



# DISCOVER THE MINDSET SHIFT & THE 4 STEPS TO FIND PEACE AMID ESTRANGEMENT.

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The #1 desire from women who are estranged from a loved one is peace. And it seems so elusive. The guilt and shame are overwhelming. Your identity is crushed. How do you obtain it? Is it even possible? **Yes, I can tell you, it's possible. A shift in mindset is needed. I'll share that in this booklet.**

I think it's important to first define what it means to have peace. We'll explore this from a biblical context.

## IS PEACE AN ABSENCE OF CONFLICT?

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You may feel you can't have peace because the estrangement isn't healed. If that were the case, how could Daniel have peace knowing that he was going to be thrown into the lion's den? How could Mary have peace knowing that she had to tell Joseph she was pregnant and that it was not his child? How could Abraham have peace when God asked him to sacrifice his son? How could Esther have had peace knowing that her entire race could be wiped out? How could David have peace after his affair with Bathsheba and subsequently having her husband killed on the front lines?

Jesus said,

*"My peace I give you, not as the world gives do I give you, let not your heart be troubled."*

JOHN 14:27

So, what's the difference? How is the peace Jesus gives different than what the world offers? The world says you are estranged so something must be wrong with you. That's a lie!

What the world offers is dependent upon something. Good health reports, healed relationships, financial security, and a solid 401(k) for retirement are all things that bring peace to many. And there's nothing wrong with that. In this situation, peace is when everything is going as planned, life is good and there are no surprises. In other words, it depends on circumstances.

But what happens when circumstances change, and you have no control? An economic disaster depletes your savings. A loved one initiates no contact and you have no ability to see your grandkids. A doctor reveals a cancer diagnosis. Your kid is addicted to drugs, and you are worried sick. You or your spouse lose your job at the worst possible time. A family member decides they no longer want a relationship with you.

# WHERE IS PEACE THEN?

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**It's found in God alone. The world cannot give it. Your friends and family cannot either.**

- Daniel trusted in God and was delivered from what should have been sure death – **Daniel 6**
- Joseph was estranged from his father and brothers but found God's favor. **Genesis 37**
- Mary trusted God through his angel messenger and a Savior was born – **Luke 1**
- Abraham trusted God and uprooted his family in obedience and God's covenant for the Jews and then the Gentiles was given through him – **Genesis 12**
- Esther trusted God and called for a fast to save her people and justice was served – **Esther 4**
- David trusted God with his sin and God forgave and blessed him abundantly. God calls him a man after his own heart - **2 Samuel 11 and 12**

Each of these people faced intense circumstances and **faith alone in God was their only solace and hope**. Deep in their heart of hearts, assurance in his promises gave them peace and kept them going. Sure they struggled like you and me but faith and leaning into what God was teaching them gave assurance that resulted in peace.

*And when you are struggling with broken relationships and estrangement, God's peace is the only thing that will satisfy your soul and get you through. He'll take your shame and guilt and show you your true identity. It's what you lean on when you learn that nothing else will hold you up.*

I learned to **stop asking why this was happening** and focus my questions and attention on **what God wanted to teach me**. That shift in perspective allowed me to **discover peace that truly passes all understanding**. One that comforts, reassures, and clothes me in his love, mercy, and forgiveness. It's what brought peace to my hurting soul in estrangement.

That's why I created this booklet. I'll share how I learned to shift my focus from estrangement to Jesus. And how that changed my life forever and resulted in the incredible peace I know today - even amid lingering estrangement with some..

That's what I want for you. Life is hard and people can be harsh and cruel. Turning away from the emotional pain, shame, guilt, and bitterness isn't easy. In fact, I found it impossible without the wisdom of Jesus guiding me.

Fair warning. This takes time. My family and I were estranged for several years. Don't expect an instant fix. We're conditioned to expect that in this world, but I promise it will be worth the effort and you'll come out of it a different person. Marked with maturity, growth, and godly peace.

And don't be surprised if things get worse. When you are committed to following Jesus and doing things his way, his arch enemy and ours – Satan – isn't happy. **Jesus says "In this world, you will have trouble but take courage. I have overcome the world."** Trust that.

