

B-FILE MODALITIES (= IMPROVING OR AGGRAVATING CIRCUMSTANCES):

It's about the causal situation, i.e. the cause, which only becomes recognizable through the physical or emotional reaction to it.

- In the case of a blow coming from outside (B), this is easy, it becomes obvious in the injury (C).

- The development problem as a cause that comes from within only appears in the problem of adapting to growing up or growing old.

- But, in many cases the causal background responsible for an illness is not immediately recognizable because it is the result of living conditions. However, these leave traces. However, changed external circumstances (modalities) cause an improvement or worsening of his condition and, through this individual reaction pattern, enable a homeopathic prescription that attempts to cover this "life problem".

The causes and modalities have dynamic qualities. This means that one can deduce who is reacting from the physical or emotional reaction to circumstances or modalities.

The reaction

< can be socially negative, i.e. a social avoidance, a withdrawal from stressful things.

> can be socially positive, because you feel your own situation has improved.

But the reaction

>< can also be social indifferent, i.e. expression of uncertainty because one cannot come to terms with unavoidable circumstances, but cannot avoid them either. Indifference is therefore typical for developmental and shocking situations.

- This results in three causal situations:

a. Internal causality: Adaptation problems due to an adaptation potential that has not yet been sufficiently developed. Dynamically, the situation is usually indifferent, >< because the person affected has hardly any options to choose from; he is faced with rejected but unavoidable criteria.

- Developmental disposition: This refers to complaints that occur in certain phases of development.
- Hereditary disposition: disposition that runs in families.
- Miasma: a disposition caused partly by heredity and partly by living conditions.

b. external causality in the form of a reaction to circumstances: the changing external social circumstances prove to be favorable > or unfavorable < for the existing adaptation potential.

- general improving aggravating circumstances:
 - Eat Drink:
 - Seasons + times of day: being exposed to different topics depending on the time of day:
 - Temperature, weather: The influence of the surrounding environment on emotionality.
 - Sensory and contact sensitivities:
 - Pathologies that can be modalities
- c. external: human adaptability is overwhelmed by shock-like situations.**

c. external supra-individual causality: the shock-like situations overwhelm human adaptability, the situation is therefore, as is typical for shock events, mostly indifferent ><.

- Destructive influences beyond the individual's adaptive potential.**

a. Internal causality - the cause lies in a lack of own potential:

• developmental disposition

B><	<u>Development problems in general</u>	exposed as a result of their own change to altered social integration and validity conditions
B><	<u>Family history of serious illnesses</u>	being socially inflexible due to inherited family biases
B><	<u>ovulation</u>	feels prevented by the circumstances from developing fruitfully
B><	<u>birth (baby)</u>	excitement to be ripped out of his motherly relationship and delivered to the world
B><	<u>childbirth, delivery, after pregnancy</u>	emotionally overwhelmed, having to detach from the child as well as having to face the role of mother
B><	<u>Postpartum, childbed</u>	feeling have been rejected from the close relationship with the child
B><	<u>breastfeeding (baby)</u>	on the one hand cared for, on the other hand being asked to be independent despite being dependent on protection
B><	<u>breastfeeding (mother)</u>	on the one hand, to be separated, on the other hand, to be called upon to care
B><	<u>teething</u>	problem, to step out socially impressive and simultaneously to be bindingly present
B><	<u>learning to walk late</u>	Problem of standing independent and adapting to changing points of view and thereby gaining a foothold
B><	<u>Problems toddlers, children</u>	Problem of being overwhelmed of his adaptability by social integration conditions
B><	<u>Child does not like to greet</u>	Problem with being personally presence, engaging in reciprocity
B><	<u>learning to talk late</u>	problem of conforming to communicative norms, that is, to stick to social rules to make connections within a social framework
B><	<u>kindergarten problems</u>	problem, experiences being exposed to strangers, the unfamiliar, and anonymity for the first time
B><	<u>children diseases</u>	problem of having to face one's own development and increasing pressure to adapt
B><	<u>school children problems</u>	problem of subordinating oneself to both social performance claims and behavioral norms
B><	<u>puberty problems</u>	problem of having to be both attractive as a sexual partner and convincing as a person
B><	<u>sexuality</u>	needing to be both an object of sexual desire and fertile
B><	<u>male role, man, men:</u>	having to prove oneself as a presence and support provider in order to be recognized as a representative of the family
B><	<u>female role, woman, women:</u>	having to prove one's social importance and caring in order to be recognized as the center of the family
B<	aggravated during coitus	of being exposed to emotional heat, but ultimately only being used and not seen as an equal
B>	aggravated after coitus	suddenly dropped in value, no longer desired by the partner to be separate

B><	<u>wisdom teeth difficult</u>	problem of having to become impressive through social responsibility
B><	<u>problems during menses</u>	on the one hand menses are a temporarily break from the role of women, but on the other hand it means being biological devalued
B><	<u>Problems before menses</u>	tension, having their social certainty questioned by the inevitable coming change
B><	<u>Problems after menses</u>	problem of having to face up to her social role as a woman and to have to accept pressure of social expectations, fertility
B><	<u>pregnancy problems</u>	problem of being exposed as a mother to performance and expectation pressure from the child as well as from the social environment
B>	<u>Pregnancy improves condition</u>	Feeling that the pregnancy has freed her from social oppression and disregard, and that her current responsibility has upgraded her socially
B><	<u>growing pains</u>	problem, becoming more and more present, having to cope with social conditions, having to grow up
B><	<u>Menopause, climacteric change</u>	the problem of not longer being fertile as a woman in the course of one's own development and therefore no longer fully fledged
B><	<u>pension problems, retire</u>	problem of being without a social task and therefore as a social member no longer fully fledged
B><	<u>problems in old age</u>	due to one's own change, no longer up to the social integration conditions and therefore no longer to be of full value

. hereditary disposition

Basically, what we have here are illnesses that recur in the family history. This includes any serious illness that has occurred in at least three family members.

