



TWELVE STEPS TO EMOTIONAL AND PHYSICAL HEALTH

We came to realize that we are profoundly emotional beings and that we feel profoundly about our physical problems and that unless we understand our emotions we will have much less power over our own actions and our physical well being.

We came to believe that by coming to know our own powerful emotions we may maximize our physical health, and thus further maximize peace and joy in our lives.

We made a decision to start on a path of understanding how our thinking and actions are often profoundly determined by how we feel physically.

We came to an understanding that by taking a detailed emotional inventory, an inventory of our anger, fear, distress, disgust, and shame and by assessing what we are really interested in and what really makes us happy, that only by doing this, will we truly be able to maximally manage our physical infirmities.

That we have expressed to others, when appropriate, and to ourselves the exact nature of our feelings thereby gaining some power over them and thus very directly removing the burden of backed up emotion from our physical bodies.

By doing, the above we naturally became ready to be accepting of the world and others and our bodies, as it is and as they are.

By the above we came to accept ourselves and our bodies as they are and understand that when we have hurt ourselves or others we have done what we have done due to our own hurt that was unmanageable, and thus it is counterproductive and damaging to blame ourselves and others, and that it makes worse our physical frailties.

Made a list of the ways emotion has adversely affected our physical health and made an inventory of how we felt at the time we hurt ourselves, and thought of interesting ways to avoid such occurrences in the future.

We have tried to understand why we felt the way we did, thus understanding why we did what we did. We have come to understand that we feel before we think and that feeling has its origins in the physical body.

We have worked towards understanding that others, like ourselves, have trouble controlling emotion, and thus often what they do and that they therefore often, without fault or blame, adversely affects their physical health.

We have continued to think about our basic emotions by coming to know each emotion in our own personal way. We have monitored ourselves for feelings of guilt, which we have come to see as counterproductive. When we do things that hurt others, or ourselves, we look to what we were feeling at the time, thereby better understanding ourselves better and how such feelings adversely effect our bodies and make worse our infirmities.

Sought, through the practice of a daily emotional inventory and meditation on that inventory, control over our actions and lives without ever expecting perfection of others or ourselves in this regard. In so doing we will physically feel better as we have relieved our body of negative emotion.

Having come to know our emotional lives, we have gained the ability to employ our interest and experience in a new type of interaction with ourselves and our body and others, one of mutual interest that will lead us to maximize joy and physical health in ourselves and with others

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