

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 **hit** coming from outside (B), this is easy, it becomes obvious in the **injury** (C).

- Developmental problems are also causal as they come from within and manifest themselves in problems adapting to adulthood or aging..

- But, in many cases the causal background responsible for an illness is not immediately recognizable because it is the result of living conditions. Problems in dealing with environmental conditions manifest themselves in the form of modalities. Modalities are the circumstances that bring about an improvement or worsening of the condition of the sick. Modalities represent an individual tolerance pattern that the sick have with regard to environmental influences, which is a guide for the homeopathic prescription.

The causal symptoms in the anamnesis, i.e. causes and modalities, represent dynamic influences. On closer examination, two polar opposite sources of these influences are revealed. This means that external modalities require the mediation of sensory organs: e.g. headache in the sun.

Conversely, the internal modalities are the result of inner-body processes that are based on stages of development, adaptation to biological rhythms, etc.: e.g. diarrhea during menstruation.

The logic of using this polarity of modalities is that there must be pairs of opposites, that is, that an external modality must be opposed by a presupposing internal one. E.g. diarrhea during menstruation (int.) and diarrhea caused by milk (ext.).

This applies not only to the causal symptoms B, which can be split into **B (internal causal symptoms)** and **B (external causal symptoms)**, it also applies to the emotional symptoms A, in which symptoms of internal mood, A_i , and symptoms of externally oriented sensitivity are opposed to each other.

The cause-effect formula now looks like this:

$$A_i > < A_e + B_i > < B_e = C + \text{characteristic properties}$$

This results in two causal situations:

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

- problems that occur from one developmental stage to the next, e.g. birth shock, puberty, old age, gender-specific complaints
- family-inherited mental disorders or a medical history of mental disorders
- symptoms that are persistent or occur repeatedly at the same times of day or when falling asleep, sleeping or waking up. The reason for this is the organ clock, whose rhythm is internal. Internal causal symptoms therefore include, for example, being startled when falling asleep or waking up from sleep.
 - . organ clock
- mind or physical symptoms that are triggered by physical symptoms, such as pain causing shortness of breath, coughing causing crying, etc.
- Emotional symptoms that are triggered by physiological processes, e.g. fear of defecation or waking up when urinating.

- Addictive behavior. This is an internalized "escape from reality".

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:
- Allergies:
- 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:
- the consequences of physical influences such as light, noise, temperature, weather, pressure, clothing, bedding, etc.
- the consequences of movements, various exertions, lifting, leaning, postures as lying, standing, sitting, bending, stretching, etc.
- the consequences of events or intolerable circumstances such as excitement, shock, poisoning, injuries, allergies, etc.
- Pathologies that can be modalitiesc.

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

- individual sensitivities to certain destructive influences, traumas:
- destructive influences beyond the individual's adaptive potential.

* The underlined symptoms mean internal causality (a.), the other external ones are causal symptoms mediated by the sense organs (b. + c.). A short explanation of their use can be found at the beginning of the ABC file and in the 3rd part of the series of articles "Beyond gut feeling" with the subtitle "The final step".

It should be mentioned here that this internal-external duality only exists in the left half of the cause/effect formula. It is about the internal prerequisites of a sick person to react symptomatically to external stimuli.

On the right side of the cause-reaction formula, the attributes of the C symptoms (reactions) in the form of their characteristics, e.g. their pain characteristics, have particular significance. The reason lies in their close content-related relationship to the A symptoms (mental symptoms).

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

• **developmental disposition**

B	<u>development problems in general</u>	<u>exposed as a result of their own change to altered social integration and validity conditions</u>
B	<u>Family history of serious illnesses</u>	<u>being socially inflexible due to inherited family biases</u>
B	<u>ovulation</u>	<u>feels prevented by the circumstances from developing fruitfully</u>
B	<u>newborn baby</u>	<u>excitement to be ripped out of his motherly relationship and delivered to the world</u>
B	<u>childbirth; problem after pregnancy, motherhood, after</u>	<u>problem of being separated from the child as well as being socially limited to the role of mother</u>
B	<u>postpartum, childbed</u>	<u>feeling of having to submit to the role of mother in favor of social acceptance and recognition, thus no longer being free but trapped as a woman</u>
B	<u>breastfeeding (baby)</u>	<u>on the one hand cared for, on the other hand being asked to be independent despite being dependent on protection</u>
B	<u>breastfeeding (mother)</u>	<u>on the one hand, to be separated, on the other hand, to be called upon to care</u>
B	<u>teething</u>	<u>problem, to step out socially impressive and simultaneously to be bindingly present</u>
B	<u>learning to walk late</u>	<u>Problem of standing independent and adapting to changing points of view and thereby gaining a foothold</u>
B	<u>Problems toddlers, children</u>	<u>Problem of being overwhelmed of his adaptability by social integration conditions, without being able to avoid</u>
B	<u>Child does not like to greet</u>	<u>Problem with being personally presence, engaging in reciprocity</u>
B	<u>learning to talk late</u>	<u>problem of conforming to communicative norms, that is, to stick to social rules to make connections within a social framework</u>
B	<u>kindergarten problems</u>	<u>problem, experiences being exposed to strangers, the unfamiliar, and anonymity for the first time</u>
B	<u>children diseases</u>	<u>problem of having to face one's own development and increasing pressure to adapt</u>
B	<u>school children problems</u>	<u>problem of subordinating oneself to both social performance claims and behavioral norms</u>
B	<u>puberty problems</u>	<u>problem of having to be both attractive as a sexual partner and convincing as a person</u>
B	<u>sexuality</u>	<u>needing to be both an object of sexual desire and fertile</u>
B	<u>male role, man, men:</u>	<u>having to prove oneself as a presence and support provider in order to be recognized as a representative of the family</u>
B	<u>ejaculation</u>	<u>being not able to fulfil one's potential, one's special being and thus being not able to confirm oneself as a man</u>
B	<u>female role, woman, women:</u>	<u>having to prove one's social importance and caring in order to be recognized as the center of the family</u>
B	<u>women: condition worsened</u>	<u>striving for emotional commitment, but being</u>

	<u>during coitus</u>	<u>ultimately without fulfillment, only being used</u>
<u>B</u>	<u>men: condition worsened during coitus</u>	<u>not being able to confirm oneself as a man despite efforts, not being able to stand as a man</u>
<u>B</u>	<u>aggravated after coitus men</u>	<u>suddenly reduced in value, social questioned, separated</u>
<u>B</u>	<u>wisdom teeth difficult</u>	<u>problem of having to become impressive through social responsibility</u>
<u>B</u>	<u>problems during menses</u>	<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</u>
<u>B</u>	<u>menses improve condition:</u>	<u>to be in conflict with the role of women, to welcome a break and to be relieved by it</u>
<u>B</u>	<u>Problems before menses</u>	<u>tension, of standing between fertility and infertility, temporarily without reference, unsettled in their social self-confidence, their value, of being questioned</u>
<u>B</u>	<u>Problems after menses</u>	<u>problem of having to face up to her social role as a woman and to have to accept pressure of social expectations, fertility</u>
<u>B</u>	<u>Menses suppressed</u>	<u>problem of not being valued as a woman, therefore refuses to fulfill the woman's role, ends it as a whole</u>
<u>B</u>	<u>pregnancy problems</u>	<u>problem of being exposed as a mother to performance and expectation pressure from the child as well as from the social environment</u>
<u>B</u>	<u>Pregnancy improves condition</u>	<u>Feeling that the pregnancy has freed her from social oppression and disregard, and that her current responsibility has upgraded her socially</u>
<u>B</u>	<u>growing pains</u>	<u>problem, becoming more and more present, having to cope with social conditions, having to grow up</u>
<u>B</u>	<u>Menopause, climacteric change</u>	<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</u>
<u>B</u>	<u>pension problems, retire</u>	<u>problem of being without a social task and therefore as a social member no longer fully fledged</u>
<u>B</u>	<u>problems in old age</u>	<u>due to one's own change, no longer up to the social integration conditions and therefore no longer to be of full value</u>

- **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.

<u>B</u>	<u>family history of major illnesses in general</u>	<u>problem with family biases that limit his/her potential to adjust</u>
<u>B</u>	<u>alcoholism in general, family history of alcoholism, addiction</u>	<u>problem of facing the social pressure to conform, ultimately not being able to avoid it, only being able to take refuge in addictive substances</u>
<u>B</u>	<u>family history of diabetes</u>	<u>thinks not to be worthy of unconditional affection, always having to perform in order to be accepted</u>

<u>B</u>	<u>family history of lung diseases</u>	<u>not to meet the conditions of communicative agreement, and thus to be socially isolated, thrown back on oneself</u>
<u>B</u>	<u>family history of cancer</u>	<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</u>
<u>B</u>	<u>family history of syphilis</u>	<u>see miasms below</u>
<u>B</u>	<u>family history of tuberculosis</u>	<u>see miasms below</u>

- **Miasms:**

Based on my new translation, they can be assigned relatively well, but like all assignments, this is subject to a certain degree of subjectivity. I now routinely consider miasmatics for reference purposes. In the free M-file you will find seven miasmatic rubrics based on around 500 to 600 common homeopathic remedies, which I have added to the general symptoms of the homeopathy program I use (Radar). In this matter, I refer to the book Miasmatic Series No. 10 by Peter Gienow.

I use two miasms of external causality, shock miasma and drug miasma, and five miasms of internal causality, psora, tuberculinia, sycosis, syphilinia, carcinogenia.

If you want to know how I derived the miasma texts from the meanings of symptoms, you can find the information in the M-file. You can try to derive them yourself using the "anamnesis" created here for each miasma. In any case, the process is the same as for cases of illness.

