

Image 1- Craig Miller©2026

Emotional Development

1.	2.	3.	4.	5.
Starts in utero	By 6th month – child can see, hear, feel, sense...	Ages 0–10 – all emotions are normal; children are learning how to use emotions	Ages 11–12: Brain developing; emotion and logic begin working together	Teenage Yrs: Learning to use emotion and logic

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Accumulation of early emotional and stressful situations:

- Fearful, Angry, Sad, Shaming, Depressing
- Unloved, Unprotected, Rejection, Critical
- Yelling, Teasing, Bullying, Broken promises
- Repeated hurt, Disappointment, Humiliation
- Divorce, Separation, Death, Loss of others
- Verbal/Emotional/Sexual/Physical hurt

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Suppressed Emotion Can Negatively Affect the Areas Of:

 Medical Conditions	 Physical Conditions
 Emotional and Psychological Conditions	 Quality of Life and Sleep

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How the Mind and Body Are Affected by Suppressed Emotion.

Normal Stress	
1.	Hurtful or stressful experiences are processed correctly in the mind.
2.	The mind returns toward balance, and the body can recover.
Excessive Stress	
1.	Emotion becomes too intense or overwhelming to process.
2.	Emotion is suppressed to protect mind from shock and stuck in traumatic state
3.	Emotion settles in the body (in muscles, tendons, joints, organs) and mind (as thoughts, feelings)

Support, safety, and healthy emotional processing can help restore balance.

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PROLONGED SUPPRESSED EMOTION CONTRIBUTE TO:

MEDICAL CONDITIONS

Allergies, Skin Issues
Chronic Fatigue
Fibromyalgia
Irritable Bowel (IBS)
Adrenal Exhaustion
Multiple Sclerosis(MS)
Auto Immune Disease
Chrones, Intestinal
Muscle/Joint Issues
Degenerative Joints
Impaired wound healing

MENTAL HEALTH DISORERS

Anxiety, Depression
Sexual Dysfunctions
Dissociative Identity (DID)
Obsessive Compulsive (OCD)
Reactive Attachment (RAD)
(POTS)
Posttraumatic Stress (PTSD)
Conduct, Impulsive control
Personality – Narcissism,
Borderline Antisocial,
ADHD/ADD like symptoms

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AFFECTED ORGAN(S) CONDITIONS	EMOTIONAL COMPONENTS
Back/spine	Lack of Emotional support
Bladder	annoyed, little control in life
Feet	Fear, difficult – going forward in life
Heart	Hard to find or lost joy, deeper hurt
Kidney	Fear, dread
Knee	Fear, unmet needs (stuck in life)
Liver	Anger, frustration
Lung	Grief, loss
Shoulder/neck	Carry burdens, aggravated, rejection
Stomach	Nervous, despair
Anxiety	Helpless, no control, past trauma

Image 7 - Craig Miller©2026

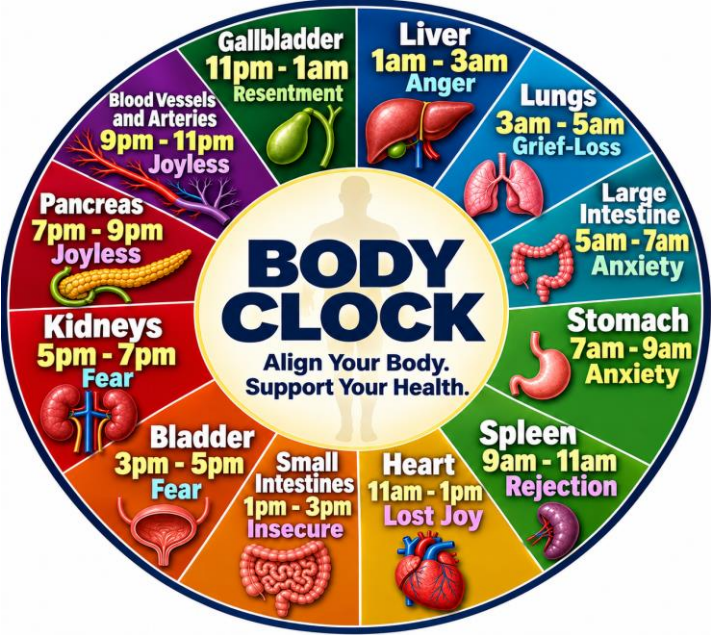


Image 10- Craig Miller@2026

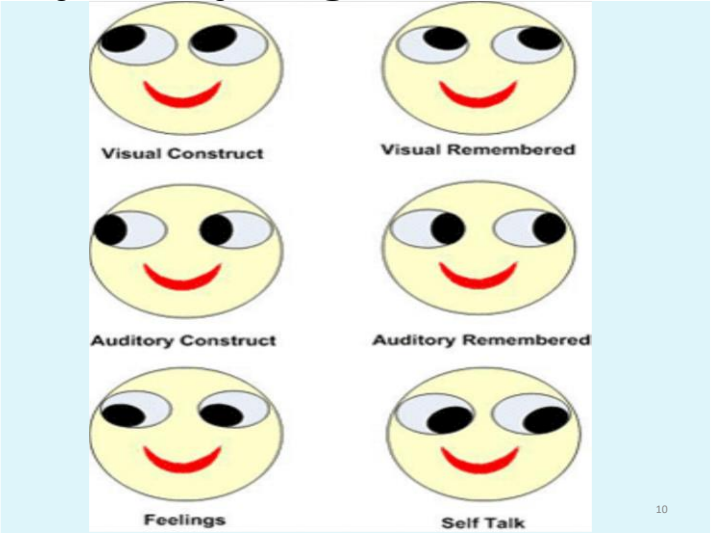


Image 8 – Craig Miller@2026

QUALITY OF LIFE - from early Rejection, Fear, Neglect, Humiliation, Unloved, Rejection, Shame, Criticism, Abuse, Unprotected, Loss/Grief

<u>Words used</u>	<u>Life Patterns</u>
• Doubt, Question self	• Level of belief-self/God
• Hopeless/Helpless	• Trust level-others/God
• I'm Bad, Inadequate	• Ability to love/be loved
• Unloved/Unlovable	• Stuck in life, Lonely
• Unworthy	• Level of confidence
• I'm Stupid, Dumb	• Anxious/Depressed
• I can't, Nobody cares	• Angry, Rage
• Not good enough	• Not trusting others
	• Emotion/physical Pain

Image 11 – Craig Miller@2026

What To Do When Healing Doesn't Happen
When initial prayers, forgiving others, self and releasing sins, do not bring healing-

Follow these steps:

- Emotion** - What do you feel with the condition?
- Memory** - Find an early memory with same the emotion
- Observe** - Picture a safe person protecting you.
Release the emotion to the person
Use the Love Hug/Love Pat
- Thank** - God for your healing

Image 9 – Craig Miller@2026

Gentle Touch Activates → Skin Receptors → Nervous System → Feel Good Chemicals In Brain		
CHEMICAL	FUNCTION	BODY REACTION
Dopamine	Neurotransmitter	Pleasure, motivation
Endorphins	Natural opioids, like morphine	Pain relief, pleasure
Serotonin	Antidepressant	Mood regulation, happiness
Oxytocin	Bonding hormone	Trust, emotional connection
Endocannabinoid	Natural "bliss" chemicals	Relaxation, reducing pain
Gaba	Calming neurotransmitter	Calming, reducing anxiety
Prolactin	Contentment, Bonding Hormone	Relaxation, emotional closeness
Vasopressin	Long-term Bonding	Attachment, protective behaviors
Lowers cortisol	Steroid Hormone	Feeling less stress, calm