

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 122 – Grief Is Not A Gremlin**

Grief is something that we *all* experience if we have lost anything in our lives that’s of real significance to us. Grief comes when we’ve experienced a loss of any kind. For example, the death of a dream or vision you had for your life or career; the loss of a job or the loss of a marriage or other relationship; the loss of reputation; the onset of a physical disability, infertility, or a significant financial set back .

1) What are some things of great significance to yourself that you’ve lost?

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People will go through the grief process at their own pace and in their own way. Grief is not linear, and it has no timetable. You do not move through stages of grief to an end game.

2) What are some of the ways you have experienced grief?

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The fastest way to move through grief is to let the tears and emotions happen. Having emotions, even intense emotions, don’t have to be a problem for you. Processing the emotion begins with believing that emotions can’t hurt you. Whatever it is, it’s just a feeling. Allowing the emotion to be with you for those 90 seconds or less, means the emotion will be very short-lived.

When we attach a story to having the emotion, make the emotion mean something, we keep the emotion alive and, thus, continue to feel the intense emotion instead of allowing it to pass through the body.

3) Think back to the most recent time you experienced intense emotion with your grief. What story did you tell yourself, or what did you make the emotion mean when you experienced it?

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Grief is an emotional response to something we lost that we loved. Grief is evidence of love, and dreams, and desire. That is why grief is actually not a gremlin, but a beautiful gift. It's evidence that there was love. And love is always a gift. This is why we can welcome grief. We can embrace it and not try to hide or run from it like it's a gremlin going to kill us.

4) How would you reframe or deframe your old story surrounding your grief in order to embrace it as a beautiful gift?

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You need to give yourself permission to ebb or flow, to be up or down, okay or definitely not, whichever it is today; to go into that closet, shut the door, and cry; to feel the electrifying jolt or the low-frequency hum. You don't need to give yourself grace here; you need permission. And it's yours to give to yourself.

5) What is it that you need to give yourself permission to do?

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Friend, when you embrace grief as a gift, you're able to rewire the grief brain. You deframed the old story, and now you're able to move forward in your life seeing the opportunities and possibilities for your future. Your best days are in front of you with the understanding that grief is coming with you. But it's not a gremlin hunting to take you down, but instead a beautiful gift.

If you need some further help, it would be my privilege to be your Life Coach and help you process through your grief. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com).

Here are some other episodes you might be interested in surrounding this topic:

Episode 29 – I Still Have Questions

Episode 51 - The Goodness Of A Sovereign God In The Midst of Affliction

Episode 59 - Thankfulness In The Midst Of Suffering

Episode 106 - How To...Frame, Reframe, and Deframe Your Stories