

★ Chapter 10 ★

TELLING YOUR FRIENDS

WHEN AND HOW TO BREAK THE NEWS THAT
YOUR PARENTS ARE GETTING DIVORCED

Zoe: You might not know what to say or worry about how your friends will react. You may even feel like a loser or failure—you wish you weren't one of those people who has to say those words: "My parents are getting divorced." But the more people you tell, the easier it gets. Tell your close friends first. Start out slowly or practice in front of the mirror. Or ask a friend to tell some of your other friends.

Evan: That's a good idea, but if you don't want to say anything, wait until you feel comfortable about it. I have a good friend who never even told me his parents were getting divorced. My mom says he must have had some feelings about it, but I think it just wasn't a big deal to him. Frankly, we have better things to talk about, like sports or school or girls.

Dear Mariah,

It was pretty hard for me to tell my friends because it was such a big change. My brother, on the other hand, didn't have any trouble telling his friends. Actually, I'm not sure if he even told anyone. Don't worry about how your friends are going to react. In the long run, all that matters is how you feel about it. If you still feel pretty sad, wait for awhile and maybe just spend more time at your

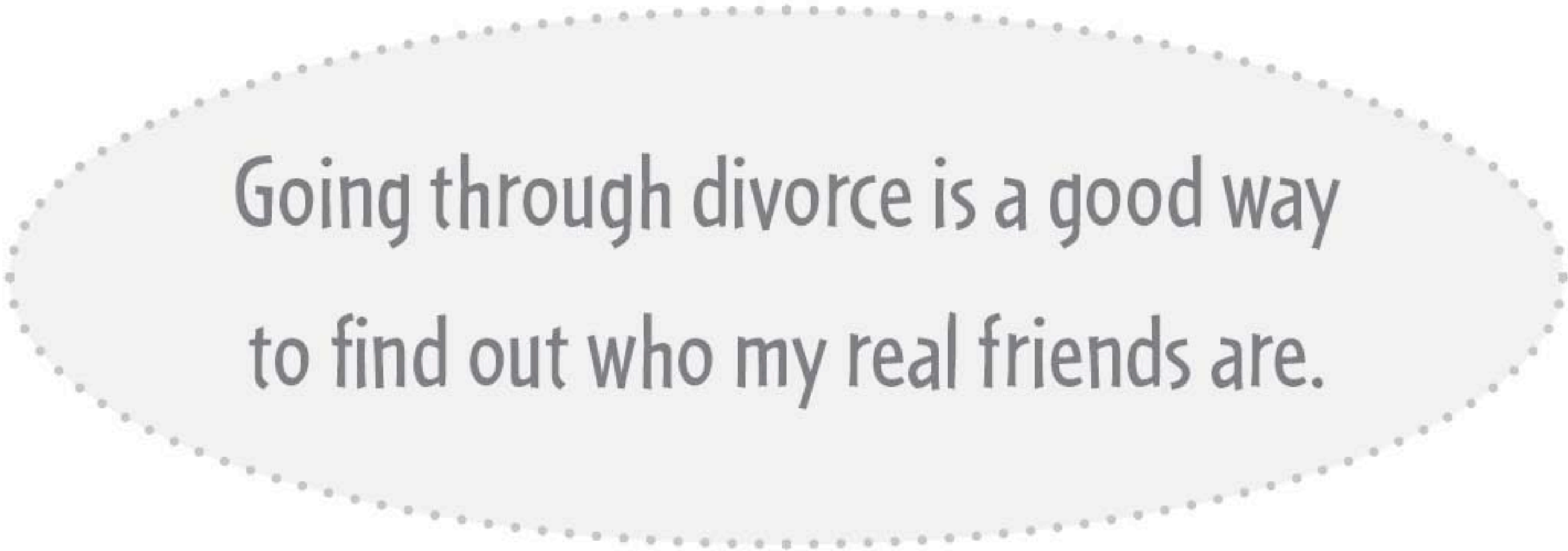
friends' houses so that they don't ask you why one of your parents isn't living there anymore. When you feel ready to talk about it, just do it. Keep it simple, your friends don't have to know all the gory details. You can always just write them a note if you can't find the right words.

Warm wishes,

Zoe

EVAN'S QUICK TIPS

- 1. Tell the truth. Don't make up any stories.**
- 2. Rehearse ahead of time.**
- 3. E-mail or text message your friends so you don't have to say it to their face.**
- 4. Wait until you're ready.**
- 5. Don't worry about what your friends think—it doesn't mean anything about you.**



Going through divorce is a good way
to find out who my real friends are.