

## **Rebuilding Life After Trauma**

By the Meaningful Life Center

“Destruction is a universal experience. It comes in many forms. Buildings crumble, seasons change, eras come to an end, people pass on from this world, and relationships fall apart. Sometimes the destruction is intentional, sometimes it is unexplainable, sometimes anticipated and sometimes unfathomable.

What do we do when something beautiful and sacred is demolished? How can we rebuild a destroyed relationship or broken heart? How can we learn to dance again after we have cried such shattered tears? How do we rebuild from the ruins?

A big part of destruction is only being able to see the crumbled mess that lies at your feet, right under your nose. We have the tendency to dwell on the ruins.

A big step in rebuilding is to step back for a moment and take in the entire landscape. Look at your life up until this point, the experiences you’ve had and the lessons you’ve learned. Know that we are only given challenges that the creator knows we can overcome. From this we can see that the obvious next step is to get out your tools and construction hat because the only way forward is to rebuild.

A crack can be the sound of destruction, but on the other side of the same coin, the crack is the sound of construction. We must break down in order to break free and achieve new heights.

We must see and recognize the potential left by a gaping hole. A crack that destroys is the one that cracks things **apart**; a crack that builds is one that cracks things **open**. The former focuses on what can't be; the latter on what can. A seed must decompose before it sprouts.”