

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 128 – Christian: Relationships With Unhealthy People

I hear from people all the time, clients or not, “How do I handle or deal with the people in my life that are so difficult? How do I love someone who is hard to love?” They may be in a relationship with someone who is just living their life with an unmanaged brain, or they may be someone who has a mental health issue.

1) Describe the relationship you are in that you feel is unhealthy:

‘Agency’ is defined as the capacity of individuals to act independently and to make their own free choices. It’s where you decide who you are and who you are not. It is your ability to separate your own thoughts and feelings from those of others, and to take responsibility for what you think, feel and do. It refers to the thoughts and actions taken by people that express their individual power - their independence. It’s possible to give your agency or power away to people or circumstances or emotions, allowing them to dictate how you’re going to feel, think, and/or act.

2) Have you given your ‘Agency’ away in this relationship? If so, describe how:

Co-dependency is an *excessive* emotional or psychological reliance on a partner, typically one who requires support on account of an illness or addiction. It's a theory that attempts to explain imbalanced relationships where one person enables another person's self-destructive behavior such as addiction, poor mental health, immaturity, irresponsibility, or under-achievement.

An enmeshed relationship is being emotionally and psychologically intertwined with another person, or group of people like family members. One's own individuality and boundaries are blurred or non-existent. The person is so overly connected with another that they lose touch with their own needs, goals, desires, and feelings. Often, just the thought of being without the person can be anxiety-producing.

This can often be seen in parent/child relationship where the parent lacks the ability to recognize their children's need for independence and individuality, leading them to become overprotective, controlling, and intrusive.

3) Have you recognized co-dependency and/or enmeshment in your relationship(s)? If so, how?

if you're enmeshed with another individual or individuals or in a relationship with someone who has an addiction, or mental health issues, or doesn't know how to manage their mind and emotions, then you are being affected by their choices and actions and behavior. And this can make your life miserable. If you choose to let it.

Using tools to navigate the relationship, you get to decide for yourself, with your 'Agency', how you want to show up in that relationship and what kind of outcomes or results you want. You get to choose for yourself and take responsibility for yourself. For your own actions, and words, and responses.

4) Write out a how you want to practice your 'Agency' in these areas:

This is how I want to respond to difficult people: _____

This is how I will take back my 'Agency': _____

These are my boundaries: _____

This is what I want to do about the lies I'm believing: _____

This is how I'll partner with God in my relationships: _____

Friend, with God, there is always hope for something new: a calmer atmosphere, a peaceful and kind exchange of words, and ultimately, prayerfully, healing for the individual. You can do all this and stay in a relationship with someone who, seemingly, is making your life miserable. But it doesn't have to BE miserable. It can actually still be good. It's possible to live in peace, even in relationships with unhealthy people. If you need help, I'd love to be your Life Coach. Feel free to email me at: coaching@triciazody.com.