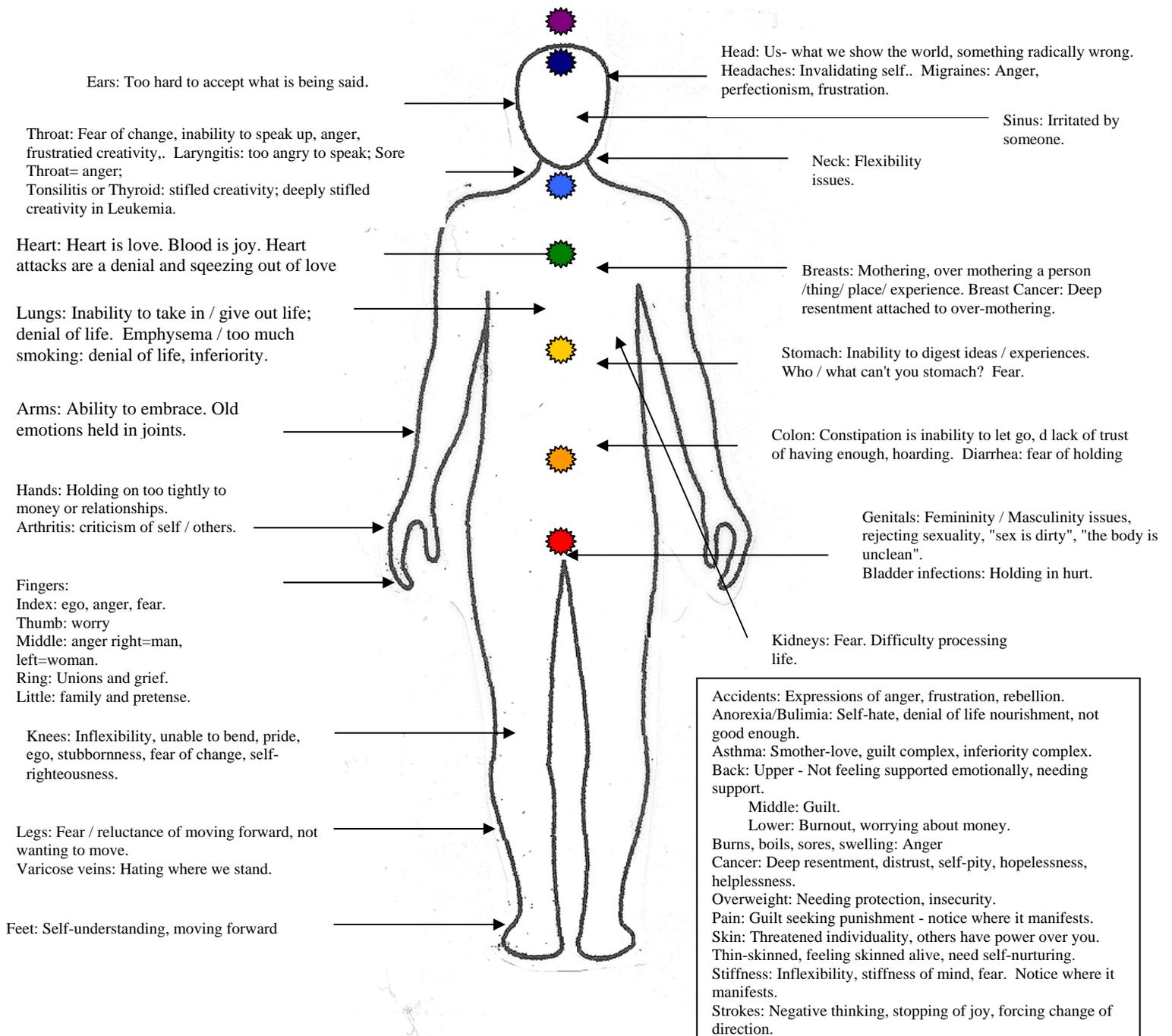


# EMOTIONAL SOURCES OF COMMON DISEASES



Accidents: Expressions of anger, frustration, rebellion.  
 Anorexia/Bulimia: Self-hate, denial of life nourishment, not good enough.  
 Asthma: Smother-love, guilt complex, inferiority complex.  
 Back: Upper - Not feeling supported emotionally, needing support.  
           Middle: Guilt.  
           Lower: Burnout, worrying about money.  
 Burns, boils, sores, swelling: Anger  
 Cancer: Deep resentment, distrust, self-pity, hopelessness, helplessness.  
 Overweight: Needing protection, insecurity.  
 Pain: Guilt seeking punishment - notice where it manifests.  
 Skin: Threatened individuality, others have power over you.  
 Thin-skinned, feeling skinned alive, need self-nurturing.  
 Stiffness: Inflexibility, stiffness of mind, fear. Notice where it manifests.  
 Strokes: Negative thinking, stopping of joy, forcing change of direction.  
 Swelling: Stagnated thinking, bottled up tears, feeling trapped.  
 Tumors: False growth, tormenting old hurt, resisting healing.  
 Uterine tumors: nursing slights to femininity, misogyny.  
 Ulcers: Not being good enough, lack of self-worth.

Source: Based on the work of Louise Hay (*Heal Your Body* and *You Can Heal Your Life*) and Alice Steadman (*Who's the Matter With Me?*)  
**Diagram created by Suchinta Abhayaratna**