

Physical Symptoms Triggered By Emotional Pain, Anxiety, and Anger

1. **Headaches** - 90% of headaches are caused by tension-induced muscle contractions in the neck and shoulders which radiate to the head.
2. **Ear Noise** - Constant contraction in auditory muscles aggravated by ear wax buildup.
3. **Shoulder and neck pain** and/or stiffness - the autonomic nervous system constricts blood vessels causing slightly less blood flow which sets up a chemical imbalance in the muscles due to a lack of oxygen (Tension Myositis Syndrome—TMS).
4. **Yawning** - Tension-induced shallow breathing produces oxygen deprivation.
5. **High Blood Pressure** - produced by constriction of the blood vessels leading to the kidneys.
6. **Irritable bowel syndrome** - Peristaltic muscles cannot function normally due to impeded blood flow.
7. **Weakened immune response** to viruses
8. **Dry mouth** and throat
9. **Jaw pain** (TMJ) - Mandibular muscles affected by TMJ.
10. **Increased sweating** - due to adrenaline surges.
11. **Thicker blood** which is more prone to clotting - induced by catecholamine, a stress hormone.
12. **Excess fat in midsection** - Cortisol, a last-line stress chemical, causes fat from the peripheral fat cells to be released into the bloodstream. If this fat is not used up in caloric expenditure (exercise), the deep visceral areas of the abdominal cavity becomes the dumping ground.
13. **Low back pain** - muscles spasm because of a lack of oxygen (TMS again).
14. **Leg cramps** - increased sweating depletes minerals which carry electrical signals to muscles
15. **Hives or psoriasis** - nervous system releases chemicals which trigger reactions in skin cells.
16. **Leg twitching** (particularly at bedtime) - caused by stress-induced chemical imbalances
17. **Gastrointestinal Problems** such as gastritis (inflammation of stomach lining) and ulcers which are caused by H Pylori bacterial when stress levels are high.
18. **Fibromyalgia** - *The Scandinavian Journal of Rheumatology* points out that the only abnormality in the soft tissue of these patients ever found is a lack of oxygen. Areas of tension skip around to various places in the body.
19. **Chronic Fatigue**
20. **Heel Pain (Plantar Fasciitis), tendonitis, bursitis, sciatica, and osteoarthritis** - TMS

Many of the above could also be caused by pathological conditions such as headaches being caused by tumors and back pain being caused by bone disease or cancer. It is mandatory that a doctor's diagnosis be obtained first before assuming a condition is simply stress-induced.

You may be told you have Degenerative Disk Disease which means your disks are disintegrating and/or rupturing out but this is a normal part of aging which happens to some people much earlier than others depending on genetic makeup. Twenty percent of the population loses all disk material by the end of their twenties and a few are born with no disk material. It is not a medical cause for pain. In a 1994 issue of *The New England Journal of Medicine* researchers reported that there were as many spinal abnormalities in people who were not in pain as there were in people who were in pain.

Most of the time the above conditions are caused by emotional pain even though the symptoms are definitely physical. It is incorrect to say that pain "is all in your head." Chemical messages caused by certain emotional states are able to communicate with the autonomic nervous system and the autoimmune system (that we know of). When the autonomic nervous system picks up these signals it impedes circulation to certain muscles, tendons, or ligaments for an extended period of time until a chemical imbalance is set up which causes aching and eventually pain. The autonomic nervous system usually picks an area of the body that is biomechanically deficient, formerly injured, heavily used, or deteriorated (such as spinal disks). This is a way of handling emotional pain, and some personalities utilize it more than others. It is completely an involuntary reaction. It is not consciously controlled although it can be consciously alleviated in many cases.

BASIC ASSUMPTIONS THAT PERPETUATE PAIN

Linda Haught

These are the basic assumptions about life and circumstances that are common to chronic pain sufferers. These beliefs perpetuate chronic conditions.

1. "This is the way things ought to be."

Things should happen in a certain way and when they don't I am very offended, annoyed, or frustrated.

2. "There are some things I can't stand."

God has given us the capacity to tolerate any circumstance or person He sends into our lives. If we tell ourselves this particular lie, we reduce the endurance (or patience) that James 1:2-4 tells us we are to develop by counting it all joy.

3. "I prepare for the future by worrying."

Running a worst-case scenario through your mind blocks out the healthy emotions and expectations that help cure chronic conditions.

4. "I need approval and nurturing from others."

An excessive desire for others to approve of you or expecting others to take care of your problems causes you to lose your own God-given ability to deal with situations in life. No one can help you with chronic pain better than you can.

These four attitudes about life are all characterized by rigidity. When life must proceed according to your agenda, you become blind to all the alternatives, and you begin to lose hope.

***Hope deferred maketh the heart sick
Proverbs 13:12a***

A sick heart or a prolonged feeling of hopelessness lowers the levels of endorphins and serotonin in the body. These are chemicals that maintain emotional balance and prevent everyday life from becoming painful (emotionally and physically).