B><	<u>family history of major illnesses in general</u>	problem with family biases that limit his/her potential to adjust
B<	<u>alcoholism, family history of alcoholism</u>	problem with the social pressure to conform ultimately he flees (in alcohol)
B<	<u>family history of diabetes</u>	thinks not to be worthy of unconditional affection, always having to perform in order to be accepted
B<	<u>family history of lung diseases</u>	not to meet the conditions of communicative agreement, and thus to be socially isolated, thrown back on oneself
B><	<u>family history of cancer</u>	being exposed to insoluble social conditions and therefore to ongoing conflicts, not being able to adapt, only being able to overgrow oneself to the point of self-destruction
B><	<u>family history of syphilis</u>	see miasms below
B><	<u>family history of tuberculosis</u>	see miasms below

• Miasms:

Miasms are internal dispositions to disease. Unfortunately, their rubrics are very vague and overlapping. In other words, many remedies are assigned to several miasms, which is why I only use their rubrics, similar to the food symptoms, for repertorization in an emergency. I refer here to the book Miasmatic Series No. 10 by Peter Gienow.

B><	<u>psora</u>	would like to be impressively present, but at the same time is prevented from doing so by concerns, so cannot come to the fore as a matter of course, but waver back and forth between wanting and not daring (skin itching).
B><	<u>tuberculosis</u>	feels limited in his claim to space and his communicative presence and therefore believes being prevented from developing his dynamics
B><	<u>sycosis</u>	thinks to serve social purposes of others and has therefore to hide his reluctance and to restrain himself to the point of deformity (tumors, warts) in order to be socially integrated
B><	<u>syphilis</u>	thinks that one can only present oneself socially in extremes, superiority or subordination, destruction or auto-aggression, and thus to prove one's value
B><	<u>Carcinogenic</u>	believes that he is exposed to compelling social conditions and demands, that he has to fulfill them despite the lack of consensus, therefore ultimately can only resign or destroy himself

b. external/internal: illness-related sensitivity to changing situations:

- General improving or aggravating circumstances:

B>	cooling down, coldness worsens the condition	refusal to socially distance, to be unrelated, unconnected
B<	cooling down, coldness improves the condition	desire to distance oneself socially, not bound by references, wants to be separate
B>	secretions physiological (sweating, urinating, etc.) worsens the condition	refusal to let go of his displeasure, to distance himself emotionally
B<	secretions physiological (sweating, urinating, etc.) improve the condition	desire to free himself from his displeasure, to distance himself emotionally
BA<	crying improves condition	desire to free himself from his displeasure, to distance himself emotionally
BA>	crying worsens condition	refusal to let go of his displeasure, to distance himself emotionally
B>	moving down, descending worsens the condition	leaving his position is like giving up his claim of presence
B<	moving down, descending improve the condition	to leave his position improves his condition because he prefers to avoid circumstances
B<	leaning on something or clinging to worsens the condition	refusal to lean on others and thus to be dependent
B>	leaning on something or clinging to improves the condition	desire to lean on others, accepts thus to be dependent

B>	presence of others improves the condition	desire not to be alone but socially connected
B<	presence of others worsens the condition	desire to be alone, socially not to be pressured
B>	physical exertion improves the condition	desires to appear through commitment, to demonstrate presence
B<	physical exertion worsens the condition	refuses to appear through commitment, to demonstrate presence
B>	work improves the condition	getting involved socially, being able to position yourself as valuable improves condition
B<	work worsens the condition	getting involved socially, having to position yourself as valuable, worsens condition
B>	breathing, deep breathing improves condition	desire to get involved in communicative closeness, to exchange emotions, to engage socially
B<	Breathing, deep breathing aggravates condition	problem not to get involved in the communicative conditions, wants keeping emotional distance, avoiding social exchange
B<	breathing difficult	problem of detaching from one's self-reference, of being able to open as a matter of course and exchange ideas communicatively
B>	exhalation worsens the condition	problem expressing yourself, so going to emotional distance without being socially isolated
B<	inhalation worsens the condition	has problems to trust, to open up and to engage in communicative closeness
B<	problems to step, even slight shocks aggravates condition	being oversensitive to minor conflicts, so to be immediately overwhelmed and shaken in one's resilience
B>	straightening up, sitting up, getting up improves the condition	confronting oneself socially, exposing oneself, facing the environment improves condition
B<	straightening up, sitting up, getting up worsens the condition	confronting oneself socially, exposing oneself, facing the environment worsens condition
B>	getting up from sitting improves the condition	the seat, to leave its conditionality, to confront socially improves condition
B<	getting up from sitting worsens the condition	refuses leaving the seat and his safety, to face social confrontation
B>	getting up from lying down improves the condition	getting up from lying down improves condition
B<	getting up from lying down worsens the condition	getting up from lying down worsens condition
B>	bracing hands improves the condition	to rely on others, trustingly engaging to them improves condition
B<	bracing hands worsens the condition	to rely on others, trustingly engaging to them worsens condition
B<	bathing improves the condition	desire to be free from fixed relationships, to be not bound and therefore socially unchallenged
B>	bathing worsens the condition	refuses to be free from fixed relationships, to be not bound and therefore socially unchallenged
B<	bandaging worsens the condition	refuses to accept confining narrowness in favor of his stability
B>	bandaging improves the condition	is willing to accept tightness, so to be restricted if it brings hold in favor of his stability
B>	touching something or to be touched improves the condition	to be confirmed by touch in matters of social consent
B<	touching something or to be	avoids touching, thinks he is without social

