

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 100 - F.I.X. Your Husband: Part 3

The “X” in F.I.X. Your Husband is the secret ingredient that transforms everything. It’s understanding men: why they do and say what they do or why they don’t do and say what we women expect them or want them to.

Men have been created in a very specific way, and that is to provide for, to protect, and to take care of women. Because of this, men naturally respond to certain words based on providing, protecting, and taking care of us.

- 1) Take an assessment of the past week. What kinds of things can you remember specifically saying to your husband that relate to his providing, protecting, and taking care of you?

Men also respond instinctively to other words or behaviors of ours that are actually creating in them the *opposite* of what we want them to be. There are certain things a woman could say or do that would automatically diminish/emasculate her husband unknowingly. She’s saying or doing certain things and she has no idea what she’s creating in him. Yet, she has no desire to diminish her husband.

- 2) Can you identify something that you may have said to your husband that got the opposite response than you were hoping for?

- 3) Here’s a sampling of the long list of things women do to elicit a response from men.

Circle the things you’ve done to your man, whether on purpose in order to punish him or not:

- Withhold appreciation/admiration
- Withhold sex
- Don't need him for anything
- Complain
- Expect him to act/respond the same as women
- Take over something you gave him to do
- Interrupt him
- Speak for him
- Criticize or Correct him
- Blow off his suggestions and ideas
- Ignore him
- Roll your eyes at him