

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 165 – Connected To...Disconnected From

With every circumstance and experience you’ve ever had – things in your past and in your present - you have created perceptions and stories around each of those experiences simply based on the way your brain functions. Those stories have formed who you are today – how you think, how you act or behave, what you believe, how regulated your emotions are... or are not. We are connected to those experiences through thoughts and emotions in our brain. Psychologists call this Neuro-association. It is critical to discover what we are connected to and disconnected from so we can see how they’re impacting our life right now.

Use this exercise to discover your connections:

What we’re looking for are stories and beliefs we are connected to. What are the old stories or old emotions that may stem from past experiences that have stacked evidence against you? Typically, these will be lies or limiting beliefs. Remember, anytime today we have an experience like that one in our past, we'll experience that emotion and apply those same thoughts again because they're connected. It becomes a subconscious process. When you are connected to the old stories, notice what you are disconnected from. Typically, we are disconnected from the truth.

Write the thought that is connected to an experience: _____

Connected To...	Disconnected From...
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You will probably notice that you want to just switch your list - to be connected to the things you're disconnected from, and to disconnect from those negative, painful, hurtful things you're connected to. If you want those lists to switch, you can decide to and you get to and you can. Because there are all kinds of things we can't change. But the one thing that you can change is your thoughts

Once things are uncovered and you've decided you need a change, ask the Lord for that healing. He wants to heal you by the power of his Holy Spirit. He wants you to be able to have that kind of change. He has given us free will to want to change it and He's asking you to want to. He's longing for you to ask Him to help you; To partner with him in this healing. So, you're going to need to see what the Lord reveals to you as truth.

As you listen for the Lord's truth, re-write this list with what you *want* to be connected to and disconnected from:

Connected To...

Disconnected From...

Friend, truth is available for you. But it's up to you to discover and uncover what you are connected to that's keeping you from enjoying your life. And then partner with the Lord to disconnect those Neuro-Associations and create new ones that are helpful and rooted in truth. Find what you're disconnected from and determine yourself to get connected to those things that are life giving. Jesus said that He came that you might live life abundantly. Do that by uncovering what you're connected to and disconnected from in order to get connected to God and His truth.

Hey, your certified Neuroscience Coach and certified Life Coach, here. If you have any questions or would like to talk about Life Coaching, feel free to email me at: coaching@triciazody.com