	toched worsens the condition	consent and therefore questioned
B<	Touching painful, injured body parts	problem of being unsure about questions of social fit at a certain point, therefore has to avoid any contact at this sensitive point, cannot trust
B>	duvets worsen the condition	limited only to one's own warmth, so to be only apparently secured
B>	warmth of bed aggravates the condition	protected only without obligation, actually left to their own devices, to be unrelated
B>	bending forwards, bending over, hunching double, stooping worsens the condition	wants to show presence, desire to be present
B<	bending forwards, bending over, hunching double, stooping improves the condition	shys away from presence
B<	bending backwards worsens the condition	does not want to distance himself or withdraw his claims
B>	bending backwards improves the condition	is willing to step back and adapt its claims accordingly
B>	movement improves the condition	desire to articulate oneself, to express claims
B<	movement worsens the condition	problems with articulating yourself and exposing yourself through demands
B<	gazing, strain of the eyes worsen the condition	not able of appearing convincing, to show oneself despite adverse conditions
B>	to look up in the air worses the condition	problem, being thrown back on itself, to be without a binding counterpart, without reference
B<	looking downwards worses the condition	problem of facing given relationships but being unrelated without reciprocity
B>	looking downwards improves the condition	willingness to face up to demands and create reciprocity through adaptation
B<	looking at things in motion	problem, having to rely on reliable reciprocity being inflexible and therefore overwhelmed by changes
BA>	thinking about it improves condition	is ready to deal with the problems through confrontation
BA<	thinking about it worsens condition	thinks to be exposed to unattainable conditions, so only to get excited helplessly, but to be able to neither avoid nor endure it
B>	rotate things actively aggravated	despite efforts to rotate something according to his wishes, he is not able to overcome the resistance due to a lack of inner strength
B<	Twisting, turning, twisting oneself aggravates the condition	rejection of having to twist, twist, to be socially appropriate
B>	Twisting, turning, twisting oneself improves the condition	willingness to twist, to conform socially
B<	turn around in bed aggravates the condition	cannot change its position due to a lack of stable reciprocity, cannot rotate himself without being confronted with the uncertain location conditions
B<	pressure worsens the condition	rejection of having to adjust to the pressure to adapt in the environment
B>	pressure improves the condition	desire to be able to orientate oneself according to the conditions of the environment
B<	hard pressure worsens the condition	refuses to have to orientate oneself according to fixed conditions of the environment
B>	hard perssure confirms the condition	desire to be able to orientate oneself according to fixed conditions of the environment

B<	light pressure improves the condition	wishes to face only suggestions but no conditions
B>	light pressure worsens the condition	refusal to be confronted with only suggestions but no concrete indications
B<	pressure with own hand improves the condition	desire to align oneself according to one's own requirements, to be related only to oneself
B>	pressure with own hand worsens the condition	having due to a lack of orientation to avoid to be only related to oneself, to have align oneself with one's own requirements
B>	enveloping aggravates	rejection of being restricted in one's social presence by a protective social shell
B<	enveloping improves	agrees of being restricted in one's social presence by a protective social shell
B>	narrow spaces, claustrophobia	is social excluded an isolated and so confined to himself
B<	coming in from outside = change from cold to warm aggravates condition	problem of getting involved in closeness under the given social conditions,
B>	stepping out into the open = change from warm to cold aggravates condition	problem of leaving security, of being independent
B<	wrong movement (lumbago)	to be without reliable connections to the environment, not to move naturally, to be able to lose support at any time
B>	driving, being driven improves condition	desire to be at least temporarily relieved from the oppressive conditions
B<	driving, being driven worsens condition	problem of being passively exposed to fluctuating conditions
B>	actively driving worsens condition	has no trust in the world and therefore believes that when actively driving a car, he is threatened by arbitrary behavior and unreliability
B<	flying, airplane worsens condition	to be helpless with no reliable ground under one's feet, feels at the whim of others, to be without control
B>	walking, going is better	desire to move further, to change one's position (point of view), to let go of fixed references
B<	walking, going is worse	refusal to move further, to change one's position (point of view), to let go of fixed references
B>	continued walking improves the condition	having to overcome inner reservations about changing location before moving on
B><	stooping while going improves the condition	thinks, he has to avoid to walk upright, so he crouches to avoid confrontations
B<	grasping, holding, touching worses the condition	is prevented by reservations from grasping things, from having to assert one's claim to them in order to be connected to them
B>	grasping, holding, touching improves the condition	Willingness to capture things, to lay claim to them, to be connected to them
B>	<u>Skin cream, cream aggravated</u>	<u>socially isolated by the layer of fat, being closed up to oneself</u>
B<	<u>lifting (load) aggravates the condition</u>	<u>problem to be not longer up to social demands, to be immediately overwhelmed because of lacking inner stability being not longer resilient</u>
B>	<u>raising arms improves the condition</u>	<u>desire to expand one's scope of action, to reach beyond oneself</u>
B<	<u>raising arms worsens the</u>	<u>problem of being limited in your scope of action,</u>

	<u>condition</u>	<u>not being able to expand it or to reach beyond yourself</u>
B<	to drop limbs improve their condition	Desire not to make claims, not to articulate them, i.e. not to be conspicuous
B>	to drop limbs worsen their condition	rejection, making no demands, not to be allowed to articulate them and to attract attention with ones presence
B>	<u>height improves the condition</u>	<u>desire to be seen in his position, to expose himself to the public</u>
B<	<u>height worsens the condition</u>	<u>refuses to be seen in his position, to expose himself to the public</u>
B<	clothing, shoes, collar aggravate	refusal to have to meet social conditions, to have to accept, be restricted in order to be social safe and protected
B>	preserving agents aggravate	rejection of being socially isolated, separated in favor of freedom from conflict
B<	scratching improves the condition	willingness to accept that the inner conflict cannot be resolved but can at least be pushed away
B><	scratching worsens the condition	problem of being unable neither to resolve nor to push away the inner conflict
B>	scratch until it bleeds, until it's sore	in no way does he want to suppress the unfulfillable demand, but rather insists on it to the point of self-harm
BA<	laughing makes it worse	wanting to hold back emotionally, but not holding back, only being able to give in to your emotional inner pressure
B>	running, walking briskly improves the condition	Is willing to walk quickly and to risk, to be without shure relations
B<	running, walking briskly worsens the condition	refusals to walk quickly and to risk, to be without shure relations
BA<	reading, mental effort worsens condition	rejection to conform to social norms in order to be able to communicate and understand connections
BA>	reading, mental effort improves condition	willingness to conform to social norms in order to be able to communicate and understand connections
B>	to lay aggravates the condition	avoids not to be present, having no control
B<	to lay improves the condition	desires not to be present, avoids to be confronted
B>	lying down aggravates	problem to adjust the changing situation, to be between presence and lying down temporarily totally without relations, detached
B>	refuses laying on stomach	refuses to rely on the location, to leave control to it
B<	prefers laying on stomach	willing to align with site conditions to let go of control
B>	prefers to lie on his back, supine position	willing to rely on the location, to leave control to it
B<	refuses to lie on his back, supine position	refuses to rely on the location, to leave control to it
B><	prefers lateral position	prefers to get only limited involved in the conditions of location, just enough to let go of control and be able to sleep
B<	refuses lateral position	refuses to get only limited involved in the conditions of location, thinks t to be just not enough to let go of control and be able to sleep
B><	prefers left lateral position	willingness to adapt to contradictory local

	refuses right lateral position	conditions, to give in despite reservations, so to be able to let go of control and to rest
B<	refuses left lateral position prefers right lateral position	refusal to adapt to contradictory local conditions, to give in despite reservations, so to be able to let go of control and to rest
B<	the problem switches to the side on which he lies	wants to withdraw and therefore depends on consensus with the location, but cannot adapt to the conditions, cannot create an agreement
B>	willingness to be massaged	willingness to be open also to unfamiliar sensual approach
B<	refusal to be massaged	refusal to be open also to unfamiliar sensual approach
B<	sea, mountain, mountains improve the condition	desire to be free from conformity pressures
B>	sea, mountain, mountains worsen the condition	refusal to be free from conformity pressures
B<	crowd, room full of people worsens condition	disoriented because exposed to oppressive diversity and therefore unclear social relationships
B<	tiredness, exhaustion, weakness	putting one's own will aside, having to give in and therefore being without motivation
BA>	music improves the condition	willingness to let go of control and drift yourself in harmonies
BA<	music worsens the condition	refusal to let go of control and drift yourself in harmonies
B<	opening and closing the mouth (the jaw) hurts, causes problems,	not being able to adapt communicatively to unfamiliar things, not being able to come to terms with them, i.e. not being able to accept or integrate them
<u>B<</u>	<u>yawning aggravates condition</u>	Problem of holding back communicatively, not wanting to open up, but not giving up his reservation, only being able to overcome it by force
B<	fear of exams, fear of anticipation	fear of failing
BA>	singing improves condition	willingness to expose oneself emotionally, to take risks, to be socially out of sync, to be ridiculous
BA<	singing worsens condition	refuses to expose oneself emotionally, to take risks, to be socially out of sync, to be ridiculous
B>	rubbing improves the condition	willingness to get involved in superficial closeness, to get experience attention passive without being required to have to react
B<	rubbing worsen the condition	refusal to get involved in superficial closeness, to get experience attention passive without being required to have to react
B>	travel improves the condition	wishes to avoid restrictive social familiarity means being able to develop freely only in a foreign country
B<	travel worsen the condition	rejection of being exposed to unfamiliar conditions, to be without social familiarity and therefore without the possibility of adjustment
B>	to rest aggravates	refusal not to be exposed to any social pressure to conform and therefore not seen, not to be valued
B<	to rest improves	desire to be free from social pressure to conform and therefore also free from social judgment
B<	Closing the eyes improves	refusal to appear, to show oneself

	condition	
B>	Closing the eyes aggravates condition	desire to appear, to show oneself
B>	swallowing improves condition	willingness to get involved in social reciprocity based on your self-confidence and to deal with social conditions of suitability
B<	swallowing worsens condition	refusal to get involved in social reciprocity based on your self-confidence and to deal with social conditions of suitability
BA<	speaking worsens condition	not being able to make an emotional connection due to a lack of communicative understanding
BA>	speaking improves condition	to be emotionally connected through communicative agreement
B<	speaking of others, voices disturbing, aggravating	because of feeling a lack of social reciprocity, one lacks any agreement with everything that is being said in the environment
BA<	writing worsens condition	to take a stand within the framework of communicative norms, so to be both understood but also vulnerable to criticism
B>	swimming, water worsens the condition	rejects, having no fixed relation to the environment, to be only related to oneself
B<	swimming improves the condition	wants having no fixed relation to the environment, prefers to be only related to oneself
B<	Sweat, sweating worse condition	problem being dependent social conditions, so not being able to withdraw, not even to separate oneself emotionally (through sweat).
B>	Sweat, sweating improve condition	at least to be able to detach oneself emotionally from the exciting states (through sweat) thus to derive one's displeasure
B<	sitting worsens the condition	refusal to adapt to the conditions of the seat in favor of social protection
B>	sitting improves the condition	willingness to adapt to the conditions of the seat in favor of social protection
B><	sitting upright, stretched backwards improves the condition	willingness to only bend to the conditions to a limited extent in order to be secured in the frame of the seat and its position
B><	bending forward while sitting improves condition	thinks, having to avoid upright presence even at the seat, so having to duck
B><	bending backward while sitting improves condition	refusal to have to bend to conditions in order to be secured in one's position within the framework of a seat
B><	dust, dirt aggravates	to be exposed to unreliability, decay and therefore subjected to social instability
B>	standing improves the condition	being able to take a position
B<	standing worsens the condition	not being able to take a position
B>	stretching improves the condition	willingness to open up, to be present, to stand by yourself
B<	stretching worsens the condition	refusal to open up, to be present, to stand by yourself
B><	dancing, swinging, pitch and toss improves the condition	desires to be released from the confines of being through swinging rhythms, to be both bound and unbound by the certainty of their harmonies
B>	dancing, swinging, pitch and toss worsens the condition	rejects being released through swinging rhythms not only from one's fixed social connection but also of being different and thereby highlighted in

		one's appearance
B<	wearing aggravates the condition	to be out of balance between its real stability and the required presence and therefore overloaded
B>	Climb stairs improves the condition	willingness to expose oneself, to come forward in public
B<	Climb stairs worsens the condition	refusal to expose oneself, to come forward in public
B>	descending stairs worsens the condition	its like leaving his position, like a social decline
B<	descending stairs improves the condition	to leave his position, to evade their pressure, improves the condition
B>	tunnels impossible	not able tot evade external constraints, is faced therfore to the arbitrariness of others
B>	overwhelm oneself, take on too much burden	has exceeded its potential due to a lack of sufficient inner strength and has therefore come into conflict with itself, with its internal stability
B<	turn around, turn while standing	problem while turning around, to lose temporarily control in one's relationships to the environment
B>	Getting warm, warming up improves condition	willingness to be present when challenged by resistance
B<	Getting warm, warming up improves condition	refusal to be present when challenged by resistance
B<	washing improves the condition	wants to expose to a non-binding environment (water) and thus to be freed from the disturbing
B>	washing worsens the condition	refusal to be exposed to any non-binding environment (water) and thus thrown back on oneself
B<	sea improves the condition	desire to be free, unattached, unconstrained by social confinement
B>	sea worsens the condition	rejection of being unattached, on your own without social restrictions
B>	submersion aggravated	problem of not being able to let go of one's social presence without believing that one is immediatly leaved and questioned
B<	brushing your teeth aggravates	rejection of having to maintain the flawlessnes of your appearance and therefore having to observe norms of social cleanliness

