



# Teenhelp

menu

## Separation - I am so confused

### Q. What are you feeling?

A. When parents separate it's completely normal to experience a range of strong emotions. Everyone's experience is different. There is no right or wrong way to feel. Even if your parents separated some time ago, it's normal to still have feelings about it.

Here is a list of common emotions experienced by young people dealing with their parents' separation. Can you identify any that you have been feeling lately?



- Shocked
- Disappointed
- Worried
- Sad
- Angry

- Shame
- Relieved
- Loss
- Guilty
- Overwhelmed
- Embarrassed
- Confused
- Insecure
- Normal
- Overwhelmed
- Rejected
- Safe
- Disillusioned
- Fearful
- Excited
- Abandoned
- Hopeful

Listing feelings like this isn't meant to make you feel bad, but to convey that strong and mixed emotions are a normal part of coping with all the changes in your family life.

*'I was a bit stunned. Like, I didn't know what to do, I didn't know what to say.'* (Girl, aged 14)



### **Why do I feel so confused?**