

Rebuilding When Your Relationship Ends

Making Divorce Work - Diana Mercer

2010-12-07

Eight essential keys to resolving conflict and rebuilding your life. This unique and empowering guide gives divorcing couples the skills to manage their divorce successfully, handle the legal and emotional issues harmoniously, and redefine and preserve the positive elements of their relationship. Informed by eight mediation concepts developed and used by the authors in their practice, the process outlined in this book will allow divorcing couples to deal rationally with the issues rather than allowing fear, anger, and grief to dictate their actions. Making Divorce Work leads couples to experience divorce as a celebration of the end of

a relationship that served them well and provides the tools to deal with virtually every aspect of divorce-from money and custody to grieving and pain-to be proud of the way they handled their divorce and to start their new lives from a better place. Watch a Video

Starting Again - Jackie Mendoza 2015-01-22

When you feel lost and need a new direction in life... This book provides insights and practical exercises to help you deal with a long-term relationship that's changing or coming to an end. Inside you will learn to: Define a new purpose in life; Learn what's important to you; Identify your unique skills and talents; Create new beliefs about yourself and what you can achieve; Take appropriate action to rebuild your life.

50 Ways to Love Your Leaver - Dwight Webb
1999-09

" If you've ever been "dumped," you've wondered, "What am I supposed to do with my broken heart?" Dr. Webb's personal journey becomes a practical guide for those seeking to survive the loss of a love. His sensitive and compassionate style offers hope and encouragement to those in deep despair as they grieve the ending of an intimate relationship. 50 Ways to Love Your Leaver covers grief, intimacy and loss, denial, letting go of blame and anger, and more. "--Amazon.com.

Can Your Relationship Be Saved? - Michael S. Broder 2002

"The title of this book captures one of the most commonly explored issues that I have dealt with in my office over the past three decades as a practicing clinical psychologist." Thus begins Dr. Broder's wise and compassionate guide to assessing a faltering love relationship, and answering the fundamental question asked by

the book's title. Broder addresses individuals and couples in marriages, or any other type of love relationship or romance -- long- or short-term, and of any sexual orientation. His 40-item "Can Your Relationship Be Saved?" Inventory asks the rights questions. But readers are not left there. The chapters that follow gently guide them in exploration of what is likely to happen if...' What if I go? What if I stay? Readers will find direction in answering those questions for themselves, and the information and strategies to help them act on their decisions. Can Your Relationship Be Saved? speaks--in a warm, unabashedly upbeat and optimistic manner--directly to the painful ambivalence that results when you are unable to determine how you really feel. Broder's guidance is packed with practical road maps and direction finders, avoiding glibness, cliches, pat answers or "someone else's value judgments that will rarely hold up for you in the end."

Rebuilding - Bruce Fisher 2017-12-14

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Divorce is rarely easy, often painful, and can even chip away at our sense of self. Rebuilding is the number one trusted resource on divorce recovery. In print for over thirty-five years, this classic self-help book is now available in an updated fourth edition, featuring a new introduction by coauthor Robert Alberti. Inside, readers will find time-tested tools to help "rebuild" their lives after divorce.

Rebuilding Facilitators Manual - Bruce Fisher 1994-01-02

This manual is designed to be used with *Rebuilding: When Your Relationship Ends*, and the *Rebuilding Workbook* in leading the "Fisher Rebuilding Ten Week Educational Seminar."

This manual includes everything that is in the *Rebuilding Workbook* plus other material such as the "How to Facilitate" sections and the Fisher Divorce Adjustment Scale scoring and research data. It is written to answer any questions leaders might have about facilitating the Seminar.

[When Your Relationship Ends](#) - Bruce Fisher 1981-10

The Rebuilding Workbook - Will Limón and Nina Hart Fisher 2021-03-08

Divorce is difficult and often painful. Based on the number one trusted resource on divorce recovery, *Rebuilding*, this highly anticipated workbook offers readers step-by-step guidance for healing when a relationship ends. With this effective and compassionate guide, readers will learn powerful and time-tested skills to help them establish a new sense of identity, overcome the fear of being alone, forgive themselves and others, set healthy boundaries, and explore new relationships.

[Rebuilding a Marriage Better Than New](#) - Cindy Beall 2016-08-01

What's Better Than New? God's Best You've made a commitment to see your marriage healed, so now what? Whether your relationship is recovering from an affair, pornography

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addiction, or just years of coasting, Cindy Beall shares from her redeemed-marriage journey to help you trust completely in God's ability and grace heal deeply by restoring faith in a future build wisely from the foundation up live fully by embracing your renewed relationship invest generously in your marriage and in other people Insightful questions, biblical teachings to counter lies, and stories of rebuilt marriages lead you to God's healing and the hope of helping others from the place you once had deep pain. Cindy Beall provides undeniable proof that God is a Redeemer regardless of how messy, difficult, or painful our current relationships are. Lisa Harper, bestselling author and Bible teacher I'm a massive Cindy Beall fan. If your relationship needs a tune-up or a complete overhaul, read this book with an open heart and I believe God will do a new work in you. Craig Groeschel, senior pastor of Life.Church

NOT "Just Friends" - Shirley Glass 2007-11-01
One of the world's leading experts on infidelity

provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

Wisdom for Each Day - Billy Graham
2008-12-30

Life principles and Scripture selections from the America's most well known Evangelist. Life comes at us fast and is filled with challenges and questions for each day. Relationships. Finances.

