



Pastor and Licensed Counselor Share How to Navigate Grief with Biblical Mental Health Tools

"Chuck and Ashley offer a plan to push through fear and restore and rebuild our emotional health. It can be done, and there's a plan of hope in these pages."

—**Gregory L. Jantz, PhD, C.E.D.S.**, founder of The Center: A Place of HOPE

When a person suffers a loss, they enter the realm of "used to be." They used to be married. They used to be employed. They used to be pregnant, secure, healthy, sober, thin. They used to be a son or daughter, a brother or sister, a mother or father. And in that used-to-be space there is deep emptiness, loneliness, and sorrow. It's a place they dwell for a while. But it's not a place in which they are meant to remain.

In *I Used to Be ___: How to Navigate Large and Small Losses in Life and Find Your Path Forward* (Revell, August 2023), pastor Chuck Elliott and counselor Ashley Elliott, help readers explore the unseen elements of their grief and build new thinking patterns that will result in true healing and growth. The Elliotts share Biblical advice and proven mental health techniques to help readers learn how to fully feel and face their grief, hold onto their faith, and develop healthy ways to see themselves, their life, and their loved ones.

I Used to Be ___ provides a roadmap for readers to:

- process their loss
- heal from traumatic events
- discover purpose and move forward

Maybe you "used to be" something—but there is a future waiting when you "will be" once more.

I Used to Be ___ How to Navigate Large and Small Losses in Life and Find Your Path Forward

by Chuck and Ashley Elliott
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*the links above are clickable

About the Authors

Chuck and Ashley Elliott are content creators who have partnered with YouVersion, RightNow Media, and an array of other national organizations. They serve as advisory board members for the AACCC's International Christian Coaching Association. Frequent speakers and popular workshop leaders, their numerous certifications in psychoeducational programs equip them to help others build relational success. In addition to speaking and writing, Chuck is a pastor at Bethel Church in Evansville, Indiana, and Ashley is a licensed counselor at Auxilium Psychological Services. Learn more at chuckandashley.com.



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QUOTES from *I Used to Be* _____

"He [God] has given us His Word, and we can hold on to what it says, even when our emotions or our reality screams that God is absent."

"We cannot completely control our world, but we can change our behavior. It's amazing how much our behavior positively or negatively affects everything around us, especially our perception of the world."

"Sometimes it feels easier to change our beliefs about God rather than do the emotional, spiritual, and physical work necessary to explore the dissonance."

"Grieving people need connection, especially to Jesus. And Jesus stood in our place and is now allowing us to stand in His place, representing Him to those who are hurting."

"Give yourself permission to grieve, even at work."

PRAISE for *I Used to Be* _____

"Loss, which comes in many forms, is sometimes very unexpected and can target the heart of our relationships. Without properly managing our hurt and disappointment, our emotions can take us down a path of even greater pain. Chuck and Ashley, because of their own deep pain and loss, offer a plan to push through fear and restore and rebuild our emotional health. It can be done, and there's a plan of hope in these pages."

—**Gregory L. Jantz, PhD**, C.E.D.S., founder of The Center: A Place of HOPE

"Throughout my career as a board-certified clinical neuropsychologist, I realized pain and loss were the two primary components that brought people into my private practice. We can't escape loss--either we've endured it, are going through it now, or will experience its ravages in the future. *I Used to Be* _____ is a valuable resource for those navigating large and small losses who want to come through their experiences better, not bitter. Chuck and Ashley provide thought-provoking questions and useful tools to process our losses in life and heal from the pain that threatens to consume us and harden our hearts."

—**Dr. Michelle Bengtson**, board-certified clinical neuropsychologist, host of Your Hope-Filled Perspective podcast, and award-winning author of *Breaking Anxiety's Grip*

"This highly practical and insightful book helps readers as they navigate the losses they face--no matter how big or small. I am thankful to see Chuck and Ashley contribute to this important field, teaching new tools and techniques to help people hold on to their faith while healing from loss so they can strengthen others down the road."

—**Dr. H. Norman Wright**, MFCC, author of *Experiencing Grief*, and traumatologist

"Loss recalibrates us. Moving through that recalibration and learning to carry the loss are major tasks for those who grieve. This book wisely and gently guides you on that journey and helps you embrace your unwanted 'new title.'"

—**Ron and Nan Deal**, authors, conference speakers, and featured presenters on GriefShare®

"Grief. The silent companion to all of us in one way or another. Chuck and Ashley know this companion intimately and help us give voice to the silence--a most necessary step in healing. They show us how to face and embrace inevitable grief with courage and strength. While they can't and won't take away your pain, they will lock arms with you on your healing journey."

—**Dr. David B. Hawkins**, director of the Marriage Recovery Center and bestselling author of *When Loving Him Is Hurting You* and *When Pleasing Others Is Hurting You*

Sample Interview Questions for Chuck and Ashley Elliott

I Used to Be ____

How to Navigate Large and Small Losses in Life and Find Your Path Forward

- Thanks for joining us! Will you tell us a little bit about your story and why you decided to write *I Used to Be* ____?
 - You both write with incredible vulnerability on some of the areas of grief you've experienced. One of those is miscarriage. What happened? How did you move forward and trust God despite these painful circumstances?
 - In times of grief, many of us desperately want to hear God's comforting voice, but sometimes he seems silent. How have you experienced this in your own life? What encouragement do you have for our listeners?
 - What are some common ways grief lies to us? How can we overcome them with God's Word?
 - Define switch theory. What is it? How can it help us navigate our grief?
 - Chuck—as a pastor, what encouragement do you have for those in the church who don't know how to move forward after a devastating loss?
 - Ashley—as a licensed counselor, you've helped numerous people navigate through grief and loss. What can we do to support loved ones who are grieving?
 - What is the mental stability activity you ask readers to complete in the book?
 - When individuals face loss, anger is a common emotion. Could you explain the "anger wall"?
 - How does grief impact my intimate relationships?
 - Why is it important to be vulnerable?
 - In chapter 9, you write about the need for developing new skills to face loss. What are some examples of the skills you've had to learn? How did they help you find a path forward?
 - Many of us experience grief but don't realize its lasting effects. What are some ways we can discern how grief affects us?
 - If our listeners can take one thing away from this interview, what would it be? Do you have any final words of encouragement?
 - Where can our audience go to connect with you and purchase a copy of *I Used to Be* ____?
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To request an interview or a copy of the book, please contact:

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