

Conversations with Our Child(ren)

What happens in your marriage doesn't just affect the two of you, as parents it affects your children as well. Recognizing that your kids have been impacted by the decisions that you have made over the years it is important to communicate with them about what you have learned in this process.

Before speaking with your children, it is necessary to have an idea of what you would like to share with them. Keep in mind that even adult children do not need to be privy to all of the intricacies of your relationship nor should they be. Having guardrails around your marriage, regardless of the difficulties you are experiencing is important for maintaining healthy parent child relationships.

*The way we talk to our children becomes their inner voice.
~Peggy Omara*

1. What guardrails do I need to establish with the children?

2. What do we wish them to know at this time?

3. With what I have discovered in this process what do I need to ask my child(ren) to forgive me for?

Your children, especially those who are school aged and older, will definitely want to speak their mind about what is going on and it's impact on them. You need to use the skills that you have learned throughout Rescue My Marriage Today to be able to calmly listen and understand what their experiences are. It may not be easy to hear, however, it is critical to your relationship that you afford them the time to speak about what is on their minds.

4. Our child(ren) expressed the impact on them as:

5. He/she/they are frustrated or sad because:

6. He/she/they wish that:

7. He/she/they are really struggling with:

8. In order to strengthen my relationship with my child(ren) I have decided to:
