



Rebuilding After Setbacks & Loss: Moving from Reeling to Resilient

Adapted from A Gift of Mourning Glories

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Step One of Rebuilding:

Accept Your Life has been Shattered and Give Yourself Time to Grieve

I am willing to face the painful emotions that comes with loss.

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

1. What does it mean to grieve and what does that look like in our daily lives?
2. How long does it take to grieve?
3. Why can we only handle the pain in small doses?

Step Two of Rebuilding: Reframe Your Circumstances

I understand the importance of seeing my circumstances differently when nothing changes around me.

*“Give me eyes to see, ears to hear, and a heart to perceive thy will;
(Prayer based on Acts 28:27)*

1. **Seek a New Perspective**
‘Not being beautiful was the true blessing. Not being beautiful forced me to develop my inner resources.’ Golda Meir
2. **Seek a heart of gratitude**
3. **Seek the loving heart of God**

Step Three of Rebuilding: Transform Your Pain to Positive Gain

I recognize how I am becoming stronger, more empathic and courageous.

Every problem in your life carries a gift inside it. - Richard Bach

1. Opportunity to Experience God's Presence, Protection and Provision in the Midst of the Impossible

It is in our utter powerlessness that we experience and can best see God's awesome capabilities.

2. Opportunity to Experience God's "as it turns out" Moments

So, she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in a field belonging to Boaz, who was from the clan of Elimelech. Ruth 2:3 NIV

3. Opportunity to Build Holy Habits and Restore Our Physical and Psychological Immune Systems

Step Four of Rebuilding: Risk Making Changes & Face Your Fears

I know that creating a new normal means stepping forward into the unknown.

Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go" Joshua 1:9 NIV.

1. Understand the Role of Learned Helplessness

"Learned helplessness is the giving-up reaction, the quitting response that follows from the belief that whatever you do doesn't matter." Martin E.P. Seligman, Ph.D. (pg 15 Learned Optimism)

2. Recognize the Strategies for Building Courage

3. Don't Give up, Even When it Hurts – Remember Not Yet

"Despite what we 'feel' or 'learned' by these uncontrollable events, we must take the risk and try again, even when it hurts." Georgia Shaffer

Step Five of Rebuilding:
Reconnect to others and who God Created You to Be
I realize helping others gives purpose to my pain and hope to the brokenhearted.

When we give of what we have—whether it be material possessions, talents, or lessons we learned from our struggles—somehow it ends up being more than enough. Isn't that what Jesus showed us when he fed five thousand people with five loaves of bread and two fish?

1. Share Your Story and God-given Strengths
2. Share Your Heart
3. Share The Hope

**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 group for children whose parents divorced later in life. We will share stories, insights and strategies to guide adult children through the emotional upheaval of divorce later in life.