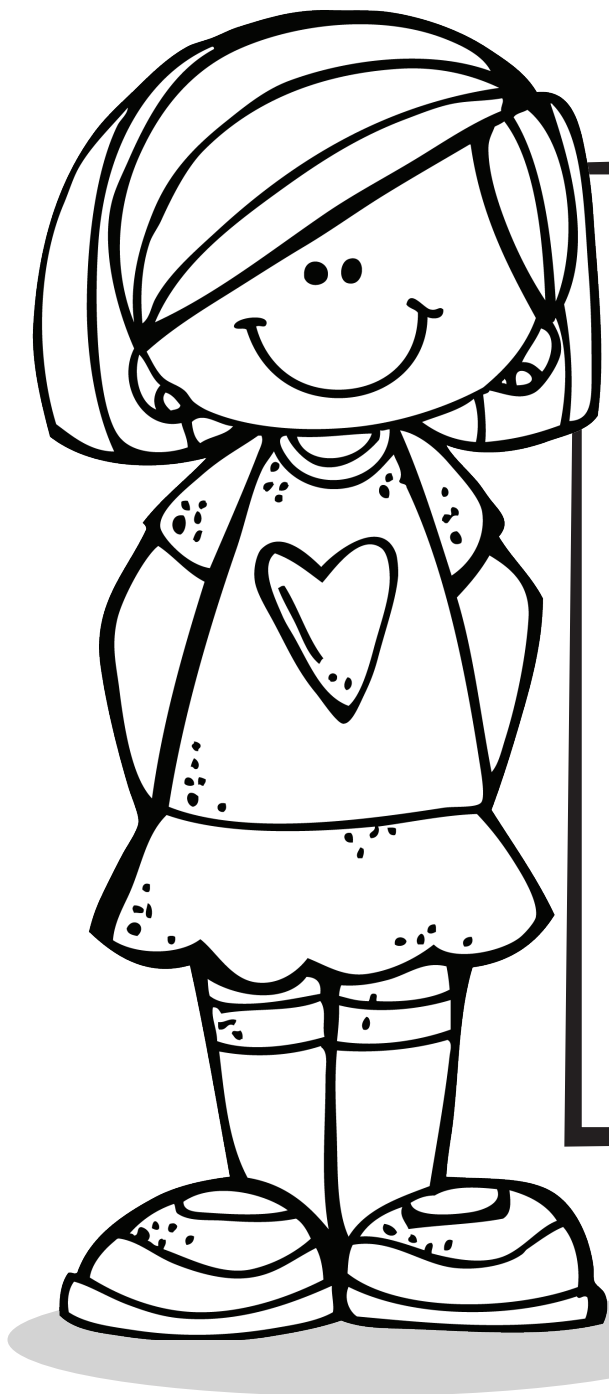


Broken Promises



Sometimes, people make promises they can't keep—even parents. Sometimes, your parents aren't there for you when you need them, even when they say they will be. It can be tough, because you should be able to trust your parents to keep their word, but sometimes they don't. Sometimes they might disappoint you, or make you mad. Use this book to help you recognize and handle these feelings, and remember that no matter what, **YOU** are an **AWESOME** kid!

Draw a picture of your family in the box below.

A large, empty rectangular box with rounded corners and a thick black border, intended for drawing a picture of a family.

In the boxes below, describe each of your family members.



My Family Member	This person is...

What are some of your favorite things about your family?



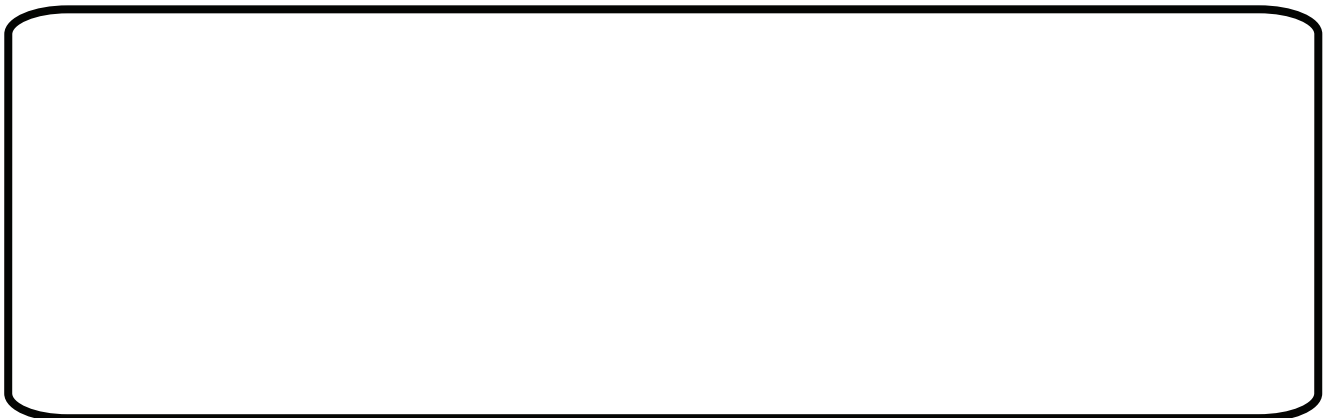
What are some of your least favorite things about your family?

Sometimes, parents break their promises and let you down. It's okay to feel disappointed when this happens, and it can help to talk about it. Share some of the times you've been let down by your parent.

"The person who lets me down is _____"

"My parent let me down when..."

(Describe some examples in the shapes below.)



"My parent let me down when..."
(Describe some examples in the shapes below.)



When a parent breaks a promise, you may have many different feelings. Add your feelings to the circles below alongside those already mentioned.

