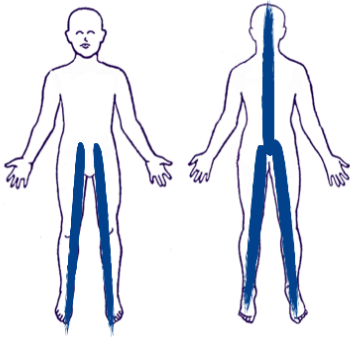


EMOTIONAL BODY MAP

A Beginning Guide to the Mind Body Connection



FEAR and COURAGE ZONE

Entire spine, inner and backside of legs

Freezing, fleeing or fighting

Lack of support or needing to "stand up to" something

Being "weak in the knees" having a "backbone"

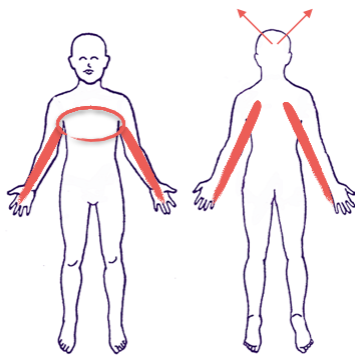
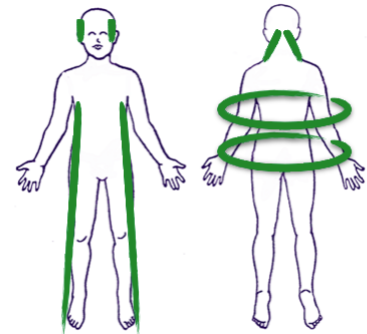
ANGER and CREATIVITY ZONE

Temples, sides of body, ribs and hips

Choice, decision, freedom of movement

Feeling trapped or frustrated, not knowing "where to turn"

Too many choices "can't see straight", "I blew my top!"



ANXIETY and VULNERABILITY ZONE

Chest and shoulder blades, inner arms and hands

Overwhelm, connection to others, heart mind

Crossing arms in protection, racing mind, sweaty palms,

Get a hug and "let someone in", keep your "hands busy"

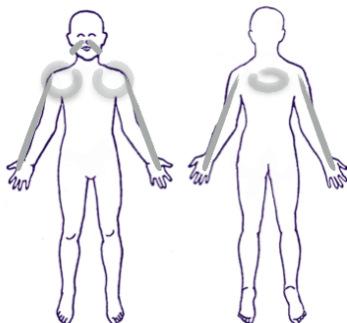
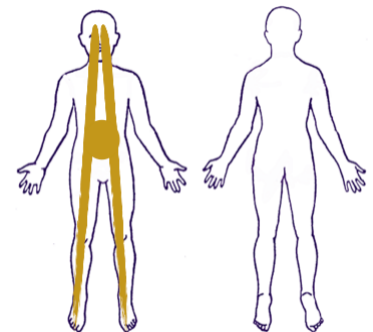
WORRY and SELF-ESTEEM ZONE

Front of face, abdomen and legs

Moving forward, being authentic and self-honest

Covering, overthinking, sorting out truth, "trust your gut"

Being "soft in the middle" or "stomach tied up in knots"



SADNESS and BOUNDARY ZONE

Upper chest and back, front of shoulders and arms

Worldly attachment and being grounded, addiction

Needing order and rituals, acceptance, being "hollowed out"

Having a "broken heart", taking "breath away"

