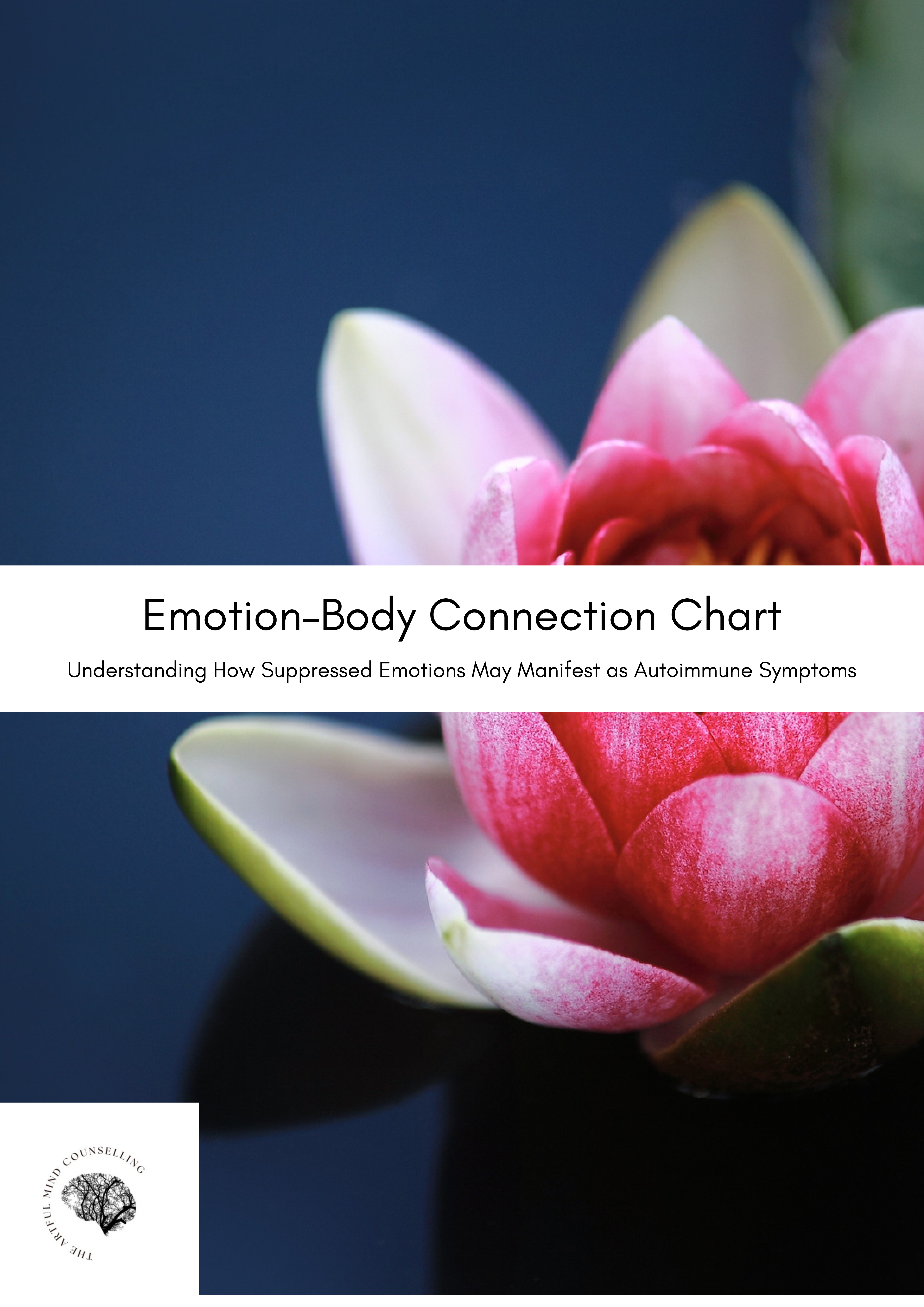




Emotion-Body Connection Chart

Understanding How Suppressed Emotions May Manifest as Autoimmune Symptoms

Body Area / Symptom	Possible Emotional Root	Examples of Associated Autoimmune Conditions
Joints (stiffness, pain, inflammation)	Resentment, rigidity, holding onto old pain, suppressed anger	Rheumatoid arthritis, psoriatic arthritis
Muscles (weakness, fatigue, pain)	Overwhelm, feeling unsupported, emotional exhaustion	Lupus, fibromyalgia, myositis
Skin (rashes, psoriasis, eczema)	Shame, embarrassment, deep sensitivity, boundaries being crossed	Psoriasis, eczema, lupus (butterfly rash)
Thyroid (hypo/hyper symptoms)	Suppressed self-expression, fear of speaking up, people-pleasing	Hashimoto's, Graves' disease
Digestive System (bloating, pain, autoimmune gut issues)	Unprocessed emotions, fear, control issues, difficulty "digesting" life experiences	Crohn's, ulcerative colitis, celiac disease
Nervous System (tingling, nerve pain, hypersensitivity)	Deep trauma, emotional overload, fear, hypervigilance	Multiple sclerosis, fibromyalgia
Lungs (shortness of breath, tightness)	Grief, sadness, feeling emotionally "suffocated"	Autoimmune lung conditions, lupus
Fatigue (chronic exhaustion)	Burnout, emotional depletion, giving too much, feeling unseen	Chronic fatigue syndrome, all autoimmune diseases
Flares & Relapses	Internal conflict, ignoring emotional needs, high stress, perfectionism	Common across all autoimmune conditions

Reflection Prompts:

- “What emotion might my body be trying to express through this symptom?”
- “What do I need to feel safe enough to release this emotion?”
- “Where in my life do I still feel unheard, unacknowledged, or overstretched?”

Gentle Reminder:

This chart is not meant to blame, but to empower you to gently explore how your body and emotions are interconnected. Every symptom is your body’s way of asking for attention, care, and healing.