

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 106: How To...Frame, Reframe, and Deframe Your Stories

The way you’re experiencing your life right now, whether your life and all the circumstances and people in it feels stable and calm *or* it feels more like a whirlwind of stress and chaos has more to do with the stories that you’ve told yourself about your life’s experiences than anything else. That’s exactly what our brains do...create stories. And, sadly, many of those stories our brains have created are based on lies. But you can change your entire life by learning to frame, reframe, and deframe your stories.

To **Frame** your story is something you do in your present moments based on your current experiences. It’s a conscious decision you will make with intentionality. When you have any kind of experience, you’re able to purposefully frame it by deciding how you feel and what you think about the event.

- 1) Think of a very recent experience you’ve just had (it doesn’t have to be anything painful) and frame the story around that experience:

Reframing your story indicates that a story has already been framed in your mind and you need to “re” - do it again. Each of us takes the facts, experiences, and the events of our lives and we assign meaning to them with our thinking. We create new perceptions of our story by bringing in new understanding or information to the brain in order to change it.

- 2) Think about a story in your past, something that you believe to be true that’s painful or confusing. Now, use your logic and reasoning to bring new information as way of explanation to reframe that story:

Deframing your story means to take the frame off the story all together - destroying it - so that the story no longer has any framework to hold it in your mind. You can see deframing works when you realize you've been believing that you're a weirdo and nobody likes you because that mean girl in 8th grade said so. *Or*, that you'll never amount to much because your disgruntled history teacher told you not to bother applying for college. Lies. All lies. Terrible lies.

3) What is a story in your past that you've been believing? Write that story here:

4) Take some time to give attention to the messages attached to that story. If you notice any lies, write them here and then follow it with truth:

It is amazing to know you can actually change your life by attending to the stories of your life. Yes, it might take a bit of time and effort, but the freedom to direct how you experience your life is priceless. It's worth everything. *You* are worth it. Praying for you, friend, as you allow yourself to take a peek into the stories of your life and the courage to frame, reframe, or deframe those stories and walk right into freedom.

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.