## WHY IS THIS HAPPENING TO ME?

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That's a question we all ask. You may or may not know. The better question is what God wants to teach me in this painful time of my life. What lessons am I to learn?

A wise teacher once said to **change the perspective from “why is God doing this to me? To What is God doing for me?”**

That may sound strange, but if you view your situation not as something God did to you or as punishment, but as an opportunity for you to grow closer to him, it opens your mind to new perspectives.

## AM I REALLY A TERRIBLE PERSON?

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Estrangement causes you to think you are a bad person. Whatever others say about you must be who you are. Your identity is crushed.

If someone who is supposed to love you (such as a parent, spouse, sibling, close family) doesn't, then it must be because you are not worthy.

Let me assure you right now, that's a lie the enemy loves for you to believe. Let's start there.



# STEP #1 - WHO DOES GOD SAY I AM?

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It's time to grab paper and pen. I recommend a journal, and I use a 5 x 7 size because it's easy to carry with me in a large purse or tote.

Write the date at the top and **title the page "Who does God say I am?"**

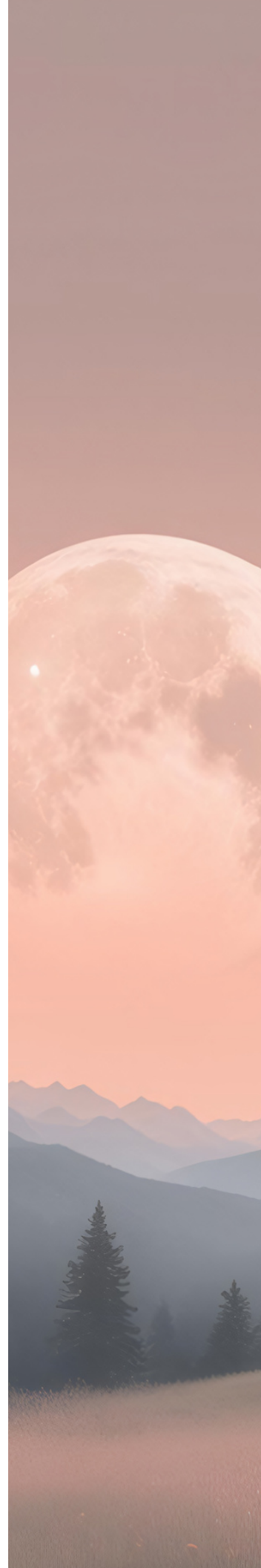
Read the following scriptures:

- **1 John 1:9** – For if we confess our sins, he is faithful and just to forgive us and cleanse us from all unrighteousness.
- **Romans 8:1** – There is now no condemnation for those who are in Christ Jesus.
- **John 1:12** – Yet to all who did receive him, to those who believed in His name, He gave the right to become children of God.
- **Romans 6:6** – For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.
- **Romans 3:24** – We are justified freely by his grace through the redemption that is in Christ Jesus.
- **Romans 8:17** – And, if children, then heirs (namely heirs of God and fellow heirs with Christ) if indeed we suffer with him, so that we may also be glorified with him.
- **1 Corinthians 6:19** – Do you not know that you are God's temple and that God's spirit lives in you?

Now, go back and read those passages but this time you **insert your name**. For example, on the first one.

*"For if Becky confesses her sins, He is faithful and just to forgive Becky her sins and to cleanse Becky from all unrighteousness."*

**Do that for each scripture and read it aloud.**



# NOW THINK ABOUT WHAT EACH OF THESE SCRIPTURES SAY ABOUT YOU! LET'S EXPLORE YOUR TRUE IDENTITY.

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- **1 John 1:9** – I AM FORGIVEN and CLEANSED FROM ALL UNRIGHTEOUSNESS
- **Romans 8:1** – NO CONDEMNATION OF ME
- **John 1:12** – I AM A CHILD OF GOD
- **Romans 6:6** – MY OLD NATURE IS CRUCIFIED – NO LONGER PART OF ME
- **Romans 3:24** – REDEEMED & JUSTIFIED (“just as if I’d never sinned”)
- **Romans 8:17** – I AM AN HEIR OF GOD AND OF CHRIST
- **1 Corinthians 6:19** – GOD’S SPIRIT LIVES IN ME

There are more scriptures about who God says you are. Take some time to google and search those out and write them below.

