

CONTENTS

Foreword by Louise Bates Ames	•	13
Introduction for Parents	•	17
Introduction for Boys and Girls	•	25
1. A Few Things You Should Know About Divorce	•	31
Hobson's choice	•	31
Feelings children have after the divorce	•	34
2. Who's To Blame?	•	37
Your parents did not get divorced because you were bad	•	37
Parents' accidents and mistakes	•	39
Things parents cannot control	•	41
The parent who is to blame	•	42
A few more things about blame	•	42
3. The Love of a Parent for a Child	•	45
Mixed feelings	•	45
How some parents confuse children about love	•	48
How to find out if someone loves you	•	50
Things you can do when a parent does not love you	•	54
4. Anger and Its Uses	•	57
The use of anger	•	57
Substitutes for the thing you want	•	63

	Changing your mind about the thing you want	• 66
	Changing your mind about the person you're angry at	• 67
	You're not bad if you get angry	• 68
	Angry thoughts cannot harm anyone	• 72
	Angry thoughts and angry feelings	• 73
	Important things to remember about anger	• 76
5.	The Fear Of Being Left Alone	• 77
	The one-eyed man	• 77
	You still have two parents	• 79
	Living with relatives and friends	• 80
	Boarding schools	• 81
	Foster homes	• 83
6.	How To Get Along Better with Your Divorced Mother	• 87
	Wishing your mother would get married again	• 87
	Acting too grown-up with your mother	• 88
	Acting like a baby with your mother	• 90
	The "good-guy" father and the "mean old" mother	• 91
	When your mother talks about your father	• 92
	If your mother works	• 92
	Your mother's dating	• 93
	Time alone with your mother	• 99
7.	How To Get Along Better with Your Divorced Father	• 101
	Fathers who spoil their children	• 101
	Fathers who do not punish or discipline	• 102
	Fathers who do not make children do things on their own	• 103
	Too many fun things, too few personal things	• 105

Doing only what the child wants, not what the father wants • 107

Doing only what the father wants, not what the child wants • 109

The problem of how much time to spend with your father • 111

Bringing friends along when you go out with your father • 112

Acting too grown-up with your father • 113

Acting like a baby with your father • 113

When your father talks about your mother • 114

Fathers who do not visit • 114

8. How To Get Along Better with Parents Who Are Living Apart • 117

Using you as a spy or tattletale • 117

The tug of war • 118

Playing one parent against the other • 122

Using you as a tool or weapon • 125

9. How To Get Along Better with Your Stepfather and Stepmother • 127

About stepfathers • 127

About stepmothers • 133

10. Other Problems Children of Divorced Parents Have • 137

Problems with other children • 137

Children who feel bad about themselves • 143

Children who are ashamed of themselves because of their parents' behavior • 144

Your extra jobs and responsibilities • 145

11. If You Have To See a Therapist	• 151
The kinds of people therapists see	• 151
Children who are ashamed to see a therapist	• 152
What therapists do	• 153
12. Fields' Rule	• 155
Epilogue	• 159