45 Ways
FEAR Affects Your Body

Fear can lead to painful issues in your body. Learn to manage the emotions related to fear and avoid the discomfort related to some of these issues:

Abdominal cramps - Stopping the process.

Aging problems -Social beliefs. Old thinking. Fear of being oneself. Rejection of the now.

Amnesia - Running from life. Inability to stand up for the self.

Apathy - Resistance to feeling. Deadening of the self.

Appetite - Excessive and loss of appetite.

Asphyxiating attacks.

Back -Lower - Fear of money, lack of financial support.

Baldness - Tension, trying to control everything; not trusting the process of life.

Bladder problems – Fear of letting go; being “pissed off”.

Body odour - Dislike of self; fear of others.

Bowel problems – Fear of letting go of the old and no longer needed.

Breathing problems – Fear of, or refusal to take in life fully; not feeling the right to take up space or exist.

Chronic diseases – Fear of the future; refusal to change; not feeling safe.

Colon – Fear of letting go; holding onto the past.

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Cramps - - Tension; gripping, holding on.

Diarrhea – Fear of rejection; running off.

Eye - astigmatism – Fear of really seeing the self.

Fainting - Can't cope. Blacking out.

Fistula - A blockage in the letting go process.

Foot problems - Fear of the future and of not stepping forward in life.

Headaches - Invalidating the self; self-criticism.

Heartburn - Clutching fear.

Hemorrhoids - Fear of deadlines; anger of the past; afraid to let go; feeling burdened.

Hyperactivity -Feeling pressured and frantic.

Hyperventilation -Resisting change; not trusting the process.

Ileitis Crohn's - Worry; not feeling good enough.

Indigestion - Gut-level fear, dread, anxiety; griping and grunting.

Inflammation - Seeing red; inflamed thinking.

Insomnia - Not trusting the process of life; guilt.

Knee problems - Stubborn ego and pride, inability to bend; inflexibility, won't give in.

Lump in throat - Not trusting the process of life.

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Menopause problems - Fear of no longer being wanted. Fear of aging. Self-rejection. Not good enough.

Motion sickness - Fear of not being in control.

Myopia - Fear of the future. Not trusting what is ahead.

Narcolepsy - Can't cope. Extreme Wanting to get away from it all. Not wanting to be here.

Nausea - Rejecting an idea or experience.

Nervousness - Anxiety, struggle, rushing, not trusting the process of life.

Overweight - Need for protection. Running away from feelings. Insecurity, self-rejection. Seeking fulfillment.

Paralysis - Terror. Escaping a situation or person. Resistance.

Peptic ulcer - A belief that you are not good enough. Anxious to please.

Skin problems - Anxiety, Old, buried guck. I am being threatened.

Spastic colitis - Fear of letting go, insecurity.

Stomach problems - Dread. Fear of the new. Inability to assimilate the new (gastritis, heartburn, ulcers).

Ulcers - A strong belief that you are not good enough. What is eating away at you?

Vomiting - Violent rejection of ideas. Fear of the new.