

# DEALING WITH THE EFFECTS OF DIVORCE ON KIDS

## A Guide to Dealing With Feelings of Being Torn

**TEAR:** to pull apart or in pieces by force, especially so as to leave ragged or irregular edges.  
*(from dictionary.com)*

**TORN IN TWO!** When parents divorce, children are put in a position where they are forced to split their time between two houses. Whether it is one week here and one week there or every other weekend at dad's house, children go from having one cohesive family unit to trying to find a way to exist in two, oftentimes very different, worlds. They go from being a member of one family to living in two homes, from having one set of clothes and toys to having two, from having one calendar to keep track of to two. No matter where they are, they are always missing either their mother or their father. Suddenly, they are forced to be two very different people at two different houses.

### RECONCILING THEIR PARENTS' WORLDVIEWS

When people get married, one thing they have to do is figure out how to reconcile their worldviews. Whether they differ over religion or how to discipline the kids, parents have to discuss, compromise and come to a united decision. Once they get divorced, this daunting task falls to the kids. They are left to figure out how to live with two different sets of rules and expectations in two worlds they never asked for and never would have chosen for themselves.

### WHY CHILDREN FEEL TORN

- ✓ Family torn apart (two homes)
- ✓ Loss of rituals and routines
- ✓ Loss of shared history with parents
- ✓ Always missing at least one parent
- ✓ Not fully part of either family
- ✓ Always missing events at the "other house"
- ✓ Feel like both an insider and outsider in both houses

### Scripture References About Being Torn

Gen 50:20	Rm 8:28-29
Dt 31:8	2 Cor 1:3-5
Ps 31:9	Phil 1:21-23
Is 25:8	Phil 4:6-7
Is 33:6	Jm 1:2-4
Is 66:13	Rev 7:17
Jn 14:3	Rev 21:4

*"Our parents may no longer have been in conflict, but the conflict between their worlds was still alive. Yet instead of being in the open, visible to outsiders, the conflict between their worlds migrated and took root in us." Elizabeth Marquardt *Between Two Worlds**



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