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Temptations. Setbacks. Where do we turn for answers and wisdom? God's Word and the gentle-yet firm-insights of one of the most beloved ministers the world has ever known, are a great place to start each day. Billy Graham, is known and loved for his simple speaking style. Wisdom For Each Day is a beautiful expression of his heart and voice.

The Rebuilding Workbook - Will Limón
2020-11-01

Based on the #1 trusted resource on divorce recovery, Rebuilding, this highly anticipated workbook offers step-by-step guidance to help you put your life back together when a relationship ends. If you are going through a painful breakup or divorce, you may feel like the life you once knew is crashing down around you. You need help to gather the pieces and "rebuild" yourself from the ground up. Based on the classic divorce guide, Rebuilding, this practical workbook offers powerful and time-tested skills to help you establish a new sense of identity,

overcome the fear of being alone, forgive yourself and others, set healthy boundaries, and explore new relationships. In this workbook, you'll learn about the 19 most common emotions, feelings, and attitudes that one experiences after the loss of a relationship, and discover a proven-effective approach for healing called "the divorce process rebuilding blocks." Now the most widely used approach for divorce recovery, this model makes the process healthier and less traumatic for you, your partner, and your kids. A divorce or breakup can feel as painful as the death of a loved one. But by climbing the rebuilding blocks to recovery outlined in this workbook, you'll discover that the core of your pain is much more than the death of old ways. It is also the pain of rebirth into a new life. Are you ready to rebuild?

Rebuilding Workbook - Bruce Fisher 2001

Bruce Fisher's "Rebuilding" books and workshops have influenced hundreds of thousands of divorced persons worldwide. Built

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around ten carefully designed "lesson plans," the workbook offers a self-help or group work plan for systematic progress through the most important steps in divorce recovery. Included are sessions on the nine most important "Rebuilding Blocks" of divorce recovery: Adaptation, Grief, Anger, Self-worth, Transition, Openness, Love, Relatedness, and Sexuality. Each lesson plan includes behavioral objectives, a meeting agenda (including suggested group exercises), and "homework" for the following week's seminar. Self-help readers will enjoy the supplementary readings (poetry, articles, letters), specific exercises that may be completed alone, suggestions for affirmations, and other features of the "workbook" format. Divorce recovery groups find the Workbook an invaluable week-by-week guide as they share their experiences and work together to recover from the divorce crisis. The Workbook is widely used by therapists and other growth facilitators as a systematic plan for their seminars on

divorce. Expert guidance from distinguished divorce therapist Bruce Fisher, together with the informal, readable, warm and friendly style of this manual, make the Rebuilding Workbook an outstanding resource for anyone involved in the process of putting life back together after divorce.

Facilitator's Manual for Rebuilding when Your Relationship Ends - Bruce Fisher 1994

Rebuilding - Bruce Fisher 1999-11

A positive step-by-step programme for putting your life back together when your relationship ends.

Infidelity Recovery Workbook for Couples - Monique Thompson 2021-01-05

Repairing your relationship after infidelity—an unbiased, hands-on workbook for couples
Couples can and do survive infidelity, but they must first commit to the honesty and emotional work that's required for lasting change. The Infidelity Recovery Workbook for Couples helps

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you do that, with a collection of evidence-based advice and activities to help facilitate the healing process. You'll explore the different types of infidelity, learn effective communication language, and begin the process of rebuilding your trust, happiness, and future together. Commit to a better future with your partner with: An expert first step—Work through your relationship issues with quizzes, writing prompts, and guided questions that help you express your feelings, grow more intimate, and practice forgiveness. Strategies for both partners—Learn effective techniques for speaking and listening that honor the perspectives and feelings of both partners equally. For all couples—Couples of any age, gender, marital status, religion, or sexual orientation will find guidance from a licensed mental health professional who specializes in infidelity. Recover from relationship infidelity with this book of clear and empathetic strategies that every couple can use.

Rebuilding - Bruce Fisher 2000

A positive step-by-step programme for putting your life back together when your relationship ends.

Loving Choices - Bruce Fisher 2000

The author of "Rebuilding" has created a powerful, personal, practical, and provocative guide to building new and lasting, loving relationships. "Loving Choices" is packed with insights, exercises, and examples to help readers turn life's challenges into loving choices.

Rebuilding Workbook - Bruce Fisher 1994

Rebuilding after a crisis is a do-it-yourself project. This workbook is designed to help you enhance your progress and assist you in your adjustment process. Designed for use with Rebuilding: When Your Relationship Ends in the Fisher Rebuilding Ten-Week Educational Seminar, but will also be helpful if you are reading the book and not participating in the seminar.

Reconcilable Differences - Andrew

Christensen 1999-10-06

Every couple has arguments, but what happens when recurring battles begin to feel like full-scale war? Do you retreat in hurt and angry silence, hoping that a spouse who "just doesn't get it" will eventually see things your way? Spend the time between skirmishes gathering evidence that you're right? Demand some immediate changes--or else? Whether due to innate personality traits or emotional vulnerabilities, there are some aspects of our behavior that are difficult to alter. But these

differences do not have to get in the way of healthy, happy, and long-lasting romance. This practical guide offers new solutions for couples frustrated by continual attempts to make each other change. Aided by thought-provoking exercises and lots of real-life examples, readers will learn why they keep having the same fights again and again; how to keep small incompatibilities from causing big problems; and how true acceptance can restore health to their relationships.

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