

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 156 – 5 A’s for a Healthy Relationship: Pt. 2

We’re all born with specific human needs which includes “Love and Belonging.” There are 5 A’s that we can apply to create healthy relationships. The second of the five is acceptance. Acceptance is embracing people for who they are, with all their funny ways of doing things, without trying to change them or wish they were different. We call this having Manuals for people.

1) Assess your significant relationships. What Manuals or expectations do you have for them?

2) Who in your life has Manuals for you, and what are those expectations?

True acceptance is being unconditionally loved for who you are, flaws and all, without judgement. Acceptance means being seen with mercy, love, respect, and understanding. This is the most desirable and healthy relationship, because when you know you are loved with true acceptance, then you feel safe to be one hundred percent yourself. You are calm, relaxed, you feel comfortable and worthy. You don’t have to walk on eggshells. You’re not people pleasing. You’re not checking your every move or word. You don’t fear being judged or criticized, or fear falling short of someone’s expectations.

3) Name your most significant relationships and rate the degree - 1 to 10 - you feel true acceptance, whether given or received. Include why you rated it that way, what is present, and what is missing:

In order to truly accept other people, you must first be able to accept yourself, flaws and all, with unconditional love and without self-judgement. This is done so completely and deeply when you belong to the very One who created you. If you have thoughts that God made you on purpose for a purpose, and that all your quirks, your personality, your intellect, all of you, is purposeful and good, then those thoughts will produce a healthy form of self-confidence and self-esteem.

4) Being honest with yourself, describe what you have accepted or not accepted about yourself?

5) Look up these scriptures and write a prayer of petition or thanksgiving for the way God created you: Psalm 139: 13-17; Matthew 10: 29-31; Ephesians 2:10; Jeremiah 31:3; Psalm 17:8.

Feeling appreciated and respected is so important. It's as simple as acknowledging what you love about the other person, their gifts, talents, and skills. If you find that you're experiencing resentment or contempt for someone or holding hurt or anger towards them, it's likely you have not taken time to find something to appreciate them for. Just finding one thing can change the trajectory of a relationship.

6) Make a brief list of some things you could acknowledge and appreciate in your relationships with others:

To deepen intimacy in any of your relationships, you both need to feel safe, accepted, and appreciated. One person can change a relationship. And that's because when you change the way you are relating to someone with acceptance and appreciation, they will automatically change the way they respond to you. You cannot change other people, but you are in control of changing yourself. When you change, it cannot help but change the whole dynamic of the relationship.

Relationships are not easy, we know this. In fact, sometimes they're downright difficult to navigate. If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at: coaching@triciazody.com