

Effects of Divorce & Separation on Children

Pervasive sense of loss: Generally children express feelings of sadness. Some children will have signs of depression such as sleeplessness, restlessness and difficulty concentrating.

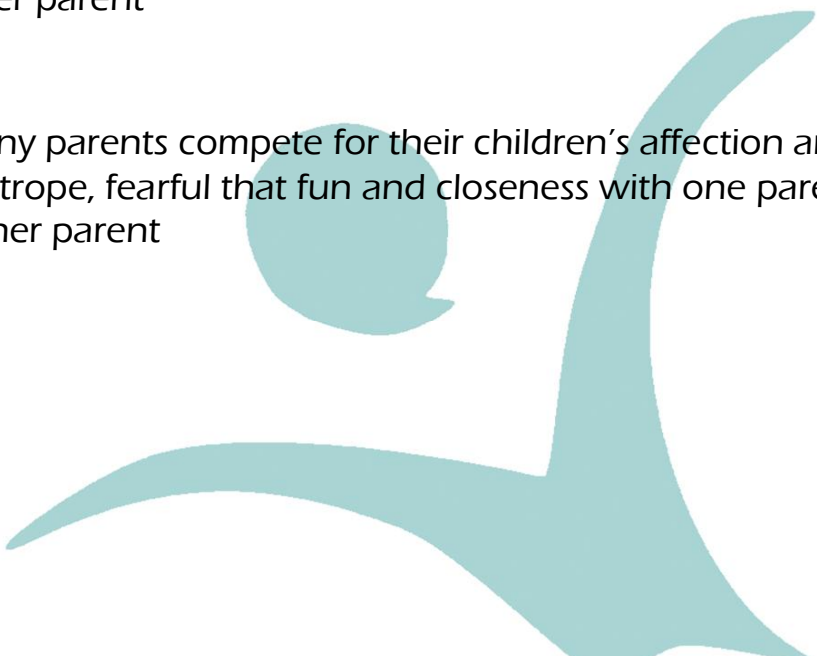
Anxiety: Most children worry that their basic needs will not be met. They worry about money and their parents' emotional physical health.

Feeling Rejected: Children often feel rejected by one or both parents.

Loneliness: Children frequently long for the absent parent. Children generally feel that they receive less attention from both parents during divorce.

Anger: Children's behavior reflects an increased sense of tension and anger which may be directed at either parent

Conflicted Loyalties: Many parents compete for their children's affection and loyalty. Children walk on a tightrope, fearful that fun and closeness with one parent might be a betrayal of the other parent



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