- **Eat, Drink:**

B>	refuses alcohol, tobacco, to smoke, narcotics aggravate,	refusal to let go of control or evading confrontation with the inevitable or unchanging
B<	desires alcohol, tobacco, to smoke, narcotics improve	wants to let go of control so as not to have to face the inevitable or unchanging facts
B<	belching improves condition	being confronted with the unfamiliar, not being able to coordinate with one another and therefore wanting to keep emotional distance

B>	belching worsens condition	to be confronted with the unfamiliar, wanting absolutely to coordinate with and therefore not wanting to go at distance
B>	Eating improves the condition	willingness to communicate socially, to adapt to conditions of acceptance in order to be accepted
B<	Eating worsens the condition	problem to communicate socially, to adapt to conditions of acceptance in order to be accepted
B><	worsens after eating	problem of wanting to get involved in communication, but not wanting to deal with it
B<	overeating worse the condition	exposed to an oppressive variety of acceptance conditions, so to being communicatively overwhelmed
B<	drinking improves the condition	wants to detach emotionally, to move in your social relationships, to be easygoing
B>	drinking worsens the condition	problem to detach emotionally, to move in your social relationships, to be easygoing
B>	warm drinking improves the condition	wants to detach emotionally within the framework of non committal warmth, but avoid to be completely on your own
B<	warm drinking worsens the condition	wants to detach emotionally and therefore refuses, to be emotionally bound by warmth and so being not really isolated
B>	cold drinking aggravates the condition	wants to detach emotionally while avoiding exposure to non-commitment
B<	cold drinking improves the condition	desire to distance yourself emotionally, to be free of commitments
B>	breakfast improves the condition	willingness to confront the day, to make contacts, to want to communicate
B<	breakfast worsens the condition	refusal to confront the day, to make contacts, to want to communicate
B>	hunger worsens condition	to be apart, communicative without reciprocity, not to be accepted
B<	lack of appetite	rejection to communicate socially, to adapt to conditions of acceptance in order to be accepted
B<	prefers cold food	desire to get involved only to a limited extent in communication, to only allow limited emotional closeness
B<	lunch aggravated	problem of not being able to face the challenges of social diversity as a matter of course, not to convince and therefore not to be accepted communicatively
B<	monotonous eating habits	one always wants to know in advance, to be well received, to be welcome
	Taste criteria	desired/improving vs rejected/worsening
B<	bitter taste rejection, worsens condition	refusal to submit to social burdens in favor of social acceptance
B<	salty taste; refusal, worsens condition	refuses to be connected to each other despite missing emotionally consensus
B>	salty taste; desire, improves condition	wants to be connected to each other despite missing emotionally consensus
B<	sour improves condition, craving for vinegar	willingness to be socially apart and thus also free from social obligations
B>	sour worsens condition, refusing for vinegar	refusal to be socially apart and thus also free from social obligations
B>	sharp improves condition, spicy	is willing to face the provocative, the risky, intensely

	cravings	demanding things
B<	sharp worsens condition, spicy rejection	refuses to face the provocative, the risky, intensely demanding things
B<	sweet improves condition, craving for sugar	desire to experience non-binding attention without having to prove yourself worthy of it
B>	sweet worsens condition, refuses sugar	refusal to receive non-binding attention means not being able to prove yourself worthy of it
B<	chocolate rejection, worsens condition:	refuses to engage in family-like closeness, unconditional care, cannot accept being worthy of it
B>	chocolate craving, improves condition	willingness to experience family-like closeness, unconditional care, to accept, to be welcomed, to be worthy of attention
B>	solid food desire reject soft food	desire for demanding reciprocity, to be socially confirmed and connected by fulfilling conditions and overcoming resistance
B<	rejection solid food soft food desire	avoids to expose oneself to challenges of social reciprocity because one always has to expect one's presence to be questioned
B<	fat rejection, eating fatty foods worsens condition	shy away of appearing weighty, of being noticed through his presence, of being exposed to performance expectations
B>	fat craving, eating fatty foods improves condition	desires to appear weighty, to be noticed through his presence, to be exposed to performance expectations
B>	meat craving, improves condition	willingness to adapt, to be socially positioned through reciprocity of references
B<	meat rejection, worsens condition	refusal to adapt, to be socially positioned through reciprocity of references
B>	fish refusal, worsens condition	rejection, exposed to an unstable environment, only being kept to oneself, not establishing any fixed references, only being able to meander yourself through
B<	fish craving, improves condition	willingness, exposed to an unstable environment, only being kept to oneself, not establishing any fixed references, only being able to meander yourself through
B>	vegetable rejection, worsens condition	refusal to be bound by narrow site conditions, having to pass in order to be held and supported
B<	vegetable craving, improves condition	willingness to be bound by narrow site conditions, having to pass in order to be held and supported
B>	Coffee craving, improves condition	willingness to accept the pressure to perform and bitterness of work in order to be socially connected, accepted and respected
B<	coffee rejection. worsens	Refusal to accept the pressure to perform and bitterness of work in order to be socially connected, accepted and respected
B<	cheese rejection	refusal to have permanent nest security at the one side, on the other to be dependent
B>	cheese craving	willingness to have permanent nest security at the one side, on the other to be dependent
B<	egg desire, eggs improve condition	willingness to submit to the narrow conditions of family security, to allow oneself to be restricted in order to be protected
B>	eggs rejection, eggs aggravates condition	refusal to be dependent on protection, thereby adapting to supportive conditions and having to