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Now, if you have any doubt about who you are, go back and do that exercise again. God is faithful and trustworthy and if he says it, you can believe it.

And don't try saying "Yes, but you don't know my story or what I've done or what's been done to me."

No, I don't, but God does. He knows everything about you, even things you've forgotten. I discovered some things I didn't know as I worked through issues with both fathers. While those things were painful and caused anger within, God used it as truth for me to confront so he could heal my soul and theirs.

He has written these scriptures for you so that you know how much he loves and forgives you. And who are we to question His love? Believe it, my friend. It's true.

Now that you are armed with your true identity, let's move on to guilt and shame.

**Guilt and shame are both negative emotions, but they are different animals.**





## STEP #2 - CONQUER GUILT

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**Guilt focuses on something you've done that's wrong.**

Harsh words, gossip, lying, etc.

And shame focuses on the perception that you are a bad person for having done something wrong.

And Satan loves to use these two emotions to keep you in a dark place.

Guilt can be used in a positive manner if you've done something wrong and your conscience convinces you of it. That prompts you to act, make amends and move on.

**Guilt becomes negative when you allow it to eat at you which allows shame to follow.**

It may surprise you to know that God says there is no one good. Not one. Read Romans 3:10-12. That's a verse I like to use for those that tell me that they are going to heaven because they have been good people.

Certainly, people do good things, but when measured against God's standards, good is never good enough.

Because his standard is perfection and no one except Jesus has lived a perfect life. And that's why he sent him to die for our sins and it's how we can claim his righteousness.

Either a person thinks too highly of themselves or they condemn themselves because they aren't "good enough".

Satan loves to use shame you keep you stuck. Guilt, shame, pity party, emotional upheaval and the list goes on. You can stop it now. Next time those emotions come knocking tell him who and whose you are! He'll flee like a scared rabbit!

# **SO, THE NEXT TIME YOU FEEL GUILTY, ASK THIS OF YOURSELF...**

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## **Have I asked God's forgiveness for this?**

If not, now is the time to confess and ask. And we already know that when you genuinely ask, he forgives. And if you answered yes, then you know it's Satan trying to lure you back into a dark place and you can tell him to get packing!

## **Have I made amends for this wrong?**

If you haven't and can do so, then do it. Sometimes it isn't possible. This was true for me when my ex-husband was killed in a car accident about a year following our divorce. It had been a hurtful split and neither of us had reached a place where we were able to have a conversation and ask forgiveness from the other for our respective behavior. I wrote a letter to him, folded it, and pushed it into a balloon filled with air and then took it out and let it go. Making amends is the next step following asking God's forgiveness.

One more thing about this. You don't have to apologize for things you did not do. I was blamed for my ex-husband's death which I did not cause. I was guilty of other things, but that was not on me. Just because someone blames you for something doesn't mean you are guilty. Take it before God and ask him to speak to you about the truth of the situation.

## **Have I been able to forgive myself?**

This can be difficult, especially if shame accompanies your guilt. You've asked and God has forgiven. Or you've asked but circumstances haven't changed and so you wallow in guilt. I understand that as I did too. We somehow feel as though if we continue to feel guilt, we're paying our penance. That's not from God.

Why would you hold on to unforgiveness of yourself when God has forgiven you? Are you bigger than God? More important? Of course not! So, let go, accept his forgiveness, and forgive yourself so you can move on.

## STEP #3 UNDERSTAND SHAME

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Satan's hand is all over this one and it can be a heavy weight around your neck. It is not from God, and he wants to take it from you.

- You feel bad about yourself.
- You feel like you are a terrible person.
- You set yourself up as a judge over your life condemning you as a person.
- You feel as though everyone is looking at you and seeing what you feel – a bad person.

