

Questions - Stressful emotion around your health and wellbeing

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES then move onto the next question

If you answer NO and you feel any discomfort, then do self EmRes – Close your eyes

Fear/Avoidance

Do you fear the unknown and out of control around your health?

What fears, worries, or concerns do you experience with your current health?

Do you fear a previous illness or conditioning returning or getting worse?

Do you avoid engaging in activities or social events because of your health?

Do you avoid travel or new experiences due to health or physical condition?

Do you have fears of your health declining?

Do you fear a family illness or condition being manifested within you?

Anger/Frustration

Do you feel frustrated or angry when your physical body lets you down?

Do you feel frustrated and disappointed when you take 1 step forward and 2 steps back with your health?

What makes you angry/frustrated regarding your current level of health?

How does it make you when others do not care for themselves?

Do you become angry when your health keeps you from enjoying life?

How do you make you feel that others do not have the same limitations as you?

Inhibition

Is there a person, situation, circumstance, or something else that you feel is holding you back from your experiencing optimal health and well-being?

Do you feel limited in your ability to regain a certain level of health, mobility, energy level?

Do you feel an old injury, illness, or decisions from the past are holding you back today?

Control (Attempting to control yours or another's emotions)

Do you overwhelm and out of control with your emotions at times?

Do you have a strict routine, regimen, or self-imposed restrictions that must be followed to ensure your health? If I do, or not do, _____, I will become sick.

Do you ruminate or obsess my health?

Do you try to control a situation to ensure others stay health or do not become sick?

Do you feel shame or guilt about being healthier than other family members, friends, coworkers?