		submit
B>	milk craving, milk betters condition	willingness to grow up in return for receiving care, i.e. to give care yourself
B<	milk rejection, milk worsens condition	rejection to grow up in return for receiving care, i.e. to give care yourself
B><	nuts, mussels, shellfish worsens condition, rejection	rejection to accept that social development of personality is hindered by protection and belonging to the family
B<	craving nuts, mussels, shellfish , improving condition, craving	willingness to accept that social development of personality is hindered by protection and belonging to the family
B>	mushrooms aversion, worsens condition:	Rejection of not being exposed to reliable social relationships but rather to social unstructuredness and unreliability
B<	craving carbonated drinks and sodas, improves condition	wants to escape temporarily the social pressure to conform, to be relaxed, relaxed, non-binding
B>	rejection carbonated drinks and sodas, worsens condition	refusal to temporarily escape the social pressure to conform, to be relaxed, relaxed, non-binding
B>	fruit craving, improves condition	willing accepting the claims of others, to to get accepted in one's own
B<	fruit rejection, worsens condition	refuses accepting the claims of others, to to get accepted in one's own
B>	green fruit rejection	willing to fulfill the claims of others in order to be recognized in one's own claims
B<	green fruit craving	wants to be recognized in one's own claims without fulfill the claims of others
B<	wheat, bakery products craving, improves condition	desire to be energetically supplied in order to face challenges, to be able to detach from one's location
B<	wheat, bakery products rejection, worsens condition	refuses to be energetically supplied in order to face challenges, to be able to detach from one's location
B>	defecation improves the condition,	prefers to accept of being set apart as useless and inappropriate
B>	B> worse before bowel movements = bowel movements improve condition	look above
B><	defecation worsens the condition	Problem of not being suitable for all communicative partners, but not wanting to accept being separated from them and therefore seen as unsuitable and therefore inferior
B><	worse after defecation = defecation worsens condition	look above
B>	urination improves the condition, urinary retention	willingness to repress emotions in favor of social consensus
B<	urination worsens the condition,	refusal to repress emotions in favor of social consensus
B>	condition aggravates before urination, urinary retention	Problem of holding back, having to dam displeasure
B<	condition aggravates after urination	problem of not being able to let go of his displeasure

- **Seasons and times of the day:**

B>	<u>spring improves the condition</u>	desire to develop fruitfully
B<	<u>spring worsens the condition</u>	refusal to develop fruitfully
B>	<u>summer improves the condition</u>	willingness to be exposed to the light and to grow
B<	<u>summer worsens the condition</u>	refusal to be exposed to the light and to grow
B>	<u>autumn improves the condition</u>	willingness to be as a fruit socially desired as well as ephemeral
B<	<u>autumn worsens the condition</u>	refusal to be as a fruit socially desired as well as ephemeral
B<	<u>winter improves the condition</u>	willingness to be rejected by circumstances to oneself, to be restricted only related to oneself
B>	<u>winter worsens the condition</u>	refusal to be rejected by circumstances to oneself, to be restricted only related to oneself
B>	<u>worse at night</u>	rejection, being socially disconnected, only relating to oneself, having no control
B<	<u>better at night</u>	willingness, to be without reciprocity only related to oneself
B>	<u>better during the day</u>	desire to come into the light, into the public eye, to operate as a presence
B<	<u>worse during the day</u>	refusal to come into the light, into the public eye, to operate as a presence
B>	<u>better in the morning</u>	willingness to tackle the day, to face coming social demands and facts
B<	<u>worse in the morning</u>	refusal to tackle the day, to face coming social demands and facts
B<	getting up in the morning worsens condition*	refusal to deal with the conditions of the day, to position yourself, to confront
	* If an internal symptom is needed, use the general rubric "worse in the morning"	
B><	<u>morning and evening worsens the condition</u>	neither being able to face the challenges of the day nor letting them go in the evening, i.e. being constantly in conflict with yourself and the world
B>	<u>better in the late morning</u>	willingness to face challenges, to adapt to conditions, to be flexible
B<	<u>worse in the late morning</u>	refusal to face challenges, to adapt to conditions, to be flexible
B<	<u>worse at noon</u>	problem to be visible and faced with public pressure
B>	<u>better in the afternoon</u>	willingness to prove yourself under pressure to perform, to prove that you are able to persevere
B<	<u>worse in the afternoon</u>	refusal to prove yourself under pressure to perform, to prove that you are able to persevere
B<	<u>better in the evening</u>	willingness to let go of the day emotionally, to withdraw from its social conditionalities, targets
B>	<u>worse in the evening</u>	refusal to let go of the day emotionally, to withdraw from its social conditionalities, targets
B<	<u>Sleep, sleeping improves the condition</u>	desires to be unrelated, socially limited only to oneself
B>	<u>Sleep, sleeping worsens the condition</u>	rejection, being unrelated, without control, socially limited to oneself
B<	<u>lack of sleep worsens condition</u>	being hindered, from regenerating through sleep, and thus being both emotionally upset and exhausted
B><	<u>dusk, dawn</u>	neither appear impressive nor unrelated, only

		unclear, not to be unequivocal
B><	<u>worse during day and night</u>	problem of being generally unrelated, thus being unable to confront the day or withdraw to yourself
B><	<u>worse while falling into sleep</u>	problem of being temporarily unrelated, not connected to either yourself or the world
B><	<u>worse during awakening</u>	problem of being temporarily unrelated, not connected to either yourself or the world
B><	<u>worse during awakening in the morning</u>	problem of being temporarily unrelated, not connected to either yourself or the world
B >	complaint wakes you from sleep	being in conflict with yourself or your environment, being unable to express yourself against it or to calm down, only being able to vent within yourself

