

Divorce Adjustment Test For Children



Krist Samaritan Center

The following is a list of factors, which may cause or reflect divorce adjustment problems of children. Included are factors, which can produce added stress on children or suggest difficulty in coping. Check those items which apply to any of your children ages 4 to 16.

- Little or no contact with one parent.
 - Sudden decrease in family income.
 - Continued conflict between parents.
 - Moving to new home or school.
 - New fears or increase in clinging and dependency.
 - Depressed, loss of interests or withdrawn.
 - Excessive emotional outbursts or hostility.
 - Decline in school performance.
 - Change in appetite; difficulty sleeping.
 - Excessive need to please.
 - Delinquency (e.g. drug use, sexual acting out).
 - Decreased self-confidence; guilty feelings.
- TOTAL ANSWERS CHECKED

If you checked any of the above items for one of your children, there is a risk that the child is having difficulty adjusting to the divorce. Particular severity of a single symptom indicates serious coping problems. Individual evaluation and professional help should be obtained as soon as possible.

Source: UH Divorce Adjustment Services.

The staff at the Krist Samaritan Center for Counseling and Education can provide child therapy as well as a full range of services for families and individuals.

