

Parents R- 4Ever Quiz

NC Cooperative Extension
www. ces.ncsu.edu/depts./fcs

1. Which is not a stage of Divorce?
 - a. Emotional divorce
 - b. Community divorce
 - c. Economic divorce
 - d. Psychological divorce

2. Stress associated with divorce can be felt:
 - a. emotionally like anger
 - b. physically like headaches
 - c. behaviorally like drinking too much alcohol or losing sleep
 - d. in relationships like fighting, anger at the kids or withdrawing
 - e. all of the above

3. Stress is a factor of:
 - a. our perception of how bad the issue is
 - b. a combination of our perception and the resources we have to deal with the stressor
 - c. how everyone treats you during a crisis

4. Before accepting the reality of a divorce, adults usually have to go through grief stages which include::
 - a. Denial, anger, bargaining, depression and acceptance
 - b. Depression, anger and acceptance.
 - c. Denial, resocializing depression and acceptance
 - d. none of the above

5. Which statements are important for children of divorcing parents to hear?
 - a. You did not cause this divorce
 - b. I am not rejecting you and I will always love you
 - c. This was not an easy decision and I am sorry you are hurt by this decision
 - d. all of the above

6. Children worry about the following during the divorce process
 - a. Taking sides

- b. What it will be like during special holidays and family celebrations
- c. Their library card and where it is located
- d. Their stuff, their room and where their pet will live
- d. A , B & D above

7. Pick three healthy ways to help a child deal with their feelings about their family

- a. Watching television and staying out of the way of the divorcing parent
- b. Using stories and books to help them open-up their feelings and talk
- b. Observing their play and listening for messages in their conversations about their family
- c. B & C above

8. What are the typical sources of conflict between 2 people in a divorce?

- a. Money
- b. School transportation
- c. Visitation and custody
- d. Discipline & Education
- e. A, C, and D above
- f. A, B and C above

9. Name three ways to be more effective in communication

- a. Listen carefully without distraction then summarize with what you heard
- b. Talk louder to be heard better
- c. Always distrust what the other person says
- d. Distract the other person so you can convince them you are right

10. What is a benefit of cooperating with your ex-spouse?

- a. Children benefit from two supportive parents
- b. Children are not put in the middle defending one or guessing what to do
- c. The level of stress is reduced in the whole family
- d. All the above
- e. None of the above