

Divorce Adjustment Test For Children

Carole and Ronald Krist Samaritan Center for Counseling and Education

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- _____ Depressed, loss of interests or withdrawn.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.



CAROLE & RONALD KRIST
SAMARITAN CENTER
FOR COUNSELING & EDUCATION

17555 El Camino Real
Houston, Texas 77058
281.480.7554
www.samaritanhouston.org