

The Physical Symptoms of Stress

Linda Jones Haught
www.lindahaught.com

Chronic Pain Disorders

Sciatica
Back pain
Fibromyalgia
Tendonitis
“Pinched nerve”
Osteoarthritis

Arthritis
Headache
TMJ
Plantar fasciitis
Ruptured disk

Some of the above symptoms could also be caused by pathological conditions such as headaches being caused by tumors and back pain being caused by bone disease or cancer. It is mandatory that a doctor’s diagnosis be obtained first before assuming a condition is simply stress-induced. Once you have been given one of the above diagnoses by a medical doctor, you can proceed confidently with the neurochemical treatment recommended here.

Tension Myositis Syndrome (TMS) – termed by Dr. John Sarno (1)

1. A benign though painful physiologic aberration of the soft tissue caused by an emotional process
2. A change in the state of a muscle that is painful

Autonomic Overload Syndrome (AOS) – termed by Dr. Scott Brady (2)

1. A group of chronic pains and other symptoms caused by harmful levels of stress, pressure, and repressed strong negative emotions that have built up in the conscious mind
2. The Autonomic Nervous System controls many functions in the body including circulation; and when too many systems are in the “on” position for long periods, various physical symptoms emerge.

Steps in the Treatment of TMS or AOS

1. Shift your attention to something emotional.
2. Think about what irritates and frustrates you. Irritation and frustration are just milder forms of anger.

3. Recognize that the structural abnormalities on your MRI are coincidental and found in many people who are not in pain. They are not the cause of your pain.
4. Pay attention to the things that bother you, and pray about them.
5. Think of your body as a car that has been constantly accelerated to 100 mph. The car wasn't designed to do this. Constantly obsessing or being bothered (angered) by things in life overloads the Autonomic Nervous System of the body and causes various systems to produce symptoms.

The messages your mind must deeply embrace

1. There is no medical problem.
2. This pain is caused by a lack of oxygen.
3. This is a harmless condition caused by repressed emotions.
4. The primary emotion is repressed anger.
5. "My back is normal, and there is no cause for alarm."
6. Avoiding physical activity is unnecessary.**
7. I will not be intimidated by this pain.
8. I will dwell on emotional circumstances and not the pain.
9. I (my conscious mind rather than an unconscious process) will take control.

The TMS Personality

- Conscientious
- Hyper responsible
- Perfectionistic about life
- Strong need for approval and to be well liked
- Achievement oriented
- Strong conscience

The most common attitude behind chronic pain is "catastrophizing." (4)

1. An attitude which when linked to a "pain-activating trigger" produces intense pain
2. Continual expression of negative emotions
3. Turning every pain or disappointment into a perception of disaster
4. A "poor me" mentality, thinking "if only things were different."
5. Regarding your circumstances as unfortunate

Pain-Activating Triggers

1. You have too much to do with too little time.

2. Your boss disapproves of you.
3. You are annoyed by things your spouse does.
4. You lost your job and/or have taken a new one.
5. You are behind in meeting financial obligations.
6. You are afraid you won't achieve the things that are important to you.
7. You are troubled about balancing work and family responsibilities.
8. You worry about competition from coworkers.
9. You are fearful about your children engaging in harmful or immoral activities.

Examples of Wrong Messages

1. Things are bad and getting worse.
2. I'll never be able to do what I want to do.
3. There's no use in trying anymore.
4. Why is God punishing me?
5. I am deteriorating and becoming decrepit.
6. My life is a dead end.
7. I feel trapped.

Closing Thoughts (5)

1. Pain can become severe and overwhelm us only if emotional factors are involved.
2. Pain forces us to look at our basic beliefs. (Most people don't really examine their true basic attitudes about life.)
3. You've been given a chance through pain to know yourself better and make beneficial changes.
4. There is often a battle between the conscious, logical mind and the unconscious processes as to who is going to be in charge. If you feel like you are a victim of circumstances, the unconscious processes will take charge.
5. Deep down we resent pressures in life whether they are self-inflicted or from external sources. Much of the time we are consciously unaware of anger derived from these pressures, and the body handles these pressures somatically.
6. By dealing with sources of pressure consciously, you reduce the potential effects on the body.
7. By denouncing the physical and acknowledging the emotional, your unconscious mind ceases to use pain as a defense mechanism.
8. The purpose of TMS or AOS is to avoid acknowledging unpleasant, sinful, or selfish feelings. When we purposely acknowledge our feelings (daily confession), this covert operation (TMS) becomes useless, and your body stops utilizing it.

1. John Sarno, *Healing Back Pain*. New York: Warner Books, Inc., 1991.
2. Scott Brady, *Pain Free for Life*. New York: Hachette Book Group, 2006.
3. John Sarno, *The Divided Mind*. New York: HarperCollins Publishers, Inc. 2006
4. Norman Marcus and Jean S. Arbeiter. *Freedom from Pain*. New York: Fireside, 1995.
5. Linda Jones Haught. *Relief from Chronic Pain*. (www.lindahaught.com)