

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 170 – “I Can’t Think Straight!”**

Our goal every day is to create a well-balanced mind. It’s easy to get in emotional overwhelm because our emotions are constantly reacting to external stimuli, events that trigger memories, and the brain’s natural response to be on the lookout for anything that might put us in danger. We need to learn to regulate our emotions so we’re able to hear from God.

1) Describe a time when you thought, “I can’t think straight.”

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Awareness is key to an integrated, balanced brain. When you know your primal or emotional brain suppresses your adult brain (logic, reasoning, and sound decision making), you can position yourself to hear the lies you’re speaking and believing, and to hear the truth the Holy Spirit is desperately trying to get into your heart and mind.

2) How much is your emotional brain running the show and affecting how you live in your daily life?

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3) When you found yourself in emotional overwhelm, what were some of the things you were saying to yourself that may not have been helpful, beneficial to your well-being, or even true?

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4) What are the results when your brain is not balanced? When all your thoughts are emotionally driven with little to no logic, reasoning, and truth, where does that take you in your head?

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5) What are the things God would say to you instead?

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6) Write a brief prayer telling God you want to partner with Him in your emotional healing:

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We are emotional beings, and that's good. God made us to be this way and have these experiences. But it's not helpful when that's the *only* part of our brain that's functioning well. We need to learn to regulate our emotions so we're able to hear from God; so we can hear Him singing songs of love and deliverance from our overwhelm; so we can hear Him speak truth into the places we're believing and speaking lies.

This is our responsibility every day, and God is wanting to partner with you in creating a healthy, well-balanced brain.

If you have any questions or would like to talk about your dependence on God, email me at [coaching@triciazody.com](mailto:coaching@triciazody.com).