

# Some Metaphors of the Body System

## Conditions Metaphors

Aches - Suppressed;  
Invalidated; Wronged

Acute pain - Pay attention  
NOW!

Aneurisms - Distrust; Betrayal;  
Opening

Bleeding - Losing; Loss; Grief

Breaks/Fractures - Stop thinking  
this way! Time for a change!  
Sudden and irreversible  
change is occurring now

Bruises - Guilt; Withholding  
joy; Crushed, Destroyed;  
Fighting

Cancers - Losing control;  
Feeling the victim;  
Rejection; Out of control

Chronic pain - Entertaining old,  
hurtful, beliefs

Cuts - Guilt; Opening  
(opportunity)

Dull pain - Time to pay  
attention; Time for a change

Fat - Stored excess emotional content

Fever - Heating up; Pay attention

Indigestion - Time to reconsider; Wrong or wronged; Afraid

Infection - Anger; Defensiveness; Invaded; Violated

Inflammation - Anger; Hostility; Turbulence

Injuries/Wounds - Separation; Hurt

Itch - Trying; Struggling; Confused

Nausea - Rejection; Terror

Out of joint - Angry; Frustrated

Pulled muscles - Overwhelm; Not good enough; Straining

Rash - Rejection; Sorry; Irritated

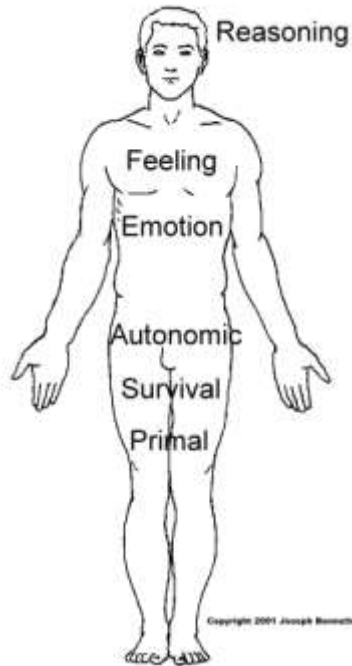
Sharp pain - Pay attention NOW!

Sprains - Twisted, distorted thinking; Overwhelm

Stiffness - Fear of taking responsibility; Stuck in a belief pattern

Tightness/Tenseness - Fear; Anxiety; Worry

Warts - Bothersome annoyances; Losing control a little at a time;  
Offenses



## Body Metaphors – Thought Patterns

Head – Direction; Primary

Forehead – Goals; Mission; Ideals,  
Aspirations

Eyebrow – Expression

Eye – Personal Vision; How I see the world

Ear – Presence - how I show up

Nose – Intuition; Knowing

Mouth – Intake; Considering

Face – Appearance; Expression

Chin – Attitude; Influence,  
Strength/Weakness

Neck – Flexibility; Alternatives

Shoulder – Shoulds; Commitments;  
Responsibilities

Chest – Connection; Affection; Nurturing;  
Relationships

Upper Arm – Power; Strength

Lower Arm – Work; Doing

Wrist – Choices; Flexibility

Hand – Learned skills; Grasping/holding

Abdomen – Processing; Resources;  
Secondary

Upper Back – Truth (core beliefs);  
Experience held as truth

Mid-Back – Uprightness; Character

Lower Back – Support; Flexibility

Hips/Buttocks – Last; Intersection of  
beliefs; Joining

Thigh – Movement; Beliefs in action

Knee – Needs; Respect

Shin – Ascending; Climbing; Upward  
mobility

Calf – Strength; Sacredness

Ankle – Supporting Beliefs

Foot – Understanding (soul); Foundational  
beliefs

Leg – Mobility; Tertiary

Skin – Outer layer; Surface; Shallow;  
Boundaries

Left Side – Feminine; Yin

Right Side – Masculine; Yang

### To use this chart –

1. Determine the condition(s) you are experiencing from the Conditions Metaphors list.
2. Look to see what the condition metaphor might mean for the condition you are experiencing.
3. Find in the Body Metaphors list the body part that has the condition to make a short “story”.
4. Then look into your life and see if that “story” is occurring in your life. If so, you may find that as you do something to make a change in your belief system, the condition will change, too.

### Examples:

Headache (ache in the head) ~ Invalidating my direction. Maybe I’m headed in the wrong direction...

Angina (sharp chest pain) ~ Pay attention to my relationships NOW! Time to re-connect...

*Note – This chart is for consideration only and not intended to replace competent medical assistance.*

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