

Timeline

1. Confusion - Age 5 (S5)
 - a. Cousin hit and killed by a beer truck
2. Grief - Age 7 (S4)
 - a. Harassed by a family member.
3. Indecisiveness- Age 11 (S1)
4. Discouragement - Age 13 (S2)
5. Dread - Age 13 (S2)
6. Betrayal - Age 13 (S2)
7. Heartache - Age 14 (S5)
 - a. Too much of yourself was uprooted.
 - b. Not feeling safe in your body - feeling very uneasy and ungrounded/unsettled.
8. Unsupported - Age 14 (S1)
9. Insecurity and,
10. Depression: Age 14 - deeply rooted within you (S3)
11. Frustration: Age 14 - Left Collarbone (S3)
12. Panic: Age 14 (S3)
 - a. Left alone to live with Aunt and Uncle.
13. Defensiveness - Age 16 - Lung (S5)
14. Shame- Age 16/17 (S1)
15. Defensiveness and,
16. Shame - both Age 19 (S4)
 - a. 1st Heartbreak
17. Unworthy- Age 21 (S1)
18. Shame: Age 22 - sexual organs (S3)
19. Panic - Age 21/22 (S1)
 - a. (specifically got stuck during her pregnancy)
20. Self-Abuse - Age 21/23 (S1)
21. Effort Unreceived and,
22. Blaming - Age 24 - Heart (S5)
 - a. Sexual assault
23. Hatred - Age 25
 - a. Confrontational relationship with mom.
24. Betrayal - Age 33 (S1)
25. Betrayal - Age 33 - Heart (S3)
26. Self Abuse and,
27. Frustration - Age 33 - Lungs (S3)
 - a. A lot of changes in family dynamics, split from ex, no help from parents.

Inherited (Dad)

1. Forlorn - 10 Generations Back (S1)
2. Despair
3. Longing (S2)
 - a. Both of these emotions were trapped at the same time from Dad (one generation back) - client states that dad was left at hospital due to medical complications.
4. Abandonment - 1 Generation Back (S2)
 - a. Again, dad felt abandoned while he was in the hospital when he was born - first few months of his life.

Inherited/Absorbed (Mom)

1. Depression - 2 Generations Back (S3)
2. Depression: hidden AND trapped- prenatal emotion from mom - left heel. (S3)
3. Resentment - Absorbed by mom who took it from someone else. (S3)

Themes

1. Bitterness - Age 7 - overall theme in the home she grew up in. (S2)
 - a. Felt pressure under my right breast - client states similar pain, but on the left side.
 - i. This is where she holds bitterness AND discouragement.
2. Bitterness - Chest/Lungs (S3)
 - a. Overwhelming feeling of exhaustion.
3. Rejection - carried in the center of your back (S3)
4. Indecisiveness - not feeling sure of self. (S4)
5. Discouragement - expected to be let down by everyone in your life (started young.) (S5)
6. Creative Insecurity - lacking the confidence to start anything NEW, untrusting of self. (S5)
 - a. Throat chakra activation
7. Unsupported - not feeling the support from the people around you. (S5)