

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 113 - Post-Christmas Blues**

According to surveys led by mental health professionals, 64% of people say they are affected by Post-Christmas Blues. NAMI (National Alliance on Mental Health) describes these as temporary feelings of anxiety and depression that may appear due to extra stress, unrealistic expectations, or memories associated with the holiday.

Post-Christmas Blues could be due to the time change adjustment, alcohol consumption and overeating during the season, busyness, stress of financial burdens, an individual’s personal circumstances or events, grief over the death of a loved one, loneliness, illness, etc.

1) If you could speculate, what might be the reason for your “blue” feeling?

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2) What are the specific emotions you are feeling?

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Every emotion we have is driven by a thought. Take a moment to reflect on the circumstance or event you described in question number one. Answer this question:

3) What are you making that mean about *you*?

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Look at what you are thinking and believing in question number three.

4) Is even true? \_\_\_\_\_

In your circumstances, whatever they may be, you can choose to be the victim of your circumstances or the victor that rises above it. Perceiving yourself in your story as a victim of such wrongdoing, or should or shouldn'ts, develops a pervasive and universal victim mentality. It's where you frequently or constantly perceive yourself to be a victim in every area of your life. You are unable to see any other perspective of the story other than your harm or injury.

5) Are you a victim or a victor in your circumstance? \_\_\_\_\_

6) Where else do you see yourself as a victim in your life?

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Making a cognizant choice not to see yourself as a victim of your circumstances opens your mind to explore ways that you're actually a victor: Resilient, capable, strong, overcoming, thriving.

7) If you choose to no longer be a victim of your circumstances, but instead want to see yourself as a victor, what would the story of your life need to 'sound' like? What story would you tell? Who are you?

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Choose to make a shift away from victim. Tell a new story where you are the victor. Rehearse it in your mind so it becomes the new pattern - the new way of thinking. The Post-Christmas Blues can be very temporary if you're willing to attend to the thoughts that created the blue feelings in the first place and choose to live another beautiful life.

Friend, If you'd like some help shaking off those Post-Christmas Blues, I'd love to be your Life Coach and help you process your emotions and show you how to live another beautiful life. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com).