

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 157 – 5 A’s for a Healthy Relationship: Pt. 3

We’re all born with specific human needs which includes “Love and Belonging.” There are 5 A’s that we can apply to create healthy relationships. The fourth of the 5 A’s is affection. We looked at the five love languages as described by Gary Chapman in his book to identify ways to show affection and love: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.

- 1) What is your primary love language? If you don’t know, take the quiz at <https://5lovelanguages.com/quizzes/love-language>.

In [The Five Love Languages](#), Chapman explains that each one of us experiences love differently. We all “feel” love in different ways. That’s important to understand because the way we *show* love can actually miss the mark if the other person doesn’t experience love in the way we’re expressing it.

- 2) Where have you noticed you tend to *give* affection and love from your own love language?

- 3) Write the names of the significant people in your life and try to identify their love language:

- 4) In what ways could you show your affection to those in Number 3 in *their* love language?

Allowing is letting someone else have Agency: to be who they are, to live life the way they want to, and to make their own choices. Allowing means that you will not try to control, change, manipulate, or limit them.

5) Where and with whom have you been trying to control or change someone? And why?

6) How would you feel if you could change or control them?

Allowing means that you are putting down the Manuals, letting go of expectations, and letting the other person be who they are. This cultivates authentic relationships with people living authentic lives. No people pleasing, no hoops to jump through, no walking on eggshells. You are able to do this when you are truly accepting and appreciating others.

7) With whom do you need to revisit acceptance and appreciation in order to “allow”?

8) If you’ve determined that it’s you that has not been acting like an adult in the relationship, write a prayer of confession here, asking God to help you function in a loving and adult way:

Friend, the 5 A’s can be your guide to healthy relationships. Use these as a guideline to help you assess if your relationships are functioning in a loving and adult way. And if they’re not, use these 5 A’s to change that. You have the power to cultivate and create healthy relationships.

If you need help cultivating and creating healthy relationships, I can help you. Feel free to email me at: coaching@triciazody.com