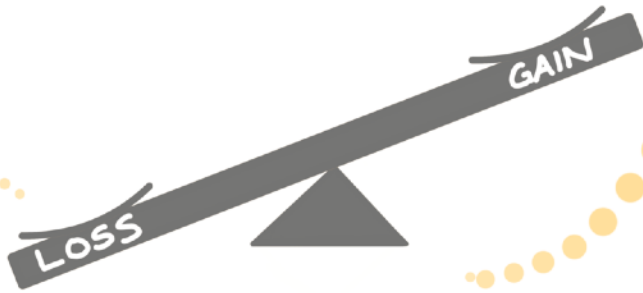


I'VE LOST, BUT I'VE GAINED



WHO OR WHAT
COULD HELP ME?

WHO OR WHAT
COULD HELP ME?



WHO OR WHAT
COULD HELP ME?



I've lost...but I've gained...

A worksheet for children whose parents have separated/divorced

This worksheet is a companion piece to **'My parents are not going to live together any more – how do I feel?'** and **'Big changes at home- my parents have separated/divorced'**

It could be used in any situation where a young person has experienced a single loss of someone, or something, or several losses.

It is intended as a framework for a conversation about loss and being able to look forward.

The sheet could be used after discussing the changes that the child/young person has experienced as a result of the separation – it could support them to see that there may be/are some positive changes for them despite the losses.

This quote by **Ralph Waldo Emerson** may be useful:

“For everything you have missed, you have gained something else, and for everything you gain, you lose something else.”

a) Encourage the child or young person to label the losses they are feeling and draw them as separate weights – could be a pebble – on one side of Balance no. 1.

b) Ask them to think of any positives that immediately come to mind and put them on the other side.

c) The 'What/who can help me?' bubble at the end asks them to identify a stepping stone to the next balance – no 2 which begins to see the weight shifting to a more positive outlook, where they will have accepted the situation.

d) Repeat the same steps and then ask them to project forward to a place - no 3 – where the gains will balance out the losses.

Key points

- They may decide to take out some of the losses as they progress.
- The sheet could be used over a period of time or completed in one session.
- This could be done practically with an actual balance and weights/other objects