<u>B</u>	<u>Psora</u> Section see M-file	<u>Represents uncertainty about the conditions of social reciprocity, being unable to meet them, or one is capable but subject to arbitrary criteria that one cannot fulfill</u>
<u>B</u>	<u>Tuberculinia</u> Section see M-file	<u>wishing an overwhelming communicative need, but to be without resonance in this need, of only being able to hold back oneself or aggressively oppose one's environment</u>
<u>B</u>	<u>Sycosis</u> Section see M-file	<u>Having to face the conditions of social presence, but not being able to cope with them, therefore feels the need to hide one's overtaxing in order to be socially secured through the appearance of competence</u>
<u>B</u>	<u>Syphilinia</u> Section see M-file	<u>Expansive dynamics that cannot withdraw its pursuit of social distinctiveness despite a lack of impact or insurmountable external resistance, being not able to hold back, but can only assert itself or fail.</u>
<u>B</u>	<u>Carcinogenia</u> Section see M-file	<u>Problem of wanting to adapt for the sake of social reciprocity at all costs, but being exposed to a conflict that cannot be resolved through adaptation (cancer).</u>

<u>B</u>	<u>Shock miasma</u> <u>Section see M-file</u>	<u>Consequences of traumatic events, accidents and operations</u>
<u>B</u>	<u>Drug miasma</u> <u>Section see M-file</u>	<u>Consequences of conventional medical treatments such as drug abuse, drug dependency, chemotherapy, radiotherapy, etc.</u>

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

- **General improving or aggravating circumstances:**

<u>B</u>	<u>cooling down, coldness worsens the condition</u>	<u>refuses to experience social distancing, being questioned in one's social relationships</u>
<u>B</u>	<u>cooling down, coldness improves the condition</u>	<u>desire to distance oneself socially, not bound by references, wants to be separate</u>
<u>B</u>	<u>secretions physiological (sweating, urinating, etc.) worsens the condition</u>	<u>refusal to let go of his displeasure, to distance himself emotionally</u>
<u>B</u>	<u>secretions physiological (sweating, urinating, etc.) improve the condition</u>	<u>desire to free himself from his displeasure, to distance himself emotionally</u>
<u>BA</u>	<u>crying improves condition, weeping</u>	<u>desire to free himself from his displeasure, to distance himself emotionally</u>
<u>BA</u>	<u>crying worsens condition, weeping</u>	<u>refusal to let go of his displeasure, to distance himself emotionally</u>
<u>B</u>	<u>moving downwards, descending worsens the condition</u>	<u>giving up one's claim makes it worse, wants to hold the position, refuses to leave downwards</u>
<u>B</u>	<u>moving down, descending</u>	<u>to leave his position improves his condition</u>

	<u>improve the condition</u>	<u>because he prefers to avoid circumstances</u>
<u>B</u>	<u>desire to be looked at, seen</u>	<u>to have to fight for recognition and attention</u> <u>because not being duly recognized</u>
<u>B</u>	<u>refusal to be looked at, seen</u>	<u>not meeting the criteria of social standing, not</u> <u>being able to show yourself</u>
<u>B</u>	<u>to be addressed; rejection</u>	<u>avoids having to react, take a stand and thereby</u> <u>be exposed</u>
<u>B</u>	<u>leaning on something or clinging</u> <u>to worsens the condition</u>	<u>refusal to lean on others and thus to be</u> <u>dependent</u>
<u>B</u>	<u>leaning on something or clinging</u> <u>to improves the condition</u>	<u>desire to lean on others, accepts thus to be</u> <u>dependent</u>
<u>B</u>	<u>presence of others improves the</u> <u>condition</u>	<u>desire not to be alone but socially connected</u>
<u>B</u>	<u>presence of others worsens the</u> <u>condition</u>	<u>desire to be alone, socially not to be pressured</u>
<u>B</u>	<u>physical exertion improves the</u> <u>condition</u>	<u>willingness to show commitment, to demonstrate</u> <u>presence</u>
<u>B</u>	<u>physical exertion worsens the</u> <u>condition</u>	<u>problem to demonstrate oneself through</u> <u>commitment, to proof oneself as remarkable</u>
<u>B</u>	<u>work improves the condition</u>	<u>being socially involved and being able to position</u> <u>oneself as useful improves</u>
<u>B</u>	<u>work worsens the condition</u>	<u>to engage socially, to have to position oneself as</u> <u>useful, worsens</u>
<u>B</u>	<u>breathing, also deep breathing</u> <u>improves condition</u>	<u>desire to get involved in communicative</u> <u>closeness, to exchange emotions, to engage</u> <u>socially</u>
<u>B</u>	<u>breathing, also deep breathing</u> <u>aggravates condition</u>	<u>Problem meeting in communication, not being</u> <u>able to exchange emotions which each other, not</u> <u>being able to deal with things of social reciprocity</u>
<u>B</u>	<u>breathing difficult</u>	<u>problem of detaching from one's self-reference, of</u> <u>being able to open as a matter of course and</u> <u>exchange ideas communicatively</u>
<u>B</u>	<u>exhalation worses the condition</u>	<u>problem expressing yourself, so going to</u> <u>emotional distance without being socially isolated</u>
<u>B</u>	<u>inhalation worsens the condition</u>	<u>has problems to trust, to open up and to engage</u> <u>in communicative closeness</u>
<u>B</u>	<u>problems to step, even slight</u> <u>shocks aggravates condition</u>	<u>being oversensitive to minor conflicts, so to be</u> <u>immediately overwhelmed and shaken in one's</u> <u>resilience</u>
<u>B</u>	<u>straightening up, sitting up,</u> <u>getting up improves the condition</u>	<u>confronting oneself socially, exposing oneself,</u> <u>facing the environment improves condition</u>
<u>B</u>	<u>straightening up, sitting up,</u> <u>getting up worsens the condition</u>	<u>confronting oneself socially, exposing oneself,</u> <u>facing the environment worsens condition</u>
<u>B</u>	<u>getting up from sitting improves</u> <u>the condition</u>	<u>the seat, to leave its conditionality, to confront</u> <u>socially improves condition</u>
<u>B</u>	<u>getting up from sitting worsens</u> <u>the condition</u>	<u>refuses leaving the seat and his safety, to face</u> <u>social confrontation</u>
<u>B</u>	<u>getting up from lying down</u> <u>improves the condition</u>	<u>getting up from lying down improves condition</u>
<u>B</u>	<u>getting up from lying down</u> <u>worsens the condition</u>	<u>getting up from lying down worsens condition</u>
<u>B</u>	<u>bracing hands improves the</u> <u>condition</u>	<u>to rely on others, trustingly engaging to them</u> <u>improves condition</u>
<u>B</u>	<u>bracing hands worsens the</u> <u>condition</u>	<u>to rely on others, trustingly engaging to them</u> <u>worsens condition</u>

<u>B</u>	<u>bathing improves the condition</u>	<u>desire to be free from fixed relationships, to be not bound and therefore socially unchallenged</u>
<u>B</u>	<u>bathing worsens the condition</u>	<u>refuses to be free from fixed relationships, to be not bound and therefore socially unchallenged</u>
<u>B</u>	<u>bandaging worsens the condition</u>	<u>rejection of restrictive influences from outside, on the one hand being supported but on the other hand having to accept being socially isolated and pushed back into oneself</u>
<u>B</u>	<u>bandaging improves the condition</u>	<u>is willing to accept tightness, so to be restricted if it brings hold in favor of his stability</u>
<u>B</u>	<u>touching something or to be touched improves the condition</u>	<u>to be confirmed by touch in matters of social consent</u>
<u>B</u>	<u>touching something or to be touched worsens the condition</u>	<u>avoids touching, thinks he is without social consent and therefore questioned</u>
<u>B</u>	<u>Touching painful, injured body parts</u>	<u>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</u>
<u>B</u>	<u>duvets worsen the condition</u>	<u>limited only to one's own warmth, so to be only apparently secured</u>
<u>B</u>	<u>warmth of bed aggravates the condition</u>	<u>protected only without obligation, actually left to their own devices, to be unrelated</u>
<u>B</u>	<u>bending a limb makes it worse</u>	<u>giving in makes it worse</u>
<u>B</u>	<u>bending a limb makes it better</u>	<u>giving in makes it better</u>
<u>B</u>	<u>bending forwards, bending over, hunching double, stooping worsens the condition, stretching improves condition</u>	<u>wants to show presence, to keep your distance refusal to withdraw, to be self-centered</u>
<u>B</u>	<u>bending forwards, bending over, hunching double, stooping improves the condition, stretching worsens condition</u>	<u>shys away from presence desire to withdraw, to be self-centered</u>
<u>B</u>	<u>bending backwards worsens the condition</u>	<u>does not want to distance himself or withdraw his claims</u>
<u>B</u>	<u>bending backwards improves the condition</u>	<u>is willing to step back and adapt its claims accordingly</u>
<u>B</u>	<u>movement improves the condition</u>	<u>desire to articulate oneself, to socially coordinate one's demands, to communicate</u>
<u>B</u>	<u>movement worsens the condition</u>	<u>prefers not to communicate, not to articulate, to expose oneself with demands</u>
<u>B</u>	<u>continued movement improves</u>	<u>problem of not being able to take a personal attitude, only being able to avoid conflicts by constantly changing one's attitude</u>
<u>B</u>	<u>gazing, strain of the eyes worsen the condition</u>	<u>not able of appearing convincing, to show oneself despite adverse conditions</u>
<u>B</u>	<u>looking up in the air worses the condition</u>	<u>feeling of being without a binding counterpart, without reference, not held but considered arbitrary</u>
<u>B</u>	<u>looking downwards worses the condition</u>	<u>feeling of not being able to rely on the given references, of being without reference, without support</u>
<u>B</u>	<u>looking downwards improves the condition</u>	<u>feeling of being able to rely on the given relationships, of being held</u>
<u>B</u>	<u>looking at things in motion</u>	<u>problem, having to rely on reliable reciprocity being inflexible and therefore overwhelmed by changes</u>

<u>BA</u>	<u>thinking about it improves condition</u>	<u>is ready to deal with the problems through confrontation</u>
<u>BA</u>	<u>thinking about it worsens condition</u>	<u>thinks to be exposed to unattainable conditions, so only to get excited helplessly, but to be able to neither avoid nor endure it</u>
<u>B</u>	<u>rotate things actively aggravated</u>	<u>despite efforts to rotate something according to his wishes, he is not able to overcome the resistance due to a lack of inner strength</u>
<u>B</u>	<u>Twisting, turning, twisting oneself aggravates the condition</u>	<u>rejection of having to twist, twist, to be socially appropriate</u>
<u>B</u>	<u>Twisting, turning, twisting oneself improves the condition</u>	<u>willingness to twist, to conform socially</u>
<u>B</u>	<u>turn around in bed aggravates the condition</u>	<u>feeling of not being able to turn around while lying down without being sure of not losing one's position and orientation</u>
<u>B</u>	<u>pressure worsens the condition</u>	<u>rejection of having to adjust to the pressure to adapt in the environment</u>
<u>B</u>	<u>pressure improves the condition</u>	<u>desire to be able to orientate oneself according to the conditions of the environment</u>
<u>B</u>	<u>hard pressure worsens the condition</u>	<u>refuses to have to orientate oneself according to fixed conditions of the environment</u>
<u>B</u>	<u>hard perssure confirms the condition</u>	<u>desire to be able to orientate oneself according to fixed conditions of the environment</u>
<u>B</u>	<u>light pressure improves the condition</u>	<u>wishes to face only suggestions but no conditions</u>
<u>B</u>	<u>light pressure worsens the condition</u>	<u>refusal to be confronted with only suggestions but no concrete indications</u>
<u>B</u>	<u>pressure with own hand improves the condition</u>	<u>desire to align oneself according to one's own requirements, to be related only to oneself</u>
<u>B</u>	<u>pressure with own hand worsens the condition</u>	<u>having due to a lack of orientation to avoid to be only related to oneself, to have align oneself with one's own requirements</u>
<u>B</u>	<u>enveloping aggravates</u>	<u>rejection of being restricted in one's social presence by a protective fsocial shell</u>
<u>B</u>	<u>enveloping improves</u>	<u>agrees of being restricted in one's social presence by a protective social shell</u>
<u>B</u>	<u>narrow spaces, claustrophobia</u>	<u>is social excluded an isolated and so confined to himself</u>
<u>B</u>	<u>coming in from outside = change from cold to warm aggravates condition</u>	<u>problem of getting involved in closeness under the given social conditions,</u>
<u>B</u>	<u>stepping out into the open = change from warm to cold aggravates condition</u>	<u>problem of leaving security, of being independent</u>
<u>B</u>	<u>wrong movement (lumbago)</u>	<u>to be without reliable connections to the environment, not to move naturally, to be able to lose support at any time</u>
<u>B</u>	<u>driving, being driven improves condition</u>	<u>feeling free from social distress without being socially isolated</u>
<u>B</u>	<u>driving, being driven worsens condition</u>	<u>problem of being without trust in the driver, thus having to avoid being at his or her mercy</u>
<u>B</u>	<u>actively driving worsens condition</u>	<u>has no trust in the world and therefore believes that when actively driving a car, he is threatened by arbitrary behavior and unreliability</u>
<u>B</u>	<u>flying, airplane worsens condition</u>	<u>to be helpless with no reliable ground under one's</u>

		<u>feet, feels at the whim of others, to be without control</u>
<u>B</u>	<u>walking, going is better</u>	<u>refusal to face the local conditions, to have to deal with them, prefers to move on</u>
<u>B</u>	<u>walking, going is worse</u>	<u>problem of being overwhelmed by changing site conditions and thus being limited to the site</u>
<u>B</u>	<u>continued walking improves the condition</u>	<u>problem of not being able to take a personal standpoint, only being able to avoid conflicts by constantly changing one's stand</u>
<u>B</u>	<u>stooping while going improves the condition</u>	<u>thinks, he has to avoid to walk upright, so he crouches to avoid confrontations</u>
<u>B</u>	<u>grasping, holding, touching worsens the condition</u>	<u>problem to grasp things, to make them comprehensible by establishing reciprocity, ultimately only being held but not being connected</u>
<u>B</u>	<u>grasping, holding, touching improves the condition</u>	<u>desire to hold things, to make them comprehensible by establishing reciprocity, to hold on in order to be held</u>
<u>B</u>	<u>Skin cream, cream aggravated</u>	<u>socially isolated by the layer of fat, being closed up to oneself</u>
<u>B</u>	<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>
<u>B</u>	<u>raising arms improves the condition</u>	<u>desire to expand one's scope of action, to reach beyond oneself</u>
<u>B</u>	<u>raising arms worsens the condition</u>	<u>problem of being limited in your scope of action, not being able to expand it or to reach beyond yourself</u>
<u>B</u>	<u>to drop limbs improves, let it hang down betters the condition</u>	<u>Desire not to make claims, not to articulate them, i.e. not to be conspicuous</u>
<u>B</u>	<u>to drop limbs worsens, let it hang down worsens condition</u>	<u>rejection, making no demands, not to be allowed to articulate them and to attract attention with ones presence</u>
<u>B</u>	<u>kneeling, squatting, bending, pulling up the legs makes worse:</u>	<u>problem of not being held or recognized at the place of standing, therefore always having to pay attention to presence, always having to expect to be unsecured</u>
<u>B</u>	<u>kneeling, squatting, bending, pulling up the legs improves</u>	<u>willingness to subordinate oneself, to submit, not to stand up for oneself, to avoid difficulties</u>
<u>B</u>	<u>height improves the condition</u>	<u>desire to be seen in his position, to expose himself to the public</u>
<u>B</u>	<u>height worsens the condition</u>	<u>refuses to be seen in his position, to expose himself to the public</u>
<u>B</u>	<u>combing worsens condition</u>	<u>no longer wanting to be directed and aligned in one's independence, dignity</u>
<u>B</u>	<u>combing improves condition</u>	<u>willingness to be directed and aligned in one's independence and dignity</u>
<u>B</u>	<u>clothing, shoes, collar aggravate</u>	<u>refusal to have to meet social conditions, to have to accept, be restricted in order to be social safe and protected</u>
<u>B</u>	<u>preserving agents aggravate</u>	<u>rejection of being socially isolated, separated in favor of freedom from conflict</u>
<u>B</u>	<u>scratching improves the condition</u>	<u>acceptance of not being able to resolve the inner conflict but at least being able to suppress it by external scratching</u>
<u>B</u>	<u>scratching worsens the condition</u>	<u>problem of not being able to suppress the inner</u>

		<u>conflict through external scratching but only increasing it</u>
<u>B</u>	<u>to scratch until it bleeds, until it's sore</u>	<u>problem of neither accepting the conflict nor suppressing it through contradiction, but only being able to pacify it through self-harm</u>
<u>BA</u>	<u>laughing makes it worse</u>	<u>wanting to hold back emotionally, but not holding back, only being able to give in to your emotional inner pressure</u>
<u>B</u>	<u>running, walking briskly improves the condition</u>	<u>Is willing to walk quickly and to risk, to be without shure relations</u>
<u>B</u>	<u>running, walking briskly worsens the condition</u>	<u>refusals to walk quickly and to risk, to be without shure relations</u>
<u>BA</u>	<u>reading, intellectual, mental effort worsens condition</u>	<u>reluctance to prove oneself socially through knowledge and understanding of connections</u>
<u>BA</u>	<u>reading, intellectual, mental effort improves condition</u>	<u>willingness to prove oneself socially through knowledge and understanding of connections</u>
<u>B</u>	<u>to lay, lying aggravates the condition</u>	<u>refuses to rely on oneself, of having no control being only withdrawn to oneself</u>
<u>B</u>	<u>to lay, lying improves the condition (prefers)</u>	<u>willingness to rely on oneself, of being without control, of being only withdrawn to oneself</u>
<u>B</u>	<u>while lying down aggravates</u>	<u>problem to adjust the changing situation, to be between presence and lying down temporarily totally without relations, detached</u>
<u>B</u>	<u>refuses laying on stomach</u>	<u>refuses to rely on the location, to leave control to it</u>
<u>B</u>	<u>laying on stomach (prefers) improves condition</u>	<u>willing to align with site conditions to let go of control</u>
<u>B</u>	<u>knee-elbow position, knee-chest position (prefers):</u>	<u>problem of neither being able to ly down normally at nor can still change the location of sleep, thus only being able to half-release and half-maintain control while sleeping</u>
<u>B</u>	<u>prefers to lie on his back, supine position improves condition</u>	<u>willingness Refusal to get involved with the location, to let it take control</u>
<u>B</u>	<u>refuses to lie on his back, supine position</u>	<u>refusal to get involved with the location, to let it take control</u>
<u>B</u>	<u>lateral position improves condition (prefers)</u>	<u>prefers to get only limited involved in the conditions of location, just enough to let go of control and be able to sleep</u>
<u>B</u>	<u>refuses lateral position</u>	<u>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</u>
<u>B</u>	<u>prefers left lateral position refuses right lateral position</u>	<u>willingness to adapt to contradictory local conditions, to give in despite reservations, so to be able to let go of control and to rest</u>
<u>B</u>	<u>refuses left lateral position prefers right lateral position</u>	<u>refusal to adapt to contradictory local conditions, to give in despite reservations, so to be able to let go of control and to rest</u>
<u>B</u>	<u>the problem switches to the side on which he lies</u>	<u>wants to withdraw and therefore depends on consensus with the location, but cannot adapt to the conditions, cannot create an agreement</u>
<u>B</u>	<u>willingness to be massaged</u>	<u>willingness to be open also to unfamiliar sensual approach</u>
<u>B</u>	<u>refusal to be massaged</u>	<u>refusal to be open also to unfamiliar sensual approach</u>
<u>B</u>	<u>sea, mountain, mountains</u>	<u>desire to be free from conformity pressures</u>

