

Timeline:

1. Despair, and
2. Depression - Age 2, Stomach (S1)
 - a. Broke your leg
 - b. Hospital
3. Anxiety - Age 24, Spleen (S1)
 - a. You discussed this could be centered around work/not making friends.
4. Grief - Age 34, centered around Divorce, Colon (S1)

Heart Wall: *Started at 6 feet*

1. Shame (S1)
 - a. 4 out of the 6 feet of your heart wall, which dropped another foot after clearing away the "cement wall" you put in place. Starting Session 2 with a 1 foot wall to navigate.
 - i. You put this in place during your relationship with your wife.