

Emotions & Health

PROBLEM

PROBABLE CAUSE

NEW THOUGHT PATTERN

Thyroid problems

Humiliation. "I never do what I want to do. When is it going to be my turn?"

I move beyond old limitations and now allow myself to express freely and creatively.

Hypothyroidism

Giving up. Feeling hopelessly stifled.

I create a new life with new rules that totally support me.

Hyperthyroidism

Rage at being left out.

I am at the center of life, and I approve of myself and all that I see.

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Fatigue

Resistance. Boredom.
Lack of love for what
one does.

*I am enthusiastic about life
and filled with energy and
enthusiasm.*

Adrenal problems

Defeatism. No longer
caring for the self.
Anxiety.

*I love and approve of
myself. It is safe for me to
care for myself.*

Anxiety

Not trusting the flow
and the process of life.

*I love and approve of
myself and I trust the
process of life. I am safe.*

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Depression

Anger you feel you do not have a right to have. Hopelessness.

I now go beyond other people's fears and limitations. I create my life.

Overweight

Fear, need for protection. Running away from feelings. Insecurity, self-rejection. Seeking fulfillment.

I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself.

Skin problems

Anxiety, fear. Old, buried gunk. I am being threatened.

I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten. I am free in this moment.

From *You Can Heal Your Life* by Louise Hay