

# Emotional Pain Chart

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

## Pain Areas and Probable Causes:

### Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

### Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

### Spine:

Represents the support of life.

**Upper:** Lack of emotional support.

Feeling unloved.

Holding back love.

**Middle:** Guilt. Stuck in the past.

"Get off my back"

**Lower:** Fear of money. Lack

of financial support.

### Elbows:

Represents changing directions & accepting new experiences.

### Wrists:

Represent movement and ease

### Hips:

Fear of going forward in major decisions.

Nothing to move forward to.

### Knees:

Stubborn pride and ego. Inability to bend.

Fear. Inflexibility. Wont give in.

### Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

### Bunions:

Lack of joy in meeting experiences in life.

## How It Works:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Find  
Your  
Center

## Other Connections:

**Arthritis:** Feeling unloved. Criticism. Resentment.

**Bone Breaks/Fractures:** Rebelling against authority.

**Bursitis:** Repressed anger.

**Inflammation:** Fear. Seeing red. Inflamed thinking.

**Joint Pain:** Represent changes in direction in life and the ease of these movements.

**Loss of Balance:** Not centered. Scattered thinking.

**Sciatica:** Being hypocritical. Fear of money and or the future.

**Slipped Disc:** Indecisive. Feeling totally unsupported by life.

**Sprains:** Not wanting to move in a certain direction in life. Anger and resistance.

**Stiffness:** Rigid, stiff thinking.

**Weakness:** A need for mental rest.

CENTRIPETAL FORCE: sen-trip-i-tl: a pathway to the center | fohrs: physical power or strength possessed by a living being

Information from Heal Your Body A-Z by Louise L. Hay