Parents Forever Session Evaluation: 
The Impact of Divorce on Adults

Please answer the following questions about the Parents Forever session you just completed.

1. The most important idea or skill I gained from this session was:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I intend to apply this in my family by:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

2. One of the most important things I learned in this session was that divorce is a complex process involving at least six stages.

___ True  ___ False  ___ Not applicable

Before this session, my knowledge of this matter was:

(High)  5  4  3  2  1  (Low)

After this session, my knowledge of this matter was:

(High)  5  4  3  2  1  (Low)

I intend to apply this in my family by:

________________________________________________________________________

I will know this knowledge has made a difference when:

________________________________________________________________________
3. One of the most important skills I learned in this session was ways to deal with anger associated with the divorce.

___ True ___ False ___ Not applicable

Before this session, my skill of this matter was:

(High) 5 4 3 2 1 (Low)

After this session, my skill of this matter was:

(High) 5 4 3 2 1 (Low)

I intend to apply this in my family by:

________________________________________________________________________

I will know this knowledge has made a difference when:

________________________________________________________________________

4. One of the most important things I learned in this session was that people often have unrealistic expectations of relationships.

___ True ___ False ___ Not applicable

Before this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

After this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

I intend to apply this in my family by:

________________________________________________________________________

I will know this knowledge has made a difference when:

________________________________________________________________________
5. Another important thing I learned in this session was:

Before this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

After this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

I intend to apply this in my family by:

I will know this knowledge has made a difference when:

6. Other comments about this session:

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