Parents Forever Session Evaluation: The Impact of Divorce on Children

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 how children are affected by divorce and what I can do to help my children adjust to my divorce.

___ 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 things I learned in this session was to use “I” messages to express my feelings.

___ 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 how to keep my children “out of the middle” in my relations and disputes with the other parent.

___ 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. One of the most important skills I learned in this session was how to make a parallel-parenting plan.

___ 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:

________________________________________________________________________

6. 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:

________________________________________________________________________

7. Other comments about this session:

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