

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 155 – 5 A’s of a Healthy Relationship: Pt. 1

We’re all born with specific human needs which includes “Love and Belonging.” “Love and Belonging” refers to a human emotional need for interpersonal relationships, affiliating or being a part of something bigger than oneself, connectedness, and identifying as part of a group.

1) Name the areas of your life where you feel “Love and Belonging”:

2) Where are you *not* feeling “Love and Belonging” but would like to?

Attention is the first of the 5 A’s for healthy relationships found in David Ricoh’s book, *How to be an Adult in Relationships: The Five Keys To Mindful Loving*. Attention is giving your full presence to someone, listening actively, engaging, and being genuinely interested in what the other person is saying. When you give someone your full attention, they feel valued, seen and loved.

3) In what ways are you intentional about giving your attention to others? In what ways could you improve?

Attention also refers to being aware of ourselves and what may be missing. It's understanding that these are *basic* human needs; that we all need someone who will genuinely listen to our deepest feelings and needs, who validates our efforts, and who is interested in understanding our intentions, needs, and fears.

We start by giving ourselves attention, paying attention to our feelings of unmet needs. Giving yourself attention helps you understand who you are and what you want in life. Giving yourself attention helps you have a healthy relationship with yourself. You begin to love yourself enough to require kind and loving treatment from others. You love yourself enough to put up boundaries around toxic people. You develop self-respect and begin to honor your needs. You hold yourself to high standards, valuing your own worth.

4) Take some time to notice where you're not getting the attention you need and want:

5) What are you doing or how are you acting to get your need for attention satisfied?

Getting the "Love and Belonging" you need within a personal relationship with God is what enables you to have healthy relationships with others. It's what frees you up to love others enough to want to make them feel seen, and known, and loved, and very much important and considered.

6) How would you describe your personal relationship with God in relation to "Love and Belonging"?

The level of attention you give to the people in your life will determine how healthy that relationship is. You were created for "Love and Belonging," and healthy relationships include healthy attention.

Sometimes we start out in life not getting the kind of attention that is healthy and creates safety and security for us. Then as we become adults, we are finding it difficult to ask for what we need, or even identify what it is we want. If this is you, I can help you. 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