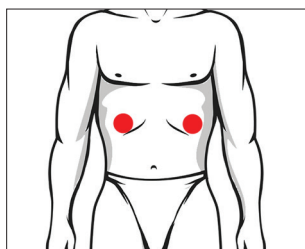
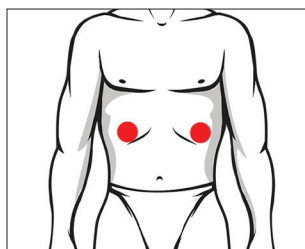


Gallbladder Meridian

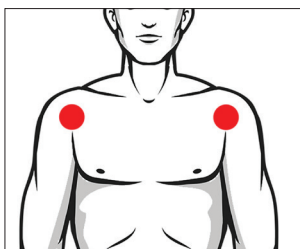
- Anger at others
- Rage
- Judgemental
- Critical

**Liver Meridian**

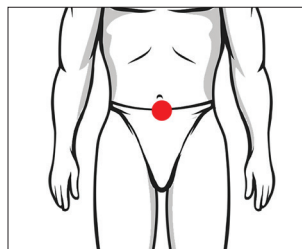
- Anger at self
- Guilt
- Shame
- Unhappiness
- Depression

**Lung Meridian**

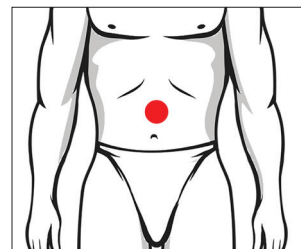
- Sadness
- Grief
- Yearning
- Aloof
- Disappointed
- Scorn
- Contempt
- Pride
- Intolerance

**Large Intestine Meridian**

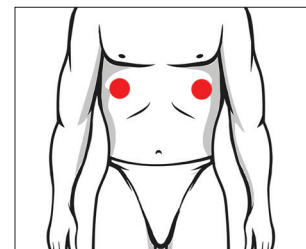
- Control
- Empty
- Guilt
- Perfectionism
- Low self-worth
- Blocked

**Stomach Meridian**

- Anxiety
- Pessimism
- Worry
- Bitterness
- Greed
- Deprived
- Distrust
- Discontent

**Spleen Meridian**

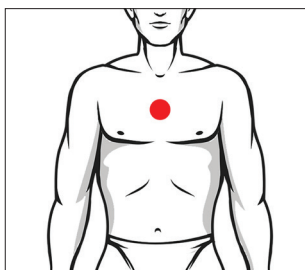
- No boundaries
- Harsh, rigid boundaries
- Everyone out
- Feel Everything
- Feel Nothing
- Anxiety - future
- Insecure
- Lack of compassion



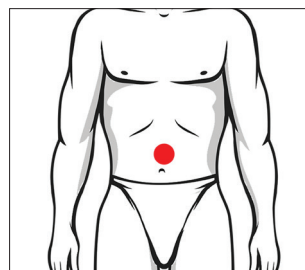
————— DON'T FORGET TO INPUT THE POSITIVE/OPPOSITE —————

Heart Meridian

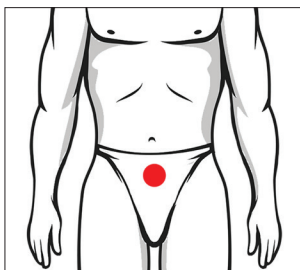
- Heartache
- Broken Heart
- Anger
- Regret
- Jealousy

**Small Intestine Meridian**

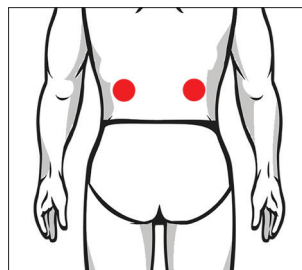
- Confusion
- Indecisive
- Sadness
- Sorrow
- Grief
- Suffering

**Bladder Meridian**

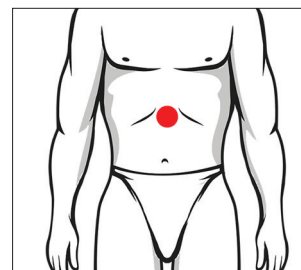
- Fear
- Despair
- Pessimism
- Restlessness
- Frustration
- Impatience

**Kidney Meridian**

- Lonely
- Ashamed
- Trauma

**Adrenal Meridian**

- Confusion, especially from too many demands or choices
- Ignoring own needs
- Jealousy
- Regret
- Stubborn

**Thyroid Meridian**

- Stress
- Frozen
- Primal fear
- Panic
- Hysteria
- Depression
- Hopelessness
- Loneliness
- Isolation

