

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 140 – How Do You See Yourself?

1) Write down a few thoughts you’ve had about yourself lately:

In the episode, I shared a story about ‘Hayley’ regarding how she saw herself and her world based on an event she experienced at age 7. Our brains try to understand the experiences we have in life and makes up ‘stories’ to fill in the gap when there’s not enough information to fully understand. You may not have an experience with a thunderstorm like Hayley, but I’d venture to guess you have something that’s keeping you from an abundant life. Most of us do.

2) What have you experienced in the past that may have led you to believe a lie-based ‘story’?

When we were young, the part of our brains that we would use to bring logic and reasoning into a situation is not fully developed. So, all the ‘stories’ our brains make up at that age are made from the one part of our brain that *is* fully developed, and that is our emotional brain. The emotional brain encourages us to cope in certain way so that we will avoid feeling all the negative emotions. Coping makes us want to do things like cry or get angry, hide or run away, lash out, push back, yell and defend ourselves, people please or become co-dependent, or show off to get attention.

3) In what ways to you find yourself “coping”?
