

PICKING SOMEONE TO CONFIDE IN AFTER YOUR PARENTS' DIVORCE

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PICK AN ADULT WHO WILL NOT GET UPSET



If you can't talk to a parent or grandparent, then think about talking with someone whose job it is to take care of kids or families ... Maybe a parent of a good friend would listen, or maybe there are counselors at school you ... can trust.

DON'T PICK A PERSON WHO GIVES YOU AN ICKY OR UNCOMFORTABLE FEELING

That's your internal warning signal saying, "Don't talk to this person about private things."



PICK SOMEONE YOU HAVE KNOWN FOR A WHILE



He or she should be kind, a good listener, and a person you trust. You feel really safe when you are with this person.

PICK A THERAPIST OR COUNSELOR

It's their job to make you feel safe, to treat you well, and to keep every single thing you say private.



DON'T GET DISCOURAGED IF YOU DON'T FIND THIS SPECIAL PERSON RIGHT AWAY



Sometimes parents are too stressed to really listen to you. If that's true for you now, things will ... get better in a while and you can share your thoughts and feelings with them later...