cope with stress and changes associated with a break-up. Breaking up can mean many different things to different people. For the purposes of this workbook, we are using the term break-up to include people living in a variety of situations, including legal separation, annulment, dating, divorce, and co-inhabiting. Break-ups are extremely complicated processes that usually involve phases of a break-up between the two people and their families, and then possible various stages of a grieving process, for all concerned. The activities in this workbook will address all of this. The Family Breakup & Survival Workbook is designed to be used either independently or as part of an integrated curriculum. You may administer any of the assessments and the guided self-exploration activities to an individual or multiple family members with whom you are working, or you may administer any of the activities over multiple sessions. Feel free to pick and choose those assessments and activities that best lead to the outcomes you desire. The assessments and activities are divided into four chapters to help you identify and select assessments easily and quickly. Chapter I: Communication This chapter helps family members explore the way information about the break-up was conveyed to them. Chapter II: Visitation and Relationships This chapter helps family members explore how visitation is being handled by both parents and how relationships with the family care-givers are progressing. Chapter III: Feelings This chapter helps family members explore how well they are managing their current feelings associated with the break-up. Chapter IV: Changes This chapter helps family members explore the various changes that have resulted

because of the break-up, and how family members are dealing with those changes. All of the assessments and activities in this workbook are fully reproducible for your convenience.

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