

# Physical and Emotional Impact Log

Based on Louise Hay's Book - "Heal Your Body: the mental causes for physical illness and the metaphysical way to overcome them"

Keep a log of the possible emotional connection to symptoms you are experiencing. There is often an emotional component that creates dis-ease in the body. By being aware of this dis-ease, we can release the emotions attached, replace old patterns of thinking and beliefs. As Louise states in her book, "The point of power is in the present moment, right here and right now in our minds." It is recommended that you get her book. You can however search for "metaphysical reasons behind illness" on the internet.

<b>Date and Time</b>	
Physical symptom or problem	
Actions you took to uncover the reasons/patterns  What did you find?	
When have you experienced this symptom before?	
Emotional component connected to the symptom	
Healing Affirmation	