

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 163 – Limp Free

Physical Therapy is very painful. There’s a lot of pushing, pulling, and manipulation of raw and tender places. I knew I had to let my Physical Therapist do these things for my overall wellbeing after bunion surgery. I knew that if I didn’t let him touch those tender places and push the toe joints beyond their current limits they would never be fully healed, and I would have a limp for the rest of my life.

This is the same for our mental and emotional healing. We must open ourselves up to therapy or life coaching for our overall wellbeing.

1) Describe what your tender places are or wounds that are not healed that’s making you limp:

A metaphorical limp could look like anxiety, irrational fear, broken relationships, co-dependency, people pleasing, self-loathing, inability to love or to be loved, anger, addiction, affairs, acting out for attention, looking to others for approval, lashing out with hateful words, letting people run all over us and treat us poorly, hiding, making ourselves smaller, losing ourselves, and so much more.

2) What does your metaphorical limp look like in your life?

Sometimes we put Band-Aids over our wounds that actually need surgery. We wear masks and hide behind other things to protect ourselves and keep others from seeing what’s broken and unhealed inside. When our wound is in our heart, or maybe even in our head, we must expose it to know where to go from there.

3) What have been your “Band-Aids”? What masks have you been wearing or what have you been hiding behind to protect yourself?

We must allow someone to press on those pain points to ultimately release the pain. We need good therapy to do this.

4) What are your thoughts about getting the help you need? Is there any resistance? If so, why?

A past or present wound might present as just a small bump in your mind, but it can (and probably is) having a huge impact on your ability to move through the world comfortably. If it feels like you’ve tried every treatment and nothing’s worked, it might be a good time to consider Life Coaching for your overall health. But, unlike bunion surgery, we’re going to do some brain surgery that’s more like skipping right to physical therapy.

Friend, don’t ignore the signs that you need the help. Press through and release the pain that can ultimately lead to your healing and wholeness. You deserve to be free from that limp, too.

Hey, your certified Neuroscience Coach and certified Life Coach, here. I’d love to help you make the decision that’s best for you and your overall health. Feel free to email me at: coaching@triciazody.com