

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 142 – Rewind: Anger After Loss

It’s okay to be angry. Especially if you’ve been wronged or hurt by someone. It’s also okay to be angry when you’ve lost a loved one, no matter how that loss comes. But in order to deal with anger, you must identify *why* you’re angry, but also to whom are you directing your anger.

1) Why are you angry?

2) Where is your anger directed? Who are you blaming and why?

Anger is also a “protector” emotion. It shields us from feeling some of the more vulnerable emotions. If you can stay angry, then you don’t have to stop to feel the emotions of abandonment or rejection, or even fear and sadness.

3) If you didn’t feel anger, what are the other emotions that might come up?

This is an opportunity to stop and explore *why* you're feeling such a strong, emotional response to someone's actions; to discover what you're afraid of, or why you're taking it so personally; to recall past experiences that may be the root of the hurt in the first place. Take a minute and ask the Lord to give you some insight here.

4) Use this space to write down anything you think might be driving this strong emotion of anger:

It's important to let go of the blame - the idea that someone else has the power over you to make you feel and hold on to anger. Don't give someone else that kind of power over your emotions. Don't let anger consume you. You've got to let it go. The best way to do this is to lay it down so God can pick it up.

5) Use this space to lay down your anger before the Lord in a prayer:

If you're angry at God, it's okay. He can take it. Just be sure that you're not trying to hide the fact that you are - He already knows. And make sure you're not turning your back on Him in your anger. Because He's actually the only one that can make things right. Don't turn your back on the One that can help in your time of anger. Be honest with Him, telling Him exactly how you feel. Again, He can take it. He's not going to be mad about it. In fact, He welcomes your honesty. He's going to help you through this time. He's gentle and kind. And He comes oh-so-close to the brokenhearted and longs to heal your heart.

Friend, if you're having a difficult time working through this guide, then I'd love to be your Life Coach and help you navigate through the processing anger. Feel free to email me at: coaching@triciazody.com.