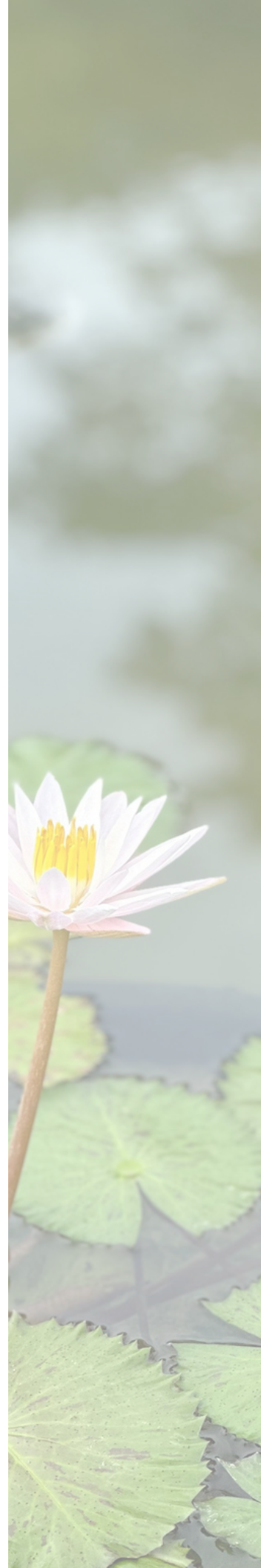
**The antidote for this is to go back and read what God says about you.** And then tell Satan he has no authority over you and order him to leave.

Scripture says if we resist the devil, he will flee. Sometimes it takes a concentrated effort to resist him, but he will leave if you don't entertain his efforts to shame you. And Satan hates it when you praise Jesus. Sometimes, I put on worship music and raise my hands praising Jesus as I know that will send him on his way quickly!

Hopefully, by now you are feeling stronger and better about yourself and your circumstances. There's nothing like getting into scripture to divert your mind from negative things.

The next step was one of the hardest for me and most women tell me it is for them too.

That subject is forgiveness. And it's hard for many reasons. Mostly because we misunderstand what it means.





## STEP #4 -FORGIVENESS

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Estrangement evokes all sorts of emotions whether you are the initiator or not. Most of the women I speak with are estranged from one of their kids. But some are estranged from a sibling or a grandchild or another close family member or friend. It could even be a co-worker.

In my situation, estrangement began with my biological father who left my mother and me when I was an infant. I didn't know him or even about him until I was either 12 or 13 years of age. Naturally, I wondered why and as most do, I wanted to meet him.

Ironically, the betrayal I felt was from my parents. I didn't understand why they waited so long to tell me the truth. I grew up in an era where people didn't talk about family problems. Everything was hush-hush. Looking back, I see their reasoning and so much has changed about being truthful about these things. But at the time, I felt I had lived a lie.

My parents did not paint a nice picture of my biological father. They had good reasons. Eventually, I forgave him and had a quasi-relationship with him. We spoke on the phone and saw one another on occasion. We were never close.

Estrangement continued amid my divorce and giving up an adopted daughter. You can read more about this in my story on the website at **[beckykolb.com](http://beckykolb.com)**. Forgiveness became much more difficult in this one which you'll discover as you read.

# SCRIPTURES ABOUT FORGIVENESS

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You will want to ruminate in your head about all the wrongs said and done to you by someone with whom you are estranged. I did because it hurts. And some of it isn't true and nothing makes us madder than lies spread about us. Misunderstandings abound. And you'll stay locked in a mental prison until you can work through forgiveness.

Matthew 18:21-22 speaks of forgiveness and **Jesus says we are to live a life of forgiveness and not keep count of the wrongs.** Easier said than done, right?

The scriptures that stopped me in my tracks, though, were...

*“As the Lord has forgiven you, so must you forgive.”*

COLOSSIANS 3:12

*“Be kind to one another, tender-hearted, forgiving one another as Christ has forgiven you.”*

EPHESIANS 4:32

Matthew 5:44 tells us to **love our enemies and pray for those who mistreat us.**

I don't know about you, but that's some hard stuff!

Before going any further, think of those in your life that you have not forgiven. A son or daughter who initiated no contact. Their spouse or your grandkids. This isn't a judgment, but an honest assessment that you alone will answer for yourself. Be honest. God knows how you feel even before you confess it.

**People I have not forgiven.**

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**Can you think of reasons why you haven't forgiven them? Be honest. You're the only one seeing this. Anger, resentment and the list goes on.**

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**What do you feel it means to forgive them (think of the one with whom you have the greatest conflict right now).**

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I want to encourage you. Forgiveness is not one-and-done. It's a process that usually takes place over an extended period. That's because we're human and we keep coming back to the hurtful words and actions and that stirs the pot all over again.

# YOU'VE HEARD THIS.

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It stuck a chord with me.

Withholding forgiveness is like eating poison and hoping the other person dies." WOW!

## **Withholding forgiveness:**

- Hurts you – not them.
- Causes you to remain stuck and unable to move forward.
- Creates a sense of guilt because you know God says to, but you can't or won't.
- It keeps the hurtful things front and center of your mind.
- Can affect other relationships in your life.
- Affects your prayer life and relationship with God.

Despite knowing all this, we can't seem to find it in ourselves to forgive the one who has hurt us.

And don't beat yourself up over this.

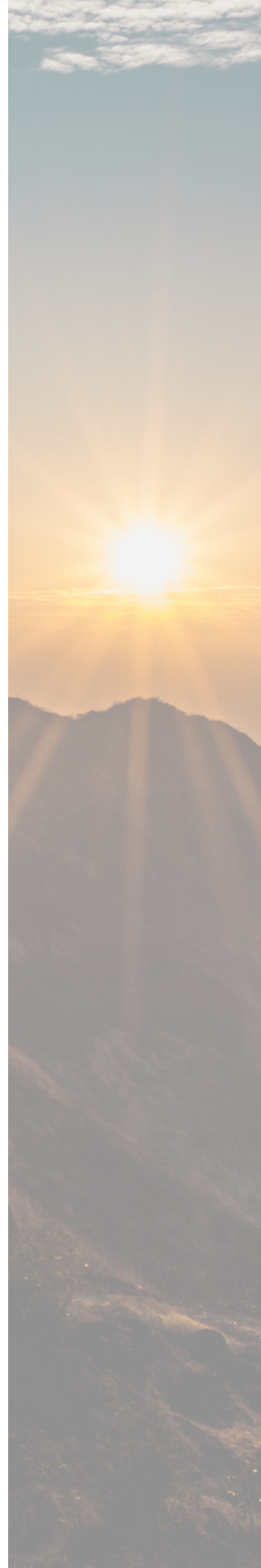
Jesus understands your pain. He made you and your personality. He knows your circumstances better than anyone. He's patient, kind and he'll wait for you until you are ready. And I hope for your sake that it's sooner rather than later. So that you find peace.

## **Let me ask this question.**

*Will you be honest and make a list of the things for which you've been forgiven?*

Give it some time and really think about all the things where you've asked, and God has forgiven you.

Spoiler alert – I haven't finished my list yet and I've been working on it for years.





# WHAT ARE YOU WAITING FOR TO FORGIVE THOSE ON YOUR LIST?

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- For them to apologize or admit their wrong?
- Do you feel you are letting them off the hook for hurting you?
- You feel they don't deserve it.
- You aren't sure how.

Forgiveness is for you! Not them. And it's part of obedience to Jesus – the one who has forgiven you for everything. You can forgive them even if they never apologize to you. And you aren't letting them off the hook. They live with their own guilt over something they've done to you. And of course, they don't deserve it but neither did you nor me. But God gave us forgiveness anyway.

An important fact that may help is that forgiveness doesn't mean restoration of a relationship. You can forgive and never have another conversation or relationship with that person. It's letting go of your perceived right to punish them for the pain they've caused you.

Forgiveness of our sins by a loving God cost him everything. His Son Jesus was the sacrifice for us. We were the ones that were guilty of sin and obligated to pay. But he took our place and willingly endured the betrayal, torture, and death for us. Because he loved us that much. And he rose from the dead and sent his Holy Spirit to live in us. His Spirit is the one that will help us forgive.

When forgiveness is viewed through that lens, it's easy to see that we must forgive. But that knowledge and our will clash. We don't want to forgive them. They hurt us, said untrue things about us to others, withheld our grandkids from us and whatever else you've experienced.

And our natural self wants to make them feel the pain we felt. Our new Godly nature says to let it go and forgive them. Give it to Christ and let him deal with it. He says vengeance is mine. And that's different from the revenge we seek. He alone is just and able to deal with you, me, and those estranged relationships. Give it to him.

**What's Holding You Back Right Now?**

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# PRAYER OFFERING FORGIVENESS

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Forgiveness becomes a choice. Not a feeling. It's a deliberate command we give our will. You can pray this prayer.

*God, I don't feel forgiveness toward \_\_\_\_\_,  
but I want to be obedient to you and so I make the willful  
choice today to forgive them for \_\_\_\_\_  
(name the hurtful things). I surrender my pain in this  
and ask your forgiveness for my part in the estrangement  
and for withholding forgiveness up to now.*

*Help me forgive them and take the bitterness,  
resentment, anger (whatever you feel) from me. Fill my  
heart with love for them as you have loved me.*

*I trust you to right the wrongs in your own way and I  
surrender my desire to punish them for these things.*

*I know that I'm only human and I will vacillate between  
forgiveness and unforgiveness. Please help me to  
surrender those unforgiving thoughts to you as they arise  
as I make the commitment again to forgive. Amen*

And then pray this prayer every day or several times a day until you no longer feel the hurt and desire to exact your own revenge or punishment.

Caution – it may take some time and don't let that concern you. And don't let Satan use it against you as he tries to tell you that you haven't forgiven and therefore God hasn't forgiven you. He lies like that.

# FINAL WORDS

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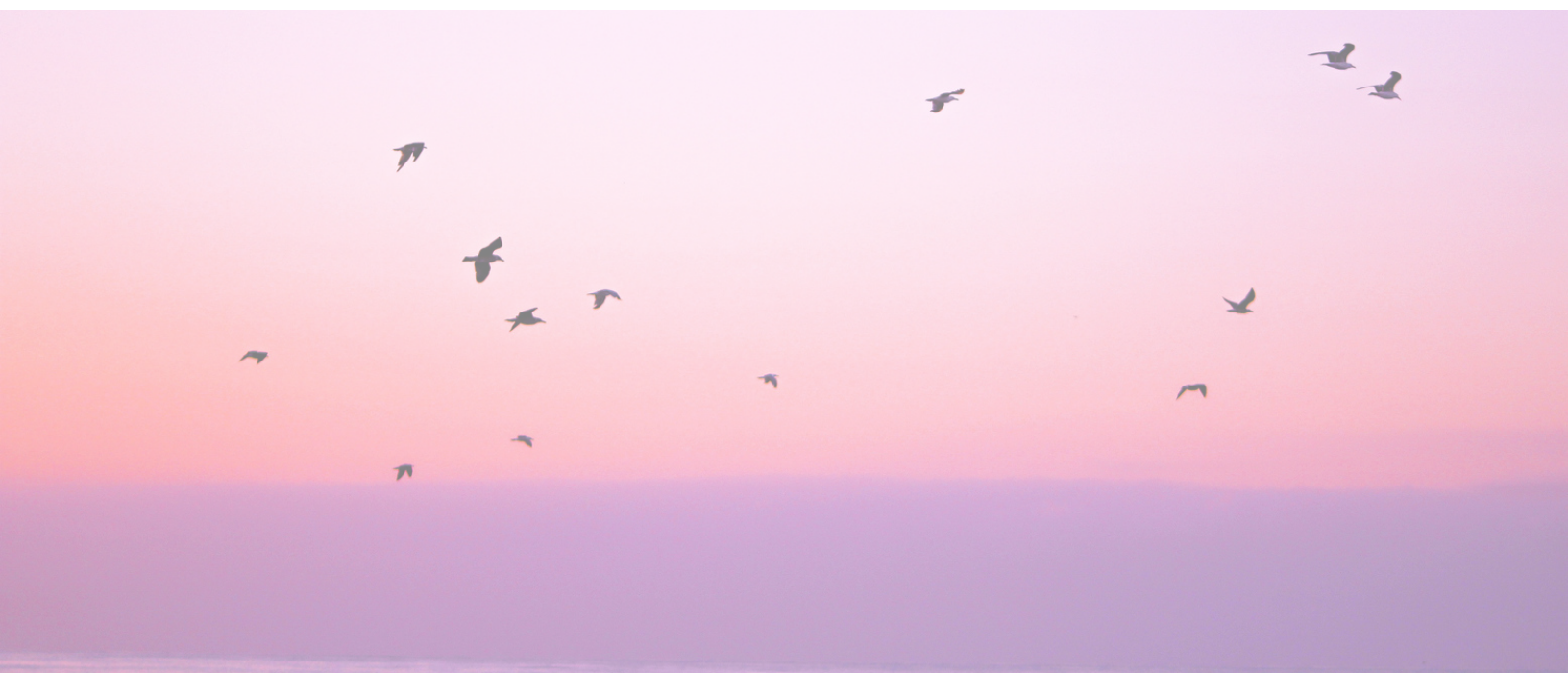
Your peace will come when you know who you are in Christ, deal with guilt and recognize shame for the lie it is and forgive yourself and others. This is a straightforward process, but it isn't easy. It takes time and commitment. But you can do it, my friend.

I'm here for you to cheer you on. And if you need more help, I offer 1:1 coaching, a podcast, blog and speaking engagements to groups of women. Reach out to me and let's have a conversation.

Stay in God's word and believe what he says about you. And write down the lessons he's teaching you along the way. I love to go back and read earlier journal entries to see how far I've come. You'll be amazed at the growth in you a year from now.

Keep pursuing peace my Friend. It's possible even amid continued estrangement. I would love to hear your story.

Your Sister in Christ



# HERE'S HOW I CAN HELP YOU

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**I've walked through estrangement several times and know the intense emotional pain you feel. As a result, I followed a passion God gave me to become certified as a life coach to help other women going through the same. Here's some of the ways i can help you.**

- Rebuild the shredded self-esteem and negative self-image
- Conquer guilt and shame
- Identify triggers and formulate a plan to combat those as they arise so they don't bury you
- Learn the process of forgiveness – the fundamental key to your peace and happiness
- Establish healthy boundaries and determine your non-negotiables for future relationships
- Discover what makes you uniquely you – your goals, dreams, and passions

If you're ready to shift your mindset and learn the truth about estranged relationships and how you can master your emotions, forgive and be forgiven and find peace to pursue your dreams and goals, then...

Let's do this together!

*Becky*



# WHAT'S NEXT?

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## BLOG & PODCAST

Some days you just need some encouragement. And that's why I created a **blog** and a **podcast**. Some enjoy reading and others love to turn on a podcast while commuting or exercising. I offer insights, hope and strategies when dealing with the issues of estrangement. It's a way to stay in touch without making a commitment right now.

## CONNECT

If this speaks to you then, here's how you can connect with me online:



[follow @becky\\_kolb on Instagram](#)



[connect on Facebook](#)



[email becky@beckykolb.com](mailto:becky@beckykolb.com)

## REACH OUT

Reach out to me to see what coaching is and how I can help you. **I offer 1:1 coaching to help you move forward when you are stuck.**

Are you ready for a discovery connection to see what it's all about? **Fill out this short form** and let's get to know each other a bit. You have assurance of privacy and complete confidence in what you share with me.

## MEET BECKY

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**I understand how it feels when shame isolates you. I've felt it too. When I shifted the question why to what, peace began to fill my heart.**

To the outside world, I looked like I had it all together but inside I was dying. Shame kept me from sharing my heartache with most people. Do you feel like that too? And my self-esteem was crushed.

Women I work with tell me they felt similarly. They often feel they have it all together until an expected trigger comes out of nowhere and they are back in the negative loop again.

Those that have discovered the strategies I offer help them forgive, let go of shame and guilt and develop a strong and accurate identity. Their healthy relationships were stronger, and they learned to live peacefully regardless of the status of the broken relationship. And once they did that, peace ensued and there was nothing holding them back from discovering their purpose and passion in life. They let go of the outcome and surrendered to the faithful hands of God. They successfully destroyed the negative loop of - trigger, emotion, self-pity, work it out- and start all over again. Let's stop that loop together!



**Conquer your guilt and shame so you can experience peace and discover your passion & purpose**

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