- **Temperature, weather:**

the influence of the surrounding climate on emotionality

B>	Warmth of bed or coverlet aggravate the condition	rejection, only covered by a blanket but not protected by personal attention, to actually be on your own
B>	Undressing, covering, exposing aggravates condition	rejection, to be free from social conditionality, therefore to be unsecured and only related to oneself
B<	thunderstorm worsens condition	problem, being threatened by social uncertainty, exposed to random discharges
B<	heat weather aggravates condition	problem, being subjected to heated dominance, social adjustment pressure, paternalism
B><	heat and cold aggravate condition	problem of being socially insecure, being emotionally overwhelmed by both closeness and social distance
B>	air conditioning worses condition	problem of being exposed to hidden social non-binding
B>	outdoors or open air worsens condition	rejects to be unrelated, free of social pressure to conform
B<	outdoors or open air improves condition	prefers to be unrelated, free of social pressure to conform
B>	walking outdoors improves condition	rejects being restricted by social security and limited in its radius of action by a social framework
B<	walking outdoors worsens condition	prefers to be restricted by social security and limited in his range of action by a social framework
B><	open windows, doors improve condition	wants, to be on the one hand free, being socially without pressure to conform, wants to be on the other hand social supported
B>	frosty weather aggravates condition	problem of being stuck at the location due to dismissive environmental conditions, being limited to oneself
B>	fog worsens condition	rejection, to be not able to appear clear and therefore not perceived as a presence, being like social unrelated
B<	rain improves condition	desire to be loosened in his social connectedness,

		to be freed from his restrictions
B>	rain worsens condition	problem with lack of firmness in social relationships, to be not being held tightly but only loosely
B<	snowmelt worsens condition	rejection to go public, to grow and develop through light
B<	muggy, humid weather worsen condition	rejection, to be exposed to intrusive affection, but to be actually not really connected, just being co-opted
B<	dry weather improves condition	willingness to be in his environment only present but social without emotional closeness
B>	dry weather worsens condition	refusal to be in his environment only present but social without emotional closeness
B>	hot applications improve the condition	willingness to engage in non-binding emotional heat, released from one's own emotional heat, one's desire, without being required to make binding demands
B>	hot applications worsens the condition	refusal to engage in non-binding emotional heat, released from one's own emotional heat, one's desire, without being required to make binding demands
B>	wetness, humidity, wet improves	willingness to be only loosely connected to one's social environment, to be socially without any fixed relationships
B>	wetness, humidity, wet aggravated	rejection, to be only loosely connected to one's social environment, to be socially without any fixed relationships
B>	sun improves	Willingness to be exposed to an uncertain dominance, to its warmth or heat, to its light or radiation
B<	sun worsens	Refusal to be exposed to an uncertain dominance, to its warmth or heat, to its light or radiation
B>	warmth, warm improves condition	see below sensory and contact sensitivities:
B<	warmth, warm worsens condition	see below sensory and contact sensitivities:
B<	cold, coldness improves the condition	see below sensory and contact sensitivities:
B>	cold, coldness worsens the condition	see below sensory and contact sensitivities
B<	Weather change cold > warm worsens condition	problem of being emotionally reserved towards one's social environment, but now increasingly exposed to intrusive closeness
B>	Weather change warm > cold worsens condition	problem, emotionally dependent on commitment, but now experiencing more and more separation without attention
B>	wind aggravates condition	rejection, to be exposed to swirling air, to be superficial pressured without having a emotional relationship
B<	wind improves condition	has nothing against being exposed to swirling air, being emotionally unconnected and so free of arousal
B>	warm south wind worsens condition	problem to be exposed to indifferent benevolence, without having any emotional relation, only considered to be indifferent
B><	draft worsens condition	problem of being exposed to hidden social non-

	binding
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- **Sensory and contact sensitivities:**

I coded the sensory sensitivities as mixed symptoms (BA): It's about increased sensitivity on the sensual and emotional levels (BA).

When sensory sensitivity is lost, the circumstances no longer play a role. This means that the body level (C) takes the place of the modality (B). The code is now CA.

< Sensitive to touch BA > Insensibility, numbness CA

> Touch improves B < Touch makes B worse

< Sound sensitivity BA > Hearing loss Deafness CA

> Improve noises < Make noises worse

< Taste sensitive BA > Sense of taste absent CA

< Sensitive to smell BA > Loss of sense of smell CA

< pain sensitive BA > painlessness CA

> Pain improves? B < Pain worsens B

< Light sensitive BA > Light insensitive, blind CA

> Light improves B < Light makes B worse

< Cold sensitivity BA > Temperature insensitivity CA

< Cold improves B > Cold worsens B

< Heat, warmth sensitivity B > Temperature insensitivity CA

> Heat, warmth improves B < Heat, warmth makes B worse

BA>	sensitivity to touch,	to be very easily touched by issues of mutual social consensus
B<	touching painful, injured body parts	problem of being unsure about questions of social fit at a certain point, therefore has to avoid any contact at this sensitive point, cannot trust
B<	touch aggravates condition	wants to avoid all contacts, thinks being questioned by even the slightest touch
B>	touch improves condition	desire to be touched and therefore socially accepted
BA>	pressure sensitivity,	to be sensitive in questions of mutual social pressure

		to conform
B<	pressure worsens condition	very easily perceives social pressure to conform as dominance
B>	pressure improves condition	wants to orientate oneself according to the conditions of the environment
B>	colors improve the feeling	desire to disclose mood, to be emotionally visible
B<	colors worsen the feeling	rejection to disclose mood, to be emotionally visible
BA>	noise sensitive	to be sensitive in matters of mutual agreement or criticism
B<	sounds, noises aggravates condition	means to be exposed to criticism, disagreements or to be without approval
B>	sounds, noise ameliorate condition	Feeling of being freed from self-absorption by noises
BA>	sensible to paper rustling, scratching	being subjected to destructive, border-crossing claims
BA>	taste sensitive	to be sensitive to questions of the conditions of mutual social edibility
B<	sharpened sense of taste	overwhelmed by the usual conditions of social edibility, immediately thinks of being unconnected and inappropriate
BA>	odor sensitivity	to be sensitive in questions of mutually acceptable conditions of social custom
B<	sharp sense of smell	easy to come into conflict with the conditions of social custom, to think immediately that one is considered an outsider
BA>	sensitivity to cold	to be dependent on security, thus being very easily affected by questions of social insecurity
B<	cold improves condition	Social distance, isolation, non-commitment improves (liberates) condition, closeness makes things worse
B>	cold worsens condition	social distance, non-committalness worsens condition (uncertainty), closeness improves it
B>	improve odors	Feeling of being freed from self-absorption by odors
BA>	sensitivity to light	being touchy about issues of socially appropriate appearance
B<	Light worsens condition	coming to light, having to show oneself, to have to appear is a problem
B>	Light improves condition; desire for light	Desire to appear in order to be seen, perceived and thus to be socially present
B>	darkness aggravates condition	Rejection, to be unseen, deprived of attention and therefore questioned
B<	darkness improves condition	desires not to be seen, withdrawn from all attention, avoids in this way to be questioned
BA>	sensitive to pain	in questions of social reciprocity he is very sensitive to even minor conflicts
B>	pain worsens condition	more and more in conflict with the social environment through futile efforts to adapt
BA<	heat, warmth sensitivity	very easily unsettled by questions about small social distances
B>	warmth, heat improves condition	social affection, closeness, commitment improves condition (secures), distance worsens condition
B<	warmth, heat worsens condition	social affection closeness, commitment worsens condition (pressured), distance improves condition

