

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 104: How To...Detox Your Brain**

If we need to detox our brain it’s because there’s something toxic wreaking havoc, and that would be our negative thoughts. These brain toxins could be anything from self-loathing and lack of self-love, to bitterness and unforgiveness towards others, to irritation and annoyance, fear and worry, or other sins. Our thoughts have a direct impact on the way we are experiencing life. Regardless of circumstance, our thoughts control if we’re living in peace and joy, or not.

It takes 21 days for your brain to sufficiently prune off old, toxic thoughts as unessential because you’ve been creating and reinforcing new, positive ones. Detoxing your brain will take just 10 minutes of your day for 21 days.

**The four steps to Detoxing Your Brain are: 1) Awareness, 2) Write, 3) Rewire, 4) Application.**

**Step 1: Awareness**

This is being purposeful to stop and think about what you’re thinking and *why*. You can do this at any time. Just stop and recognize what you’re thinking at that very moment. What are you experiencing with the thought? What are the external stimuli? Did something just jolt you into action? Like a wasp flying over your head? Like just happened to me. Or is there background noise that’s distracting? Or maybe it’s comforting like your favorite music. Do you smell food cooking? Or a candle burning? Are you feeling a sensation in your body like pain or hunger? Each of these will produce a memory with an emotion linked to it. Stop right now and become aware of your thoughts. Write them here:

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**Step 2: Write**

The second step to detox your brain is to Write it out with a Thought Download. When you’ve discovered a thought that you’re wanting to attend to, write about all the things you discovered in the Awareness step. Before you begin writing, though, invite the Holy Spirit into this exercise asking Him to guide you. Write about what led you to that thought? Where did it lead you from there? Let your thoughts spill out onto the page unhindered by judgment or edited to keep from the negative. Let it all roll out. Use another sheet of paper if you need to.

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### Step 3: Rewire

Rewiring the thought is to reframe, redesign, and change it, or reinforce and make the thought stronger. You do this by repetition and rehearsal to solidify the new thought into your belief system. Do this by going through each of these steps each day for 21 days.

### Step 4: Application

This is where you are applying what you're believing in your day to day life. Remember, your detox is a process and in the Application step you might experience some cognitive dissonance. The definition of cognitive dissonance is "the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change." You cannot just 'thought swap' your way to detox. You can't just say you believe something and be able to live in that belief if you really don't believe it deep down. That is cognitive dissonance and the brain knows the truth. While you are building the foundation of your new belief system, what bridge thoughts or statements might you need to use and apply?

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Even the mere decision to rewire your brain - by just deciding alone - begins the process of change in your brain. We have so much more power over our brains than we've ever known before. Now is the time to start appropriating what God has given us the power to do all along. He's calling you to freedom, my friend. Jesus came that you might have life, and life abundantly (John 10:10). We can only do this with a toxic-free brain, and He's giving you the prescription to do it.

\*\*Use this guide for your initial Detox protocol and then keep your other 20 days of entries in a journal.

If you are serious about making some changes, I'd love to be your Life Coach and help you do this. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com).