With every family, there will be times when situations at home change and things get shaken up (a little or a lot). Maybe parents begin to fight and split up temporarily or for good. A stepparent might become part of your life and leave you trying to figure out where you fit within a blended family. Other events—like a long-distance move or a parent losing a job—can also lead to major changes in the family.

The tough part about these situations is that you probably didn't have anything to do with why they happened. Even so, you have to deal along with everyone else. Change isn't always easy for people. **It can be especially hard if things are moving fast and it feels like you don't have much control over what's going on.**

"Things are different now . . ."

"My grandma died last month. Sometimes I just can't believe she's gone. She was my mom's best friend, so it's affecting her the most. It's hard for my sister, my brother, and me to see Mom so sad."
—Juan, 13

"My dad just moved back in with us after being gone for two years and it has turned my world upside down."
—Bibi, 12

"I'm stressed because of my parents' divorce. It's hard because of the scheduling."
—Raj, 11

"We just moved here and I hate it. My new school is terrible because it is so strict. Now my parents are splitting up, too."
—Aiden, 13

"I just found out my mom is pregnant! They already have my little sister and me. I'm so angry because things are going to have to change again and I don't want them to. Plus they're planning on making my sister move into my room with me so the baby can have its own room!"
—Cheri, 14

"I like my mom's fiancé, but things are moving really fast. They've been together less than two months—it's a lot for me to take in."
—Wallace, 12

"Recently my dad went into rehab and I'm going through a lot right now. It's weird, too, because I'm living with my grandparents and I don't really know them."
—James, 11