• **Pathologies that can be modalities**

B><	allergies	irritation, being neither able adapting common social challenges, nor able to ignore or to avoid them, he only deals with it in vain, grinds himself on it
B><	house dust allergy:	reliant on stable conditions, but being exposed to uncertainty and decay, neither can accept nor can avoid the fact so it can only attack itself
B><	hay fever	being confronted with confusing challenges of social reciprocity (fertility), therefore being unable to tune in or avoid them, just being able to struggle with the conditions
B>	<u>vomiting worse condition</u>	being exposed to non-binding communicative contacts and therefore being rejected as inappropriate
B<	<u>vomiting improve condition</u>	desire to be socially isolated and thus freed from questions of social fit
B>	<u>fever improves</u>	It is better to let go of your own demands and thus release emotional pressure
B<	<u>fever worsens</u>	rejects having to accept being helpless, being able to only get excited but not avoid
B>	<u>diarrhea worsens condition</u>	not being able to meet the social acceptance requirements, and thus to fall through
B<	<u>diarrhea improves condition</u>	desire to be distanced and thus freed from the conditions of social acceptance
B>	<u>fever ameliorates condition</u>	to release emotional pressure, to calm down and so to be able to come to terms with circumstances
B<	<u>fever aggravates condition</u>	problem getting excited about circumstances but not being able to let go of them
B>	<u>cough improves condition</u>	problem of not being able to express openly oneself due to a lack of approval, only of being able to free oneself emotionally (by coughing) indirectly
B<	<u>cough aggravates condition</u>	problem of making his displeasure indirectly audible, but to be without any resonance or approval in his environment
B>	<u>pain aggravates condition</u>	becoming more and more excited, because to be unable to adjust despite effort

c. external: human adaptability is overwhelmed by shock-like situations.

- individual sensitivities to certain destructive influences, traumas:

B><	antibiotics make it worse	suppressed excitement, instead of being respected in his demands being asked to renounce
B><	hormone tablets, pill incompatible	believes to be determined in her sexual role by others but not to be valued as a woman
B><	medication poisoning, medication or drugs aggravate	rejection, to be a subject of control and determined by norms from the outside
B><	vaccination worse	rejection of having to adapt to foreign influences, to their arbitrariness
BC><	bacterial infectious disease	being considered socially inferior and unsuitable, therefore only causing offense but not being able to meet the social conditions
BC><	viral infectious disease, influenza, flu	alienated from the social environment, instead of being accepted as a member, being separated
B><	medication sensitive	rejection, interference, paternalism
B><	narcotics, anesthesia intolerant	feeling of not being socially secured, so not letting go of control, not being able to trust in outside help
B><	surgery aggravated	excited to have been forced to agree unilaterally by an external intervention and thus to have been adapted to conflictual conditions forcibly
B><	aggravated after dental treatment, teeth extraction	Problem, to be socially not impressive enough and therefore at least seemingly to be corrected by a violent intervention from outside
B<	Loss of fluids (sweating, diarrhea, fever, nursing)	problem having only exhausted oneself physically and/or mentally despite trying, but has not reached any social consensus
B><	fright	sensitive to questions of social integration, but now he has to accept, to be shaken suddenly in his social certainty
B><	oppression, suppression	problem of being prevented from expressing his displeasure, but not being able to suppress the conflict, only being able to express it elsewhere
B><	insect bites, poisonous animals	Problem of being subject to intrusiveness, having to accept, to be used without consent, of not being able to defend oneself or withdraw, being only helplessly aroused

- **destructive influences beyond the individual adaptation potential.**

ATTENTION: We see a supra-individual sensitivity.

B><	<u>drug addiction, substance abuse, abuse of medication,</u>	avoiding the confrontation with your own reality, not being able to face your conflict
B><	Chemotherapy consequences	being temporarily distracted from an insoluble

		conflict by a destructive attack from outside, but now being confronted with the consequences of this attack and being outraged by it
B<	<u>convalescence, recovers poorly</u>	irritated by incomprehensible conditions, therefore being overwhelmed by them in terms of his willingness to adapt socially
B><	Radiation therapy consequences, x-ray	neither evading nor adapting to the dominance of a ruthless and non-committal radiant presence but only helplessly resigning itself to being able to give up
B><	smoke, exhaust fumes	is exposed to destructiveness, feels isolated more and more in its communicative presence, finally to be without reciprocity
B<	<u>blood losses</u>	problem of being overwhelmed by a conflict in terms of his flexibility, only being able to exhaust yourself but not being able to adapt
B><	accidental trauma, shock	excitement, faced with shocking contradiction, feels attacked being called into question and shaken in its social certainty
B><	birth shock	being arbitrarily rejected from the relationship with the mother, of being separated as worthless
B><	burning	experiencing a destructive dominance, not adapting to its heat, only being able to dissolve in it
B><	intoxication	problem, under the guise of reciprocity, to actually be exposed to devastating insidiousness
B><	Injury, hit, fall	Problem of being exposed to an attack, an unrealizable contradiction, not being able to resolve the conflict, only giving up, only being able to signal it as a wound
B><	fracture	Problem of being exposed to totally contradictory environmental principles, therefore not being able to withstand them in one's principles
B><	tooth extraction	problem to accept that one cannot assert oneself convincingly in a certain social issue (certain tooth) and can therefore only overcome one's failure by tearing it out
