

Unresolved Feelings and Their Target "Organs" (Acumeridians)

[used in Applied Psycho-Neurobiology (APN)—by Klinghardt. See course notes.]

Reformatted by: Ralph Wilson, N.D., Lic.Acup. (NCCAOM) www.NaturalConnectionsHealthcare.com

Fire

Small Intestine

Loneliness/Abandoned
Lost
Neglected
Deprived of Love
Deprived of Safety
Deprived of Closeness
Deprived of Intimacy
Deprived of Nourishment
Deprived of Warmth
Dark secret
Unable to receive

Emotional Heart

*[TCM = "Pericardium",
or "Circulation-Sex"]*
Acute Grief
Shocked
Broken trust
Betrayal
Hurt
Deep yearning
Remorse
Not lovable
Withholding
Disappointment
Compassion

Physical Heart

Unlived Joy
Self-Protection
Feeling used
Trapped
Hard-hearted
Boredom
Uncreative
Bureaucratic
Rigid
Greed
Coldness

Thyroid

[TCM = "Triple Warmer"]
Humiliated
Indecisive
Feeling left out
Inhibited
Choked
Giving up
Denial
Having no right
to self-expression
Not being heard
Not being seen
Repressed

Wood

Liver

Anger
Frustration
Incapable to take action
Withholding all feelings
Complaining
Unyielding
Self-sabotage
Discontented
Unacknowledged
Toxic
Incapable of standing
up for oneself

Gall Bladder

Resentment
Victim-Hood
Incapable to decide
Martyr
Blaming
Self-pity
Second-best
Unforgiving
Bitter
Manipulative
False pride

Spleen/Pancreas

Feeling inadequate
Not good enough
Self-punishment
Dependent
Lack of boundaries
Hanging on
Oversensitive
Over-worried
Low self-worth
Low self-love
Smothered

Stomach

Anxiety
Broken Power
Dislike
Smoldering
Hate
"Too much"
Stressed out
Devastation
Too high demands
Not able to process
something
Obsessed

Earth

Water

Kidney

Fear
Guilt
Powerless
Broken will
Deep disappointment
Demoralized
Bad news
Fright
Deep exhaustion
Survival
Brutal

Bladder/Sex Organs

Shame
Very Upset
Feeling paralyzed
Not standing on one's
own feet
Shyness
Hurt
Helpless
Unfulfilled yearning
Embarrassed
Self pity
Resignation

Lung

Chronic Grief
Sadness
Longing for
Feeling trapped
Isolated
Unhealed separation
Not belonging
Despair
Disappointed
Hopeless
Lost zest for life

Metal

Large Intestine

Overcritical
Controlling
Narrow-minded
Perfectionist
Dogmatic
Compulsive
Pedantic
Cynical
Miserly
Uptight
Emotional
incontinence