

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 108: How To...Keep Your Peace

This episode’s focus is to help you keep your peace at any time. I want you to be equipped when you are in the company of people who are bringing all of their own stress, and worries, and unhealed wounds into the mix. For example, people are coming with their own backpacks full of heavy stuff: A layoff at work, a struggling marriage or other relationship, a medical issue, rejection, insecurities, loss, grief, etc. They don’t know how to take off that heavy backpack, so they bring it in with them and wear it the whole time. And the later it gets the heavier it feels, and the more agitated or stirred up they get. They become easily offended. They lash out or accuse or complain. And remember, you’re coming into the interactions with your own human brain, bringing all your own stuff with you.

1) What are you already anticipating your next gathering with people might be like?

A Manual is an instruction guide we have for someone in our lives about how we would like them to behave so that we can feel good and be happy. Having Manuals for people is problematic when your emotional happiness is directly tied to *their* behaving a certain way. Anytime we say or think someone should or shouldn’t do something, say something, or believe something we have a Manual for them.

2) What are the Manuals you have for the people in your life? And for yourself? Ex: “My spouse should...” “This holiday, everyone should...” “My family shouldn’t...”

3) Why do you think these people should behave this way?

If we have Manuals for how people should behave and how events should go, then we're going to be sorely disappointed and we're going to create more hardship for ourselves. The way to keep your peace at any time is to lay down the Manuals and expectations.

4) What are some of the ways you could lay down the Manuals for the people/events in your life?

5) What do you think the results would be if you did?

The experience you've decided to have *is* the experience you will certainly have. You and I are able to keep our peace during these times gathered together with all the people with human brains no matter what someone might say or how they might behave. But it all starts by laying down our expectations of others, our Manuals, and then deciding for ourselves how we want to feel. This is how we are able to keep our peace during the holidays... and at all times.

Here are some additional resources on this topic:

Episode 62 - Happier Holidays. I talked about Manuals there, but at the end I give 3 tools that you can use when you're in the heat of the moment to help you keep your peace.

Episode 77 - People Are Not Always Loving And Loyal. I talk about what it means to take 100% of the responsibility of your own emotions and how to do that.

Episode 105 - How To Take Criticism. I show you how to consider whether the criticism is about you or about them and what to do about it.

If you'd like some help to help you navigate through this process, I'd love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.