

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 152 – Flip The Script

We have about 60,000 thoughts that whiz through our brains every day. Some of them are thoughts that help us experience life in a more abundant and free way. Some of them are a slippery slope to discontentment, worry, depression, and anxiety. And some can altogether tank us the minute we think them.

What are some thoughts – positive or negative – that you’ve been ruminating on recently?

One powerful thought can change your life. That could be a positive or a negative thought, but both will change your life.

There are 5 steps to “Flip The Script”:

- 1) Notice when you have an energy shift; where perhaps you were feeling great or peaceful and then you started feeling heavy or weighed down.

What were you feeling before the shift and what are you feeling now?

- 2) Stop and make yourself aware of the negative thought or thoughts that were just running through your head.

What were you thinking about? This thought is the “shift maker.”

- 3) Take that negative thought captive. Second Corinthians 10:5 says, “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.” That simply means, to say “no” to thinking any way but truth – God’s truth. That includes all thinking not like that of Christ Jesus’. To check, you could ask yourself, would Jesus say this to me? Would Jesus say this *about* me, about my situation? Most, if not all, of the negative thoughts we think are lies, not of Christ, and imprison the mind. And we should be determined to take them captive.

Use this space to “take the thought captive” by declaring that you will not entertain it any longer:

- 4) Use Bridge Thoughts to create new perspectives and, thus, new neuropathways. Let your brain start coming up with alternative thoughts using the “What if...” and “Is it possible that...” phrases.

Flip that thought to something positive and completely opposite of what you originally thought:

- 5) Find scripture or Biblical truth to support your new way of thinking and/or dismantle the old, negative thought. This will create a stronger foundation from which all your thoughts are derived. Bringing truth into the situation always dispels the lies.

These steps help us flip the entire script so that our emotional brain is not the one running the show. And we’ve brought in or elevated the thinking brain that allows us to think our way into logic and reasoning. Bringing your faith and adding your belief to the process creates new pathways of thinking. And out of that new thinking, you can change your life and live in freedom.

If you’d like some help in this area, I’d love to be your Life Coach. Feel free to email me at:

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