

TRICIA ZODY  
*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 101 - Anger After Loss**

It’s okay to be angry. Especially if you’ve been wronged or hurt by someone. It’s also okay to be angry when you’ve lost a loved one, no matter how that loss comes. But in order to deal with anger, you must identify *why* you’re angry, but also to whom are you directing your anger.

1) Why are you angry?

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2) Where is your anger directed? Who are you blaming and why?

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Anger is also a “protector” emotion. It shields us from feeling some of the more vulnerable emotions. If you can stay angry, then you don’t have to stop to feel the emotions of abandonment or rejection, or even fear and sadness.

3) If you didn’t feel anger, what are the other emotions that might come up?

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