

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 83 - Hurt People Hurt People

First, it’s important to recognize and address our emotions surrounding any tragic event or circumstance that we’ve experienced. Please note that you don’t have to have been directly or personally affected to have strong emotions about it.

- 1) Write down how you are *feeling* right now. Try to concentrate on “emotion” words, not thoughts about the event. (i.e. Sad, Angry, Enraged, Frightened, Numb, Hopeless, etc.)

Our thoughts are what drive our feelings/emotions. It’s important to know *why* we feel a certain way.

- 2) What are some of your *thoughts* about the event or circumstance?

“Do unto others as you would have them do unto you” is the Golden Rule (Matt. 7:12). We want people to treat us kindly, yet sadly, we don’t always treat others kindly first. Galatians 6:1 tells us to examine ourselves. I gave you some examples of how I may not have been kind to others. What about you?

- 3) Write down some examples of when you haven’t treated people the way you want to be treated.
