



Cultivating Emotional Wellness

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For dates, cost and details of a Biblically based online coaching group for separated or divorced women visit www.GeorgiaShaffer.com/ReBUILD.

1. Practice Self Compassion

Let us therefore come boldly unto the throne of grace, that we may obtain mercy and find grace to help in time of need. (Hebrews 4:16).

2. Handle Expectations and Desires Realistically

What causes fights and quarrel among you? Don't they come from your desires that battle within you? (James 4:1).

3. Recognize Destructive Anger and How to Express it Constructively

Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil (Ephesians 4:25, NRSV).

4. Avoid Getting Ambushed by Anxiety

Don't worry about anything; instead pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus (Philippians 4: 6-7, NLT).

5. Heal from the Wounds of Shame & Betrayal

As for me, I call to God, and the LORD saves me (Psalm 55:16).

6. Grieve the Losses and Shattered Dreams

Blessed are those who mourn, for they will be comforted (Matthew 5:4, NIV).

7. Create Holy Habits to Experience Higher Levels of Faith, Hope and Love

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).

Separation and Divorce Can Leave You Feeling Lost & Lonely BUT You Do not Need to Do it Alone.

Beginning anew after a shattered marriage is overwhelming. The emotional pain is crippling, your bank account is depleted, and you have no energy to tackle all the challenges you face. ReBUILD after Divorce is a safe, Biblically-based online coaching group for women who want to move from reeling to resilient.

What others are saying about ReBUILD:

Without ReBUILD I would be stuck and not understanding the process of grieving and beginning anew. I was able to grieve, forgive, and release huge burdens that I had been stuffing for years. I have not only grown in self-awareness, but I now know what to expect as I continue to rebuild my life. Most importantly, ReBUILD has helped me to grow closer to God.” -Candi Paul

“ReBUILD is not just informative, it’s transformative” - Barbara Jones

Find the costs, dates, quotes and videos of Resilient Rebuilders who were part of the Biblically based online coaching program at www.Georgiashaffer.com/ReBUILD

Sign up for the complimentary devotional,
Losing It and Gaining More,
at the bottom of the home page at www.GeorgiaShaffer.com.

You will also be notified when we are offering:

ReOrient: A Coaching Group for Adult Children of Gray Divorce

This is an online Biblically based coaching group for children whose parents divorced later in life. We will share stories, insights and strategies to guide adult children through the relational issues and emotional upheaval of their parent’s divorce later in life.