

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 147 – It’s Time To Exhale**

God is Omniscient – He knows all - and cares so tenderly for His children that He orchestrates things to set us up for what’s coming.

- 1) Have you ever noticed a time when God went before you to prepare you for what was coming? If so, describe it here:

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Sometimes after a traumatic or significant life event, we can feel like we’ve been holding our breath. This can be described as Disassociation, which is an involuntary coping mechanism to stressful experiences. You may have gaps in your memory where you can’t remember certain things, events, thoughts, people, etc.

- 2) Describe a time when you’ve experienced Disassociation:

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To “exhale” is the brain and body’s way of processing part of the trauma that you were previously being protected from. This could be set into motion when you encounter a situation or memory that reminds your nervous system — consciously or subconsciously — of the trauma. Most likely, you will experience something in your physical body.

- 3) If you have experienced the “exhale,” describe what it was like here:

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It might sound scary to process something that your brain and body have been avoiding for such a long time. But there should be some confidence in knowing that when you're finally there in that place it's because you're ready. You're safe to do it. And the greatest comfort is that the One who created you to be able to go through this intensive healing is the One, not only directing you, but walking with you every step of the way.

4) Ask the Lord to show you the residual, unprocessed trauma you need to attend to now and write down when He tells you:

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Jesus invites us to come all who are weary and heavy burdened, and He will give you rest. - Matthew 11:28 He longs for you to be healed; to be completely whole. In fact, He sent Jesus so that we can walk in newness of life (Romans 6:4) here and now. Because He knows that when you are transformed by the renewing of your mind, when you are walking in freedom, then you are free to invite others into your life, and ultimately invite others to Jesus. For your good and for His glory.

5) As Jesus invites you to roll your burden on Him, invite Him in to do the healing work by writing out your heart's desires in prayer:

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**God wants you healed and whole. No more holding it in. It's time to exhale.**

If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com)