

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 98 - F.I.X. Your Husband: Part 1

Over the next three weeks, I’m introducing the secrets to F.I.X. Your Husband. As you can tell, this is an acronym. F is for feelings, I for intimacy, and X is the X-factor - the secret ingredient that you probably don’t know yet. Because if you did, you wouldn’t be in the pickle you’re in right now. These are the three letters that can change everything in your relationship with your husband.

This week’s focus is the letter “F” - feelings. It’s the perfect place to start because undoubtedly your feelings are all up in a tangled mess about your husband’s behavior.

1) Describe your husband’s behavior that you’d like to fix:

2) How does his behavior make you feel?

Each one of us, men and women, have individual agency which allows us to choose for ourselves how we’re going to act, or dress, where we go, what we’re going to say, how we worship, or not. *And*, we get to choose how we’re going to **feel**.

This is important to understand because as we work on this F.I.X. method, you’re going to come to realize that no matter how your husband behaves, you get to choose how you *want* to feel. And I’m here to tell you that happy is a possible feeling to feel even when he’s misbehaving. Now, wouldn’t that be so freeing?

Register for the F.I.X. Your Husband workshop here: www.triciazody.com/fix