

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 111 - The Power Of ‘Pause’

All day, every day, we have all kinds of emotions that we experience. God has beautifully created us in such a way that we have the capacity to feel all of them. There are 25 distinct emotional states that can all get mixed together and then nuanced into approximately 34,000 different emotions according to neuroscientists. That’s a lot of feels possible in a day!

1) How often do you feel like you are out of control of your emotions?

2) How often do you feel upset, irritated or annoyed with someone or something?

3) How often do you feel emotions such as sadness, anger, fear or shame come up that end up ruining the next hour or the day, or maybe even the whole week?

Dr. Jill Bolte Taylor says, “When a person has a reaction to something in their environment, there’s a 90-second chemical process that happens in the body; after that, any remaining emotional response is just the person choosing to stay in that emotional loop.”

4) When you experience an intense emotion, how does it show up in your body? For example, hot flushed cheeks, tightness in the chest, pain or nausea in the stomach. Name the emotion that correlates with the chemical reaction.

Dr. Taylor suggests that chemicals get flushed through our bodies that we experience as a particular emotion, but that they will pass in about 90 seconds unless we attach a story to them, make them mean something, and thus, keep them alive. This is what keeps us in the “emotional loop.”

5) Think of the last time an event left you feeling strong emotions. What story did you tell yourself about it that kept the feeling alive? (This one might take some time to explore)

If we let them, our emotions are very short-lived. During the 90 seconds, you can watch the process happening, feel it happening, and then you can watch it go away. The only way you can “watch the process happening” is if you are *aware* that the process *is* happening...*And* if you create a pause in the moment in order to “watch” it. This is the power of the pause.

But conscious awareness is necessary to be able to ‘pause’. If you continue to feel fear, anger, and other negative emotions, you need to look at the thoughts that you’re thinking that are re-stimulating the circuitry that is resulting in you having this physiological reaction, over and over again.

6) What is the internal chatter that is keeping you in the heightened emotion around an event?

When you are experiencing an event that leads to a flood of chemicals to your body (an emotion), you can choose to engage your “higher brain” by pausing, breathing, and watching for the chemicals to flush out of your body. There’s power in the ‘Pause’ because it allows us to examine - to watch - our lives in the present moment where there is stress, or strife, pain or an unexpected event, so that we are not entertaining any emotion that keeps us from an abundant life. The ‘Pause’ offers a mindful way to handle whatever comes in a calmer, healthier, more emotionally mature way.

7) Take some time to write out your thoughts about how you will engage your “higher brain” and implement the power of ‘Pause’:

Pausing in the heat of the moment or at the height of emotion is not something that we naturally do. It’s something we learn. If you’d like help here, I’d love to be your Life Coach and help you walk in that Zoë life God intends for you. Feel free to email me at: coaching@triciazody.com.