	<u>improve the condition</u>	
<u>B</u>	<u>sea, mountain, mountains worsen the condition; altitude sickness</u>	<u>being isolated, on the one hand freer, but on the other hand exposed, left to oneself, of being only hold within oneself</u>
<u>B</u>	<u>crowd, room full of people worsens condition</u>	<u>disoriented because exposed to oppressive diversity and therefore unclear social relationships</u>
<u>BA</u>	<u>music improves the condition</u>	<u>willingness to let go of control and drift yourself in harmonies</u>
<u>BA</u>	<u>music worsens the condition</u>	<u>refusal to let go of control and drift yourself in harmonies</u>
<u>B</u>	<u>opening and closing the mouth (the jaw) hurts, causes problems,</u>	<u>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>
<u>B</u>	<u>yawning aggravates condition</u>	<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</u>
<u>B</u>	<u>fear of exams, fear of anticipation</u>	<u>fear of failing</u>
<u>BA</u>	<u>singing improves condition, tendency to sing</u>	<u>willingness to open up and be connected to the environment through emotional harmony</u>
<u>BA</u>	<u>singing worsens condition</u>	<u>refusal to expose oneself emotionally, to open up and thus risk not being in harmony with the environment</u>
<u>B</u>	<u>rubbing improves the condition</u>	<u>willingness to be emotionally stimulated and therefore sensually open through superficial attention</u>
<u>B</u>	<u>rubbing worsen the condition</u>	<u>rejects being emotionally stimulated and therefore sensually open through superficial attention</u>
<u>B</u>	<u>slight rubbing worsens:</u>	<u>refusal to open up to confidential closeness, being suspicious of affection</u>
<u>B</u>	<u>travel improves the condition</u>	<u>wishes to avoid restrictive social familiarity means being able to develop freely only in a foreign country</u>
<u>B</u>	<u>travel worsen the condition</u>	<u>rejection of being exposed to unfamiliar conditions, to be without social familiarity and therefore without the possibility of adjustment</u>
<u>B</u>	<u>to rest aggravates</u>	<u>refusal not to be exposed to any social pressure to conform and therefore not seen, not to be valued</u>
<u>B</u>	<u>to rest improves</u>	<u>desire to be free from social pressure to conform and therefore also free from social judgment</u>
<u>B</u>	<u>Closing the eyes improves condition</u>	<u>refusal to appear, to show oneself</u>
<u>B</u>	<u>Closing the eyes aggravates condition</u>	<u>desire to appear, to show oneself</u>
<u>B</u>	<u>swallowing improves condition</u>	<u>willingness to adapt within the communicative conditions (food) in order to be integrated and thus oriented.</u>
<u>B</u>	<u>swallowing worsens condition</u>	<u>refusal to adapt within the communicative conditions (food), to overcome one's own reservations and to be integrated.</u>
<u>B</u>	<u>swallowing saliva, empty swallowing worsens condition</u>	<u>wanting to avoid being self-centered in matters of social communication, wants to orient oneself externally within the framework of communicative</u>

		<u>conditions in order to be confirmed as appropriate</u>
<u>BA</u>	<u>speaking, talking, conversations worsens condition</u>	<u>not being able to make an emotional connection due to a lack of communicative understanding</u>
<u>BA</u>	<u>speaking, talking, conversations improves condition</u>	<u>to be emotionally connected through communicative agreement</u>
<u>B</u>	<u>speaking of others, voices disturbing, aggravating</u>	<u>because of feeling a lack of social reciprocity, one lacks any agreement with everything that is being said in the environment</u>
<u>BA</u>	<u>writing worsens condition</u>	<u>to take a stand within the framework of communicative norms, so to be both understood but also vulnerable to criticism</u>
<u>B</u>	<u>swimming, seeing or hearing splashing water aggravates</u>	<u>problem, as a result of a lack of reciprocity, only being concerned with oneself, thus without a supporting external basis</u>
<u>B</u>	<u>swimming improves the condition</u>	<u>wants having no fixed relation to the environment, prefers to be only related to oneself</u>
<u>B/C</u>	<u>Sweat, sweating worse condition</u>	<u>problem being dependent social conditions, so not being able to withdraw, not even to separate oneself emotionally (through sweat).</u>
<u>B/C</u>	<u>Sweat, sweating improve condition</u>	<u>at least to be able to detach oneself emotionally from the exciting states (through sweat) thus to derive one's displeasure</u>
<u>B</u>	<u>sitting worsens the condition</u>	<u>refusal to adapt to the conditions of the seat in favor of social protection (to deal with)</u>
<u>B</u>	<u>sitting improves the condition</u>	<u>willingness to adapt to the conditions of the seat in favor of social protection (to deal with)</u>
<u>B</u>	<u>sitting upright, stretched backwards improves the condition</u>	<u>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</u>
<u>B</u>	<u>bending forward while sitting improves condition</u>	<u>thinks, having to avoid upright presence even at the seat, so having to duck</u>
<u>B</u>	<u>bending backward while sitting improves condition</u>	<u>refusal to have to bend to conditions in order to be secured in one's position within the framework of a seat</u>
<u>B</u>	<u>dust, dirt aggravates condition</u>	<u>to be exposed to unreliability, decay and therefore subjected to social instability</u>
<u>B</u>	<u>standing improves the condition</u>	<u>finding support, taking a stand, position, and being able to take a stand</u>
<u>B</u>	<u>standing worsens the condition</u>	<u>not being able to find support, not being able to take a stand, position, or take a stand</u>
<u>B</u>	<u>stretching improves condition</u>	<u>desire to be present, to be seen, to distance oneself.</u>
<u>B</u>	<u>stretching worsens condition</u>	<u>reluctance to open up, to be present, to be seen, to distance oneself.</u>
<u>B</u>	<u>bending improves the condition</u>	<u>desire to withdraw into oneself, to be unbothered.</u>
<u>B</u>	<u>bending aggravates the condition</u>	<u>reluctance to withdraw into oneself, to be unbothered.</u>
<u>B</u>	<u>dancing, swinging, pitch and toss improves the condition</u>	<u>desires to be released from the confines of being through swinging rhythms, to be both bound and unbound by the certainty of their harmonies</u>
<u>B</u>	<u>dancing, swinging, pitch and toss worsens the condition</u>	<u>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</u>
<u>B</u>	<u>wearing aggravates the condition</u>	<u>to be out of balance between its real stability and</u>

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

- **Eat, Drink:**

<u>B</u>	<u>refuses alcohol, tobacco, to smoke aggravates condition:</u>	<u>refusal to suppress the inevitable, i.e. to come to terms with what has been rejected</u>
<u>B</u>	<u>desires alcohol, tobacco, to smoke improves condition:</u>	<u>willingness to suppress the inevitable, i.e. to come to terms with what has been rejected</u>
<u>B</u>	<u>narcotics, anesthesia, morphine, chloroform aggravate, cause discomfort:</u>	<u>problem of being asked to let go of control in order to surrender to the control of others</u>
<u>B</u>	<u>Eating improves the condition</u>	<u>willingness to communicate socially, to adapt to conditions of acceptance in order to be accepted</u>
<u>B</u>	<u>Eating worsens the condition</u>	<u>problem to communicate socially, to adapt to conditions of acceptance in order to be accepted</u>
<u>B</u>	<u>worsens after eating</u>	<u>problem of wanting to get involved in</u>

		communication, but not wanting to deal with it
<u>B</u>	<u>overeating worsens the condition</u>	<u>exposed to an oppressive variety of acceptance conditions, so to being communicatively overwhelmed</u>
<u>B</u>	<u>chewing, biting, clenching teeth together worsens condition:</u>	<u>not being able to reach a social consensus on a particular personal issue (of the tooth), but only being able to experience oneself as separated from it through a violent intervention from outside</u>
<u>B</u>	<u>clenching teeth together improves condition,</u>	<u>willingness to assert oneself communicatively, to be impressive and therefore accepted and socially held</u>
<u>B</u>	<u>desire clenching teeth, desire to grit one's teeth</u>	<u>feeling of not being able to adapt to the conditions of social reciprocity, impressionability, of only being able to isolate oneself</u>
<u>B</u>	<u>drinking improves the condition</u>	<u>wants to detach emotionally, to move in your social relationships, to be easygoing</u>
<u>B</u>	<u>drinking worsens the condition</u>	<u>problem to detach emotionally, to move in your social relationships, to be easygoing</u>
<u>B</u>	<u>warm drinking improves the condition</u>	<u>desire to detach oneself emotionally, but at the same time desire warmth and affection in order not to be completely disconnected and left to one's own devices</u>
<u>B</u>	<u>warm drinking worsens the condition</u>	<u>desire to detach emotionally, but still to be emotionally bound through warmth, affection, not to be truly separated</u>
<u>B</u>	<u>cold drinking aggravates the condition</u>	<u>desire to detach oneself emotionally, but at the same time desire warmth and affection in order not to be completely disconnected and left to one's own devices</u>
<u>B</u>	<u>cold drinking improves the condition</u>	<u>desire to distance yourself emotionally, to be free of commitments</u> <u>Desire to distance oneself emotionally, to be free of obligations despite social closeness</u>
<u>B</u>	<u>breakfast improves the condition</u>	<u>willingness to confront the day, to make contacts, to want to communicate</u>
<u>B</u>	<u>breakfast worsens the condition</u>	<u>refusal to confront the day, to make contacts, to want to communicate</u>
<u>B</u>	<u>hunger, fasting worsens condition</u>	<u>to be apart, communicative without reciprocity, not to be accepted</u>
<u>B</u>	<u>lack of appetite</u>	<u>rejection to communicate socially, to adapt to conditions of acceptance in order to be accepted</u>
<u>B</u>	<u>prefers cold food</u>	<u>desire to get involved only to a limited extent in communication, to only allow limited emotional closeness</u>
<u>B</u>	<u>lunch aggravated</u>	<u>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</u>
<u>B</u>	<u>monotonous eating habits</u>	<u>one always wants to know in advance, to be well received, to be welcome</u>
	<u>Taste criteria</u>	<u>desired/improving vs rejected/worsening</u>
<u>B</u>	<u>bitter taste rejection, worsens condition</u>	<u>refusal having to prove oneself, having to overcome challenges in order to be socially accepted</u>
<u>B</u>	<u>salty taste; refusal, worsens condition</u>	<u>refuses to be connected to each other despite missing emotionally consensus</u>

<u>B</u>	<u>salty taste; desire, improves condition</u>	<u>wants to be connected to each other despite missing emotionally consensus</u>
<u>B</u>	<u>sour improves condition, craving for vinegar</u>	<u>willingness to be socially apart and thus also free from social obligations</u>
<u>B</u>	<u>sour worsens condition, refusing for vinegar</u>	<u>refusal to be socially apart and thus also free from social obligations</u>
<u>B</u>	<u>sharp improves condition, spicy cravings</u>	<u>is willing to face the provocative, the risky, intensely demanding things</u>
<u>B</u>	<u>sharp worsens condition, spicy rejection</u>	<u>refuses to face the provocative, the risky, intensely demanding things</u>
<u>B</u>	<u>sweet improves condition, craving for sugar</u>	<u>thinks, to be accepted as a matter of course, so being able to rely on being unconditionally welcomed and getting affection and closeness</u>
<u>B</u>	<u>sweet worsens condition, refuses sugar</u>	<u>thinks, not being accepted as a matter of course, not being able to rely on being unconditionally welcomed and getting affection and closeness</u>
<u>B</u>	<u>chocolate rejection, worsens condition:</u>	<u>refusal to engage in family-like closeness, assuming that one is welcome and worthy of attention even without performance</u>
<u>B</u>	<u>chocolate craving, improves condition</u>	<u>willingness to engage in family-like closeness, assuming that one is welcome and worthy of attention even without performance</u>
<u>B</u>	<u>solid food desire rejection soft food</u>	<u>desire for demanding reciprocity, to be socially confirmed and connected by fulfilling conditions and overcoming resistance</u>
<u>B</u>	<u>rejection solid food soft food desire</u>	<u>avoids to expose oneself to challenges of social reciprocity because one always has to expect one's presence to be questioned</u>
<u>B</u>	<u>food smells, food odors; aversion</u>	<u>to be repelled by the fact of forced social obligation, reciprocity</u>
<u>B</u>	<u>fat rejection, eating fatty foods worsens condition</u>	<u>shy away of appearing weighty, of being noticed through his presence, of being exposed to performance expectations</u>
<u>B</u>	<u>fat craving, eating fatty foods improves condition</u>	<u>desires to appear weighty, to be noticed through his presence, to be exposed to performance expectations</u>
<u>B</u>	<u>meat craving, improves condition</u>	<u>willingness to adapt, to be socially positioned through reciprocity of references</u>
<u>B</u>	<u>meat rejection, worsens condition</u>	<u>refusal to adapt, to be socially positioned through reciprocity of references</u>
<u>B</u>	<u>fish refusal, worsens condition</u>	<u>rejection, exposed to an unstable environment, only being kept to oneself, not establishing any fixed references, only being able to meander yourself through</u>
<u>B</u>	<u>fish craving, improves condition</u>	<u>willingness, exposed to an unstable environment, only being kept to oneself, not establishing any fixed references, only being able to meander yourself through</u>
<u>B</u>	<u>vegetable rejection, worsens condition</u>	<u>refusal to be bound by narrow site conditions, having to pass in order to be held and supported</u>
<u>B</u>	<u>vegetable craving, improves condition</u>	<u>willingness to be bound by narrow site conditions, having to pass in order to be held and supported</u>
<u>B</u>	<u>raw vegetables desire, improves:</u>	<u>willingness to position oneself against the local conditions, to have to set boundaries, to be independent</u>

<u>B</u>	<u>raw vegetables rejection, worsens</u>	<u>refusal to position oneself against the local conditions, to have to set boundaries, to be independent</u>
<u>B</u>	<u>cooked vegetables request, asking, improves condition</u>	<u>willingness to be exposed to conditions that are alleviated by socialization, i.e. to only have to conform to certain rules but also have to be more independent</u>
<u>B</u>	<u>cooked vegetables rejection, worsens condition</u>	<u>refusal to be exposed to conditions that are alleviated by socialization, i.e. to only have to conform to certain rules but also have to be more independent</u>
<u>B</u>	<u>Coffee craving, improves condition</u>	<u>willingness to accept the pressure to perform and bitterness of work in order to be socially connected, accepted and respected</u>
<u>B</u>	<u>coffee rejection, worsens</u>	<u>refusal to accept the pressure to perform and bitterness of work in order to be socially connected, accepted and respected</u>
<u>B</u>	<u>cheese rejection</u>	<u>refusal to withdraw into oneself, to isolate oneself emotionally and thus to be independent of care</u>
<u>B</u>	<u>cheese craving</u>	<u>willingness to withdraw into oneself, to isolate oneself emotionally and thus to be independent of care</u>
<u>B</u>	<u>garlic aversion, worsens condition</u>	<u>problem of holding back one's excitement about the negative site conditions, not expressing it in order to be socially valued</u>
<u>B</u>	<u>egg desire, eggs improve condition</u>	<u>willingness to step out of the supporting conditions, to face the fact of having to grow up</u>
<u>B</u>	<u>eggs rejection, eggs aggravates condition</u>	<u>refusal to step out of the supporting conditions, to face the fact of having to grow up</u>
<u>B</u>	<u>milk craving, milk betters condition</u>	<u>willingness to grow up in return for receiving care, i.e. to give care yourself</u>
<u>B</u>	<u>milk rejection, milk worsens condition</u>	<u>rejection to grow up in return for receiving care, i.e. to give care yourself</u>
<u>B</u>	<u>nuts, mussels, shellfish worsens condition, rejection</u>	<u>problem to accept that social development of personality is hindered by protection and belonging to the family</u>
<u>B</u>	<u>craving nuts, mussels, shellfish, improving condition, craving</u>	<u>willingness to accept that social development of personality is hindered by protection and belonging to the family</u>
<u>B</u>	<u>mushrooms aversion, worsens condition:</u>	<u>rejection of not being exposed to reliable social relationships but rather to social unstructuredness and unreliability</u>
<u>B</u>	<u>oil aggravates, aversion oil:</u>	<u>problem, of being only loosely touched, without being binded in reciprocity</u>
<u>B</u>	<u>oil hot, oil vapors, hot fat:</u>	<u>Problem, energetically charged, called upon to engage, but at the same time kept at a distance</u>
<u>B</u>	<u>essential oils improve condition</u>	<u>desire to avoid conflicts by keeping your distance, so to be only benevolent and of avoiding binding reciprocity or to be close</u>
<u>B</u>	<u>essential oils make worse</u>	<u>rejection to avoid conflicts by keeping your distance, so to be only benevolent and of avoiding binding reciprocity or to be close</u>
<u>B</u>	<u>carbohydrates heated in fat or hot oil</u>	<u>Problem, energetically charged, called upon to engage, but at the same time kept at a distance, only exposed to non-binding attention</u>

<u>B</u>	<u>craving carbonated drinks and sodas, improves condition</u>	<u>wants to escape temporarily the social pressure to conform, to be relaxed, relaxed, non-binding</u>
<u>B</u>	<u>rejection carbonated drinks and sodas, worsens condition</u>	<u>refusal to temporarily escape the social pressure to conform, to be relaxed, relaxed, non-binding</u>
<u>B</u>	<u>fruit craving, improves condition</u>	<u>willing accepting the claims of others, to get accepted in one's own</u>
<u>B</u>	<u>fruit rejection, worsens condition</u>	<u>problem accepting the claims of others, to get accepted in one's own</u>
<u>B</u>	<u>green, sour, unripe fruit rejection, worsens condition</u>	<u>refusing to have to break free from the supportive bond in order to be fulfilled as an object of affection in one's own needs</u>
<u>B</u>	<u>green, sour, unripe fruit craving</u>	<u>is willing to break free from the supportive bond in order to be fulfilled as an object of affection in one's own needs</u>
<u>B</u>	<u>stone fruit improvement, stone fruit craving:</u>	<u>Willingness to open up to the core of the matter, fertility, and not just to be superficially willing to emotional reciprocity</u>
<u>B</u>	<u>stone fruit aggravation, stone fruit rejection:</u>	<u>Problem, not wanting to open up to fertility as the core of the matter, is only superficially ready for emotional reciprocity</u>
<u>B</u>	<u>tomatoes aggravate, rejection</u>	<u>problem with affection, promises, on the one hand to be accepted, then again to be separated as inappropriate</u>
<u>B</u>	<u>tomatoes improve, craving</u>	<u>willingness to trust promises, to have the security of not being exposed to arbitrariness, to be once accepted, then to be unsuitable</u>
<u>B</u>	<u>wheat, bakery products, bread craving, improves condition</u>	<u>willingness to be energetically charged, to be called upon to commit, but at the same time to be dependent on a secure local position</u>
<u>B</u>	<u>wheat, bakery products, bread rejection, worsens condition</u>	<u>rejection energetically charged, being called upon to commit, but at the same time to be dependent on a secure local position</u>
<u>B</u>	<u>Carbohydrates in fat, heated oil, pancakes make it worse:</u>	<u>Problem of no longer being active in one's own interests in one's commitment and energy but rather being appropriated by external heat, so no longer being one's own person but now being directed at external whims, being used by them.</u>
<u>B</u>	<u>lemon craving, improves condition</u>	<u>willingness to hold back emotionally, to avoid conflicts, friction, in order to be in agreement with others (object of consens)</u>
<u>B</u>	<u>lemon rejection, worsens condition</u>	<u>rejection to hold back emotionally, to avoid conflicts, friction, in order to be in agreement with others (object of consens)</u>
<u>B</u>	<u>onion rejection, worsens condition</u>	<u>refuses to withdraw into oneself, to isolate oneself, to only focus on oneself and thus be independent of one's surroundings</u>
<u>B</u>	<u>onion desire, improves condition</u>	<u>wishes to withdraw into oneself, to isolate oneself, to only focus on oneself and thus be independent of one's surroundings</u>
<u>B</u>	<u>brushing teeth makes it worse</u>	<u>refusal to submit to the alleged necessity of dental cleaning, to accept being considered for that matter flawed</u>
<u>B</u>	<u>defecation improves the condition,</u>	<u>prefers to be separated as socially inappropriate, because detached from the contact</u>
<u>B</u>	<u>worse before bowel movements</u>	<u>wants to avoid the contact</u>

	<u>= bowel movements improve condition</u>	
<u>B</u>	<u>defecation worsens the condition</u>	<u>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</u>
<u>B</u>	<u>worse after defecation = defecation worsens condition</u>	<u>cannot accept being separated</u>
<u>B</u>	<u>urination improves the condition,</u>	<u>willingness to avoid conflicts, so being able to accept that you cannot solve them, but can only distance yourself emotionally and thus calm yourself down</u>
<u>B</u>	<u>urination worsens the condition,</u>	<u>refusal to avoid conflicts, so being not to accept that you cannot solve them, but can only distance yourself emotionally and thus calm yourself down</u>
<u>B</u>	<u>condition aggravates before urination,</u>	<u>problem of holding back, having to dam displeasure</u>
<u>B</u>	<u>urinary urgency</u>	<u>problem of being exposed to rejected pressure to conform, not being able to express one's displeasure about it, only being able to suppress it</u>
<u>B</u>	<u>urinary retention</u>	<u>problem of being exposed to rejected pressure to conform, of being unable to express but also not to suppress one's displeasure about it, of only being able to hold it back</u>
<u>B</u>	<u>condition aggravates after urination</u>	<u>to only suppress one's displeasure but not to be able to let go</u>
<u>B</u>	<u>condition improves after urination</u>	<u>urinating means to distance oneself emotionally, so it means, to be able to calm one's excitement by pushing it away</u>

- Allergies:

<u>B</u>	<u>allergies</u>	<u>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</u>
<u>B</u>	<u>house dust allergy:</u>	<u>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</u>
<u>B</u>	<u>hay fever</u>	<u>problem of being confronted with a rush of confusing requests for social commitment, not being able to establish a connection and therefore not being able to react appropriately, only being able to wear oneself out in futile efforts</u>
<u>B</u>	<u>metal allergies</u>	<u>despite a lack of willingness, has to obey mandatory social conditions and duties, being neither able to escape nor to adapt but only being able to attack oneself</u>
<u>B</u>	<u>nuts allergy</u>	<u>problem, to accept, in favor of social protection prevented from developing, being enclosed in narrow framework conditions</u>

<u>B</u>	<u>animal hair allergy:</u>	<u>problem of being called upon to be independent on the one hand and to submit to social conditions on the other, not being able to escape from the conflict, only being able to attack oneself</u>
<u>B</u>	<u>detergent and soap allergy:</u>	<u>problem of feeling socially unsuitable (dirty) and therefore isolated and detached, unable to escape or to adapt but only attacking oneself</u>
<u>B</u>	<u>celiac disease, gluten allergy</u>	<u>should face the conditions of social usefulness, but not being able to overcome one's reservations, only being able to fall through</u>

- Seasons and times of the day:

<u>B</u>	<u>spring improves the condition</u>	<u>desire to develop fruitfully</u>
<u>B</u>	<u>spring worsens the condition</u>	<u>refusal to develop fruitfully</u>
<u>B</u>	<u>summer improves the condition</u>	<u>willingness to be exposed to the light and to grow</u>
<u>B</u>	<u>summer worsens the condition</u>	<u>refusal to be exposed to the light and to grow</u>
<u>B</u>	<u>autumn improves the condition</u>	<u>willingness to be as a fruit socially desired as well as ephemeral</u>
<u>B</u>	<u>autumn worsens the condition</u>	<u>refusal to be as a fruit socially desired as well as ephemeral</u>
<u>B</u>	<u>winter improves the condition</u>	<u>willingness to be rejected by circumstances to oneself, to be restricted only related to oneself</u>
<u>B</u>	<u>winter worsens the condition</u>	<u>refusal to be rejected by circumstances to oneself, to be restricted only related to oneself</u>
<u>B</u>	<u>worse at night</u>	<u>rejection of being exposed to social isolation without having a secure orientation or control</u>
<u>B</u>	<u>better at night</u>	<u>desire to be centered to oneself, of being not oriented by references</u>
<u>B</u>	<u>better during the day</u>	<u>willingness to face the daily conditions, the light, the public, to confirm one's social importance</u>
<u>B</u>	<u>worse during the day</u>	<u>refusal to face the daily conditions, the light, the public, because being without social agreement</u>
<u>B</u>	<u>better in the morning</u>	<u>Desire not to be exposed to the unwelcoming social conditions during the night, to be only related with oneself and/or the familiar family base</u>
<u>B</u>	<u>worse in the morning</u>	<u>refusal to tackle the day, to face coming social demands and facts</u>
<u>B</u>	<u>getting up in the morning worsens condition*</u>	<u>refusal to deal with the conditions of the day, to position yourself, to confront</u>
	<u>* If an internal symptom is needed, use the general rubric "worse in the morning"</u>	
<u>B</u>	<u>morning and evening worsens the condition</u>	<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</u>
<u>B</u>	<u>better in the late morning</u>	<u>willingness to face challenges, to adapt to</u>

		<u>conditions, to be flexible</u>
<u>B</u>	<u>worse in the late morning</u>	<u>refusal to face challenges, to adapt to conditions, to be flexible</u>
<u>B</u>	<u>worse at noon</u>	<u>problem to be visible and faced with public pressure</u>
<u>B</u>	<u>better in the afternoon</u>	<u>willingness, desire to meet the requirement to prove oneself through performance and usefulness</u>
<u>B</u>	<u>worse in the afternoon</u>	<u>refusal, problem to meet the requirement to prove oneself through performance and usefulness</u>
<u>B</u>	<u>better in the evening</u>	<u>opportunity to let go of the day, its conditions, goals and to find emotional distance through social integration</u>
<u>B</u>	<u>worse in the evening</u>	<u>problem of not being certain at the end of the day that social expectations have been met and that one is thus securely positioned</u>
<u>B</u>	<u>sleep, sleeping improves the condition</u>	<u>desire to be released from conflict with the outer social circle through sleep, to be related only with oneself and/or the inner circle (immediate location)</u>
<u>B</u>	<u>sleep, sleeping worsens the condition</u>	<u>refusal to be without reference to the external social circle through sleep, so to be related only to one's conflict with oneself and/or the inner circle (immediate location)</u>
<u>B</u>	<u>lack of sleep worsens condition</u>	<u>lack of retreat into sleep and therefore lack of the associated self-centeredness, which is necessary for regeneration</u>
<u>B</u>	<u>dusk, dawn, twilight</u>	<u>neither appear impressive nor unrelated, only unclear, not to be unequivocal</u>
<u>B</u>	<u>worse during day and night</u>	<u>problem of being generally unrelated, thus being unable to confront the day or withdraw to yourself</u>
<u>B</u>	<u>worse while falling into sleep</u>	<u>problem of being temporarily unrelated, not connected to either yourself or the world</u>
<u>B</u>	<u>worse during awakening</u>	<u>sensitive to getting into an unstable situation, cannot accept when waking up being temporarily disconnected with oneself or one's surroundings</u>
<u>B</u>	<u>worse during awakening in the morning</u>	<u>Problem of being sensitive to instability, thus being unable to accept between sleep and waking being neither contained within oneself nor hold socially</u>
<u>B</u>	<u>complaint awakes, wakes you from sleep, problems during/in sleep > waking up</u>	<u>agitation, being in conflict with oneself and/or one's local situation, not being able to coordinate and therefore not being able to calm down, being disconnected</u>
<u>B</u>	<u>to be woken up</u>	<u>excitement of being forced to be present and thus being confronted with rejected reality</u>

• organ clock

<u>B</u>	<u>0 o'clock, 24 o'clock, midnight:</u>	<u>time of maximum isolation, exposure, therefore of having to be on guard.</u>
<u>B</u>	<u>0-2: Bile (Yang):</u>	<u>problem of being exposed to unreasonable location conditions, not being able to distance oneself, only being able to be on one's guard</u>
<u>B</u>	<u>2 o'clock: Gallbladder/liver:</u>	<u>problem, suppressing one's discontent, having to fulfill social conditions, yet still being on one's own.</u>
<u>B</u>	<u>2-4: Liver (Yin):</u>	<u>problem of conforming to social norms, standards</u>

		<u>of value, performance conditions, of allowing oneself to be exploited without being secure in one's position</u>
<u>B</u>	<u>4 o'clock: Liver/Lung:</u>	<u>problem of not being able to come to terms with social values, performance conditions and so not being able to open up communicatively</u>
<u>B</u>	<u>4-6: Lung (Yin):</u>	<u>problem of being without social consensus, certainty, thus not being able to agree to social conditions and communicate as a matter of course</u>
<u>B</u>	<u>6 o'clock Lungs/Large Intestine:</u>	<u>problem of having opened up communicatively, but now confronted with conditions of social utility, of being questioned.</u>
<u>B</u>	<u>6-8: Large Intestine (Yang)</u>	<u>problem of fear of not meeting the conditions of social utility and therefore being considered useless, unsuitable, and being excluded</u>
<u>B</u>	<u>8-10: Stomach (Yang)</u>	<u>trying of getting involved despite one's reservations with the unfamiliar and foreign, however not experiencing oneself as integrated.</u>
<u>B</u>	<u>10-12: Spleen, Pancreas (Yin)</u>	<u>problem of meeting the diverse social circumstances, but only being able to exhaust oneself vitally but not being able to create consensus.</u>
<u>B</u>	<u>12 o'clock pancreas/heart, worse at noon, complaints, conditions, pain worse at noon:</u>	<u>problem, under the light of mutual respect, confronted with diverse circumstances, but being despite efforts without agreement, so of being questioned.</u>
<u>B</u>	<u>12-14: Heart (Yin):</u>	<u>problem of trying harder and harder to meet the conditions of social appreciation, ultimately failing and therefore not being valued</u>
<u>B</u>	<u>14-16: Small intestine (Yang):</u>	<u>problem of not being able to meet the conditions of social benefit despite the willingness to submit to the pressure to perform</u>
<u>B</u>	<u>16-18: Bladder (Yang):</u>	<u>problem to suppress one's emotions in favor of social consensus rather but instead of being accepted being isolated.</u>
<u>B</u>	<u>18-20: Kidney (Yin):</u>	<u>problem, dependent on the location (place of emotional relationships) but despite being reserved towards its conditions, but still being isolated, without getting support from behind;</u>
<u>B</u>	<u>20-22: Circulation, sexuality: Control of the environment (Yin):</u>	<u>problem, on the one hand to let go of control at the location, because wanting to rest, on the other hand one doesn't want to let go of control because of having reservations about it, so wanting to remain present;</u>
<u>B</u>	<u>22-24: Triple Warmer: Functions of the respiratory, digestive, urogenital tract; control of the self (Yang) B 1:</u>	<u>problem of being dependent on social support on the one hand, but on the other hand being called upon to be independent and socially self employed</u>

- **Temperature, weather:**

the influence of the surrounding climate on emotionality

<u>B</u>	<u>warmth of bed or coverlet aggravate the condition</u>	<u>rejection, only covered by a blanket but not protected by personal attention, to actually be on your own</u>
<u>B</u>	<u>undressing, covering, exposing aggravates condition</u>	<u>rejection, to be free from social conditionality, therefore to be unsecured and only related to oneself</u>
<u>B</u>	<u>catching a cold worsens condition:</u>	<u>feeling socially alienated as one is, instead of being accepted, rejected</u>
<u>B</u>	<u>thunderstorm worsens condition</u>	<u>problem, being threatened by social uncertainty, exposed to random discharges</u>
<u>B</u>	<u>heat weather aggravates condition</u>	<u>problem, being subjected to heated dominance, social adjustment pressure, paternalism</u>
<u>B</u>	<u>heat and cold aggravate condition</u>	<u>problem of being socially insecure, being emotionally overwhelmed by both closeness and social distance</u>
<u>B</u>	<u>air conditioning worses condition</u>	<u>problem of being exposed to hidden social non-binding</u>
<u>B</u>	<u>outdoors or open air worsens condition</u>	<u>rejects to be unrelated, free of social pressure to conform</u>
<u>B</u>	<u>outdoors or open air improves condition</u>	<u>prefers to be unrelated, free of social pressure to conform</u>
<u>B</u>	<u>walking outdoors improves condition</u>	<u>rejects being restricted by social security and limited in its radius of action by a social framework</u>
<u>B</u>	<u>walking outdoors worsens condition</u>	<u>prefers to be restricted by social security and limited in his range of action by a social framework</u>
<u>B</u>	<u>open windows, doors improve condition</u>	<u>wants, to be on the one hand free, being socially without pressure to conform, wants to be on the other hand social supported</u>
<u>B</u>	<u>frosty weather aggravates condition</u>	<u>problem of being stuck at the location due to dismissive environmental conditions, being limited to oneself</u>
<u>B</u>	<u>fog worsens condition</u>	<u>rejection, to be not able to appear clear and therefore not perceived as a presence, being like social unrelated</u>
<u>B</u>	<u>rain improves condition</u>	<u>desire to be loosened in his social connectedness, to be freed from his restrictions</u>
<u>B</u>	<u>rain worsens condition</u>	<u>problem with lack of firmness in social relationships, to be not being held tightly but only loosely</u>
<u>B</u>	<u>snowmelt worsens condition</u>	<u>rejection to go public, to grow and develop through light</u>
<u>B</u>	<u>muggy, humid weather worsen condition</u>	<u>rejection, to be exposed to intrusive affection, but to be actually not really connected, just being co-opted</u>
<u>B</u>	<u>sultry, humid weather improves condition</u>	<u>desire to be exposed to non-binding attention, not really connected, taken up</u>
<u>B</u>	<u>dry weather improves condition</u>	<u>willingness to be in his environment only present but social without emotional closeness</u>
<u>B</u>	<u>dry weather worsens condition</u>	<u>refusal to be in his environment only present but</u>

		<u>social without emotional closeness</u>
<u>B</u>	<u>hot applications improve the condition</u>	<u>willingness to be called upon from outside to dynamic activity, to be confirmed in one's own desire by external heat</u>
<u>B</u>	<u>hot applications worsens the condition</u>	<u>refusal to be harassed by external heat, rejects being called to dynamic action from outside</u>
<u>B</u>	<u>wetness, humidity, wet improves</u>	<u>willingness to be only loosely connected to one's social environment, to be socially without any fixed relationships</u>
<u>B</u>	<u>wetness, humidity, wet aggravated</u>	<u>rejection, to be only loosely connected to one's social environment, to be socially without any fixed relationships</u>
<u>B</u>	<u>sun improves</u>	<u>desire to be treated with warmth by a benevolent dominance, to be brought into appearance by its light, to be accepted within its conditions, to be socially secured</u>
<u>B</u>	<u>sun worsens</u>	<u>problem of being exposed to a demanding dominance, being exposed into its light, having to prove oneself, but otherwise being emotionally without reciprocity</u>
<u>B</u>	<u>warmth, warm improves condition</u>	<u>see below sensory and contact sensitivities:</u>
<u>B</u>	<u>warmth, warm worsens condition</u>	<u>see below sensory and contact sensitivities:</u>
<u>B</u>	<u>cold, coldness improves the condition</u>	<u>see below sensory and contact sensitivities:</u>
<u>B</u>	<u>cold, coldness worsens the condition</u>	<u>see below sensory and contact sensitivities</u>
<u>B</u>	<u>Weather change cold > warm worsens condition</u>	<u>problem of being emotionally reserved towards one's social environment, but now increasingly exposed to intrusive closeness</u>
<u>B</u>	<u>Weather change warm > cold worsens condition</u>	<u>problem, emotionally dependent on commitment, but now experiencing more and more separation without attention</u>
<u>B</u>	<u>wind aggravates condition</u>	<u>rejection, to be exposed to swirling air, to be superficial pressured without having a emotional relationship</u>
<u>B</u>	<u>wind improves condition</u>	<u>has nothing against being exposed to swirling air, being emotionally unconnected and so free of arousal</u>
<u>B</u>	<u>warm south wind worsens condition</u>	<u>problem to be exposed to indifferent benevolence, without having any emotional relation, only considered to be indifferent</u>
<u>B</u>	<u>draft worsens condition</u>	<u>problem of being exposed to hidden social non-binding</u>

• 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 body B - numbness, insensibility Body C

Sensitive senses BA - numbness, insensibility: senses CA

Sensitive to touch B - Insensibility, numbness to touch C

Touch improves B - Touch makes worse B

Sound sensitivity BA - Hearing loss Deafness CA

noises Improve condition B - noises worsens condition B

Taste sensitive BA - Sense of taste absent CA

Sensitive to smell BA - Loss of sense of smell CA

pain sensitive BA - painlessness C

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 C

Cold improves B - Cold worsens B

Heat, warmth sensitivity BA - Temperature insensitivity C

Heat, warmth improves B - Heat, warmth makes B worse

<u>BA</u>	<u>sensitivity to touch,</u>	<u>to be very easily touched by issues of mutual social consensus</u>
<u>B</u>	<u>touching painful, injured body parts</u>	<u>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</u>
<u>B</u>	<u>touch aggravates condition</u>	<u>wants to avoid all contacts, thinks being questioned by even the slightest touch</u>
<u>B</u>	<u>touch improves condition</u>	<u>desire to be touched and therefore socially accepted</u>
<u>BA</u>	<u>pressure sensitivity,</u>	<u>to be sensitive in questions of mutual social pressure to conform</u>
<u>B</u>	<u>pressure worsens condition</u>	<u>very easily perceives social pressure to conform as dominance</u>
<u>B</u>	<u>pressure improves condition</u>	<u>wants to orientate oneself according to the conditions of the environment</u>
<u>B</u>	<u>colors improve the feeling</u>	<u>desire to disclose mood, to be emotionally visible</u>
<u>B</u>	<u>colors worsen the feeling</u>	<u>rejection to disclose mood, to be emotionally visible</u>
<u>BA</u>	<u>noise sensitive</u>	<u>to be sensitive in matters of mutual agreement or criticism</u>
<u>B</u>	<u>sounds, noises aggravates condition</u>	<u>means to be exposed to criticism, disagreements or to be without approval</u>
<u>B</u>	<u>sounds, noise ameliorate condition</u>	<u>Feeling of being freed from self-absorption by noises</u>
<u>BA</u>	<u>sensible to paper rustling, scratching</u>	<u>being subjected to destructive, border-crossing claims</u>
<u>BA</u>	<u>taste sensitive</u>	<u>to be sensitive to questions of the conditions of mutual social edibility</u>
<u>BA</u>	<u>sharpened sense of taste</u>	<u>overwhelmed by the usual conditions of social edibility, immediately thinks of being unconnected and inappropriate</u>
<u>BA</u>	<u>odor sensitivity, sensitive to smells</u>	<u>Problem of always wanting to conform to the conditions of social custom, sensuality, and thus immediately believing to be without social agreement, if something deviates</u>

<u>BA</u>	<u>sharp sense of smell</u>	<u>Problem of always wanting to conform to the conditions of social custom, sensuality, and thus immediately believing to be without social agreement, if something deviates</u>
<u>BA</u>	<u>sensitivity to cold</u>	<u>to be dependent on security, thus being very easily affected by questions of social insecurity</u>
<u>B</u>	<u>cold improves condition</u>	<u>Social distance, isolation, non-commitment improves (liberates) condition, closeness makes things worse</u>
<u>B</u>	<u>cold worsens condition</u>	<u>social distance, non-committalness worsens condition (uncertainty), closeness improves it</u>
<u>B</u>	<u>improve odors</u>	<u>Feeling of being freed from self-absorption by odors</u>
<u>BA</u>	<u>sensitivity to light</u>	<u>being touchy about issues of socially appropriate appearance</u>
<u>B</u>	<u>Light worsens condition</u>	<u>coming to light, having to show oneself, to have to appear is a problem</u>
<u>B</u>	<u>Light improves condition; desire for light</u>	<u>Desire to appear in order to be seen, perceived and thus to be socially present</u>
<u>B</u>	<u>darkness aggravates condition</u>	<u>Rejection, to be unseen, deprived of attention and therefore questioned</u>
<u>B</u>	<u>darkness improves condition</u>	<u>desires not to be seen, withdrawn from all attention, avoids in this way to be questioned</u>
<u>BA</u>	<u>sensitive to pain</u>	<u>in questions of social reciprocity he is very sensitive to even minor conflicts</u>
<u>B</u>	<u>pain worsens condition</u>	<u>more and more in conflict with the social environment through futile efforts to adapt</u>
<u>BA</u>	<u>heat, warmth sensitivity</u>	<u>very easily unsettled by questions about small social distances</u>
<u>B</u>	<u>warmth, heat improves condition</u>	<u>social affection, closeness, commitment improves condition (secures), distance worsens condition</u>
<u>B</u>	<u>warmth, heat worsens condition</u>	<u>social affection closeness, commitment worsens condition (pressured), distance improves condition</u>

• Pathologies (B) that can be modalities (C):

The symptom is modality B if it aggravates a condition

The symptom is reaction C if it is the result of a circumstance

f.e.: Fever is modality B if it aggravates a condition

Fever is reaction C if it is the result of a circumstance

<u>B/C</u>	<u>belching improves condition</u>	<u>being confronted with the unfamiliar, not being able to coordinate with one another and therefore wanting to keep emotional distance</u>
<u>B/C</u>	<u>belching worsens condition</u>	<u>to be confronted with the unfamiliar, wanting absolutely to coordinate with and therefore not wanting to go at distance</u>
<u>B/C</u>	<u>vomiting worse condition</u>	<u>being exposed to non-binding communicative contacts and therefore being rejected as inappropriate</u>
<u>B/C</u>	<u>vomiting improve condition</u>	<u>desire to be socially isolated and thus freed from questions of social fit</u>

<u>B/C</u>	<u>fever improves condition</u>	<u>to release emotional pressure, to calm down and so to be able to come to terms with circumstances</u>
<u>B/C</u>	<u>fever worsens condition</u>	<u>rejects having to accept being helpless, being able to only get excited but not avoid</u>
<u>B/C</u>	<u>flatulence, flatus improves</u>	<u>to be overwhelmed by the pressure to adapt to society in terms of flexibility, to ultimately not be able to withstand the pressure, to only be able to relieve oneself by detaching oneself</u>
<u>B/C</u>	<u>flatulence, flatus aggravates</u>	<u>to be overwhelmed by the pressure to adapt to society in terms of flexibility, but being emotionally committed to its conditions, thus having to withstand the pressure and not being able to relieve oneself by isolating oneself</u>
<u>B/C</u>	<u>flatulence, flatus worsens condition</u>	<u>problem of being under pressure to adapt, of not being able to deal with it or escape it, of only being able to dam it up</u>
<u>B/C</u>	<u>diarrhea worsens condition</u>	<u>not being able to meet the social acceptance requirements, and thus to fall through</u>
<u>B/C</u>	<u>diarrhea improves condition</u>	<u>desire to be distanced and thus freed from the conditions of social acceptance</u>
<u>B/C</u>	<u>cough improves condition</u>	<u>problem of not being able to express openly oneself, only of being able to free oneself emotionally (by coughing) indirectly</u>
<u>B/C</u>	<u>cough aggravates condition</u>	<u>problem of making his displeasure indirectly audible, but to be without any resonance or approval</u>
<u>B/C</u>	<u>tendency to clear one's throat</u>	<u>to express oneself again and again, but not to be able to make oneself heard because being without resonance</u>
<u>B/C</u>	<u>pain aggravates condition</u>	<u>problem of becoming more and more agitated because, despite all efforts, one cannot adapt to the circumstances or avoid them</u>

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

- individual sensitivities to certain destructive influences, traumas:

<u>B</u>	<u>antibiotics make it worse</u>	<u>excitement, instead of being respected in his claims, aggressively disenfranchised, being considered inferior and thus called upon to renounce</u>
<u>B</u>	<u>hormone tablets, pill incompatible</u>	<u>believes to be determined in her sexual role by others but not to be valued as a woman</u>
<u>B</u>	<u>medication poisoning, medication or drugs aggravate</u>	<u>rejection, to be a subject of control and determined by aggressive paternalism</u>
<u>B</u>	<u>vaccination worse</u>	<u>rejection of having to adapt to aggressive foreign influences, to their arbitrariness</u>
<u>BC</u>	<u>bacterial infectious disease</u>	<u>being considered socially inferior and unsuitable, therefore only causing offense but not being able to meet the social conditions</u>
<u>BC</u>	<u>viral infectious disease, influenza, flu</u>	<u>alienated from the social environment, instead of being accepted as a member, being separated</u>
<u>B</u>	<u>medication sensitive</u>	<u>Rejection aggressive interference, paternalism</u>
<u>B</u>	<u>homeopathic medicines; violent reaction to:</u>	<u>feeling of being immediately shaken by every discussion about one's personal attitude to life, of being deeply affected by minor objections</u>
<u>B</u>	<u>narcotics, anesthesia intolerant</u>	<u>excitement, repressing the conflict through social withdrawal, i.e. dissolving the problematic relationships, seeking emotional release through lack of relationships</u>
<u>BA</u>	<u>surgery, surgical operation aggravated</u>	<u>to have been unilaterally reduced in a personal claim by a violent intervention from outside and thus unilaterally forced into social agreement</u>
<u>B</u>	<u>catheter</u>	<u>of having to accept it, having its integrity, presence violated, disregarded, without the possibility of reacting</u>
<u>B</u>	<u>aggravated after dental treatment, teeth extraction</u>	<u>problem of not being able to understand, to assert oneself convincingly in a certain social issue (of the tooth) but being not correctable too, so the defect can only be solved by force by tearing it out</u>
<u>B</u>	<u>loss of fluids (sweating, diarrhea, fever, nursing)</u>	<u>problem having only exhausted oneself physically and/or mentally despite trying, but has not reached any social consensus</u>
<u>BA</u>	<u>shock, fright</u>	<u>being tensed in questions of social integration, but suddenly exposed to uncertainty, shaken in his social certainty, to be questioned</u>
<u>B</u>	<u>oppression, suppression</u>	<u>problem of being prevented from expressing his excitement, but not being able to suppress the conflict, only being able to express it elsewhere</u>
<u>B</u>	<u>to suppress something, to consciously hold back</u>	<u>to be under pressure from one's pent-up excitement, but nevertheless wanting not to distance oneself emotionally but to hold one's ground</u>
<u>B</u>	<u>insect bites, poisonous animals</u>	<u>feeling helpless, having to accept, to be used without consent, of not being able to defend</u>

	oneself or withdraw, being only aroused about it
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- **destructive influences beyond the individual adaptation potential.**

ATTENTION: We see a supra-individual sensitivity.

<u>BA</u>	<u>drug addiction, substance abuse, abuse of medication,</u>	<u>avoiding the confrontation with your own reality, not being able to face your conflict</u>
<u>B</u>	<u>chemotherapy consequences</u>	<u>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</u>
<u>B</u>	<u>convalescence, recovers poorly</u>	<u>irritated by incomprehensible conditions, therefore being overwhelmed by them in terms of his willingness to adapt socially</u>
<u>B</u>	<u>radiation therapy consequences, x-ray</u>	<u>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</u>
<u>B</u>	<u>smoke, exhaust fumes</u>	<u>is exposed to destructiveness, feels isolated more and more in its communicative presence, finally to be without reciprocity</u>
<u>B</u>	<u>dust, dirt</u>	<u>being dependent on reliable order, stability, so being sensitive to the consequences of decaying structures</u>
<u>B</u>	<u>blood losses, bleeding</u>	<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</u>
<u>B</u>	<u>accidental trauma, shock</u>	<u>excitement, faced with shocking contradiction, feels attacked being called into question and shaken in its social certainty</u>
<u>B</u>	<u>death of relatives, child loss through an abortion</u>	<u>abandoned, left to oneself, without support references to be</u>
<u>BA</u>	<u>birth shock</u>	<u>being arbitrarily rejected from the relationship with the mother, of being separated as worthless</u>
<u>B</u>	<u>burning</u>	<u>experiencing a destructive dominance, not adapting to its heat, only being able to dissolve in it</u>
<u>B</u>	<u>parasites, lice, worms</u>	<u>feeling of being seen as a parasite, a worthless outsider:</u>
<u>B</u>	<u>intoxication, poisoning, sepsis</u>	<u>problem, under the guise of reciprocity, to actually be exposed to devastating insidiousness</u>
<u>B</u>	<u>injury, hit, accident, trauma</u>