EMOTIONAL ENERGY CENTERS OF THE BODY

OUTER WORLD
Burdens and Responsibilities
carrying emotional weight
of others on shoulders

INNER WORLD
Burdens and Responsibilities
carrying emotional weight
of self on shoulders

COMMUNICATION CENTER

Creative Identity
(right to speak and hear truth)

Self-expression Issues
lack of trust / inability to speak feelings
lack of nurturing

HEART CENTER

Social Identity
(right to love and be loved)

Loneliness and Codependency Issues
grief / sorrow / sadness / loss
emptiness of heart / lack of love / rejection
helplessness / aloneness / disillusionment
embarrassment / shame / humiliation
repressed feelings / disappointment
cruelty-meanness / genetic or ancient memory

POWER CENTER

Ego Identity
(right to act)

Dominance and Timidity Issues
loss of control / fear of losing control
abusive authority / lack of autonomy
imbalance of power in relationship

ANGER AREA
Anger at self and others
jealousy / resentment

GUILT/SHAME AREA
Unworthiness
lack of acceptance
self-judgment / criticism / inability to receive

SEXUALITY - CREATIVITY CENTER

Emotional Identity
(right to feel)

Relationship Issues
childhood conditioning
violation of body and personal space
something done to us-
taken from us without permission
sexual disturbance

BACK SUPPORT AREA
Lack of emotional support

SIDE SUPPORT AREA
Lack of financial support

SURVIVAL CENTER

Physical Identity
(right to have)

Survival Issues
Feeling we won't survive a life-threatening event
violation related to surviving / sexual dysfunction
first year of life - creativity

REJECTION AREA
Abandonment
Criticism –judgment by others
Self-rejection – pain in the heart

BETRAYAL AREA
Betrayal by someone trusted
Self-betrayal

ENVISION™
INTEGRATIVE THERAPIES

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