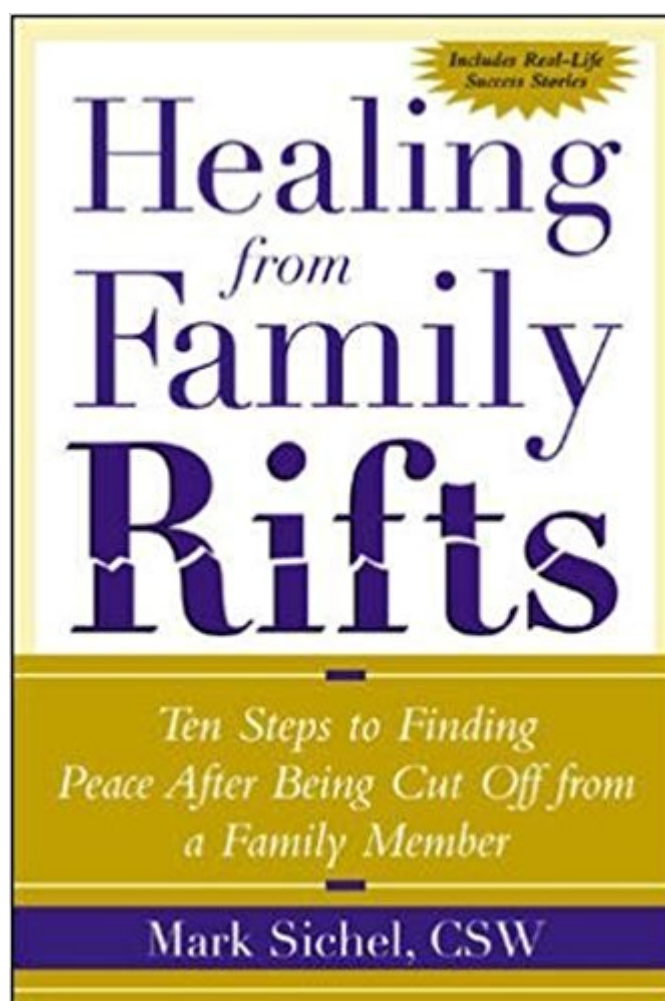


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# Healing From Family Rifts : Ten Steps To Finding Peace After Being Cut Off From A Family Member



## Synopsis

Ten steps to surviving a family rift, finding peace, and moving on A family rift is one of the most traumatic experiences a person can face. It can have a profound effect on virtually every aspect of life, causing depression, relationship problems, and even physical illness. *Healing From Family Rifts* offers hope to those coping with a split in their families. Family therapist Mark Sichel addresses the pain and shame connected with family rifts and offers a way through the crisis and on toward healing and fulfillment. Uniquely, Sichel does not assume that every rift will or even should be mended. Instead, he offers ways to recover from any outcome, including:

- A 10-step process to come to terms with the family dynamics that led to the split
- Methods to find peace and personal reconciliation
- Skills that help to build a second family of people whose values are in line with one's own
- Techniques to fight feelings of guilt when faced with a family rift

Includes inspiring and instructive stories drawn from the author's patients that help readers put their own situations in perspective.

## Book Information

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## Customer Reviews

"Sichel encourages his reading audience to discover their family roles, and to keep a gratitude list, and to talk about it." -- Meg Nugent, *The Star-Ledger*

"Sichel makes his feelings clear: Those who have been cut off from family have it bad." -- Devin Rose, Knight Ridder

"This book is sure to be read eagerly by those in difficult family situations." -- Kay Brodie, *Library Journal*

Make peace with yourself and reclaim your life with Mark Sichel's powerful ten-step healing program "That's it. I've had it. I never want to see or hear from you again." Those words may have caused great anguish, or great relief, at the moment they were spoken--depending on whether you were the giver or the receiver of the powerful punch. But now you're left with the nagging despair of losing a family member. The pain can be overwhelming, but there is a way out. Through the help of *Healing from Family Rifts*, you can find peace again and recover from the isolation of family exile. Author and licensed clinical social worker Mark Sichel knows what it's like to suffer a family exile: his parents cut off all communication with him years ago. Now he's applying the steps used during his own recovery to help you overcome the heartbreak of your family rift. Through his powerful and proven ten-step program, along with the stories of other embattled survivors of family wars, you will achieve real, permanent, inner reconciliation, regardless of the cause of the rift--whether divorce, marriage outside your race or religion, emotional abuse, objections to sexual orientation, addictions, or any other reason. From dealing with the shock of the rift to building your second-chance family, from recognizing the signs of acute stress disorder to learning from successful families, Mark Sichel's ten steps to healing will help you achieve serenity and contentment by learning how to make peace with yourself first. Review from *Library Journal* [This] self-help manual for adults seeking to better their family relationships emphasizes that readers can change only themselves and their own reactions-not the actions of others. A therapist and licensed clinical social worker, Sichel concentrates on relationships where one family member refuses contact with another, not limiting his discussion to parent-child rifts. Among other strategies, his ten steps lead readers to deal with their own trauma, learn to love themselves, understand family myths and roles, build supportive relationships with others (their "second-chance family"), and try to heal the break if possible. Drawing on stories from Sichel's patients and from personal experience (his father broke with him twice), this book is sure to be read eagerly by those in difficult family situations. -Kay Brodie, Chesapeake Coll., Wye Mills, MD Copyright 2004 Reed Business Information. Review from *The Chicago Tribune* "The empathetic Sichel, a clinical social worker, stresses that those cut off have the right to be happy and at peace....Perhaps what Sichel does best is encourage readers to make meaning out of life's experiences, whatever comes our way." Mark Sichel is a licensed clinical social worker who counsels individuals, couples, and families in New York City. He is the founder and editor of the award-winning website, [www.psybersquare.com](http://www.psybersquare.com), has counseled hundreds of clients who have suffered family cutoffs, and has made it through his own family rift as well.

After this book arrived at my door, I sat down, starting reading it and could not put it down. It was like this book was written about many of my family members, for years I let them control my life so we could keep some peace. After learning why I allowed this and the characteristics of an Injustice Collectors (which there are many in my family), you understand why and how the rifts happen. I am at peace with myself, my choice to let some toxic family members go and how to work on mending relationships that are worth mending. You will also gain knowledge on keeping boundaries in the relationship. This is a must have book and is one that I will read again and again. This book will allow you to Live, Laugh and be Happy with a peaceful feeling that not all family issues are your fault at all!

Great chapters on the various aspects causing family rifts. I enjoyed the variety of different people's stories and perspectives. Very thought provoking. I became aware of the dangers of black & white thinking, which does not allow/accept people making mistakes, which we all make! Compassion and empathy are key. And putting in the necessary boundaries for those people we don't get along with as well as others. Whilst abusive relationships are not acceptable, we can try to forgive and move on. The insights on understanding our own complicity within the family relationships was very helpful, and that we can break the pattern once we understand them. I was left with the opinion that cutting off people was not best route to go, tempting as I may have thought, on starting the book. That finding different ways of connecting, accepting responsibility, tolerance and acceptance of other people's choices CAN change family dynamics to something more positive, for everyone.

This book was very helpful to me. I read it at a time of estrangement. One that was not of my choosing. I would recommend it to anyone who finds themselves in that position. It can be a very painful time. It was for me and it offered hope, ideas and understanding. I have recommended to others. I think that it helps us to see our roles and the roles of others. I recommend reading it slowly and stopping to think/digest along the way.

Excellent book that validates how painful it is to have a parent, sibling or mate "cut you off." Does a good job of describing the dilemma of those who try to repair relations with a relative/mate who holds unreasonable grudges to the point of driving wedges between family members and even, at times, causing YOU to wonder if it's all your fault. (Hint: it's not).

A great read for those of us who've yet to take better control of our lives after suffering from big

family problems that have lead to some degree or total estrangement. It provides a healing perspective and supplies practical strategies to deal with our family issues and look at our responses and responsibilities towards complicated family issues. Definitively recommended!

A wonderful book that has helped me find ways I can handle the rift going on in my family. It does not solve the problem, it just helps me to find ways I can feel better about myself. Thank you, Mr. Sichel for your insights.

This "A Lesson" is quite usable: examples, including the author's own, help to show "how to" follow his ten steps to finding peace in such a situation. I found parts of it to be instructive, but one side cannot fix a two-sided situation effectively, and the author's real lessons have to do with acceptance and moving on "worthy goals but not easy!

Every family has at least one member who is the black sheep. Someone who isn't spoken to and if they're spoken about it's never in a nice way. So when you suddenly become ostracised yourself, but no-one will tell you what it is that you've said or done wrong, it's a very confusing and distressing time for you. It took me over four years to broker a peace with my father, by which time my mother had passed away. If only I had read this amazing book earlier, I may have resolved issues with her too before it was too late. The book has other uses too, not just for healing family rifts, but in the workplace too. This is a must-read for anyone wanting to improve themselves and their relationships.

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