

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 60 – Control Freak or Vulnerability Weak?

The need to control the things and people in our life is usually developed from an event somewhere in the early years of our life. It comes from an event where you felt like you had no control over the situation. It also could be something as simple as your sibling pulling you in a wagon downhill going way too fast. You were out of control. In these early life-events, emotions like fear, shame, dread, rejection, terror were experienced. And the emotional brain decided that in order to never experience those kinds of deep, painful, negative feelings again it would be best to try to manipulate and control our environment.

- 1) Can you recall the earliest time when you experienced an event that left you feeling out of control? Briefly write it here:

Our brains convince us that as long as we were in control of things, we can avoid the negative emotions. As we grew, our inner child continued to protect us from the vulnerability of fear and shame, and so we find ourselves as adults who are desperately trying to get people to act a certain way, or we’re staying away from certain challenges or anything that’s new, or we’re creating such a rigid structure around our lives so that nothing could penetrate it.

- 2) What are some things you’ve noticed that control is making you do or keeping you from doing?

Control and vulnerability do not coexist. Control protects. Control builds a fortress around our heart and mind. Control escapes or numbs out. Control makes us hide our real selves. To let go of control makes us feel vulnerable.

- 3) How do you feel about being vulnerable? Is it easy or difficult, and why? What do you think would happen if you were to be vulnerable?

Author Brene Brown says, "...vulnerability is also the birthplace of joy, creativity, belonging, and love." In other words, when you allow yourself the vulnerability of being weak - and here in this context, to let go of control - you are opening yourself up to experience things in life that control would not allow you to experience: joy, creativity, belonging, and love.

4) Describe how control has affected your joy, creativity, feelings of belonging, and love:

Joy, creativity, belonging, and love are the greatest byproducts of the willingness to be vulnerable - to let your guard down, to be real, to let people see your weaknesses, your challenges, your soft spots, to allow yourself to be fully and 100% authentically you. This is where you experience all that your soul craves. *This* is where the power is. The power of vulnerability. The power to truly live; To experience all that it means to be human. And that includes opening your heart to joy and love and whatever else the future might have in store for you. *And* to be willing to feel fear, and shame, and rejection as a risk of fully living.

5) What might you have to do or let go of in order to truly open your heart to vulnerability as a risk of fully living?

Being vulnerable is a lesson I learned through my journey towards healing. At one time, I wasn't very good at being vulnerable in front of others. I didn't want my weaknesses exposed. I didn't want anyone to see the kinks in my armor. I wanted to seem strong, and smart, and capable. So, I set about trying to control everything and everyone just so I wouldn't feel embarrassed or rejected or less than. I was fighting for my worthiness every day. But God...

But God has used all that I've experienced in such a huge way for my healing. Since I've let go of the need to be in control and surrendered to His Sovereign and good and perfect will, I've found the freedom to experience and express all the richness of life God has intended for me. And it's good and fruitful for the Kingdom. God wants to heal you and use you too, friend.

6) Where do you think God's drawing out the power of vulnerability in you? This is for your wholeness - for the fullness of all that He's created you to be and experience.

I help all kinds of women with this issue, and I'd love to be your Life Coach and help you, too. If you're interested, feel free to email me at: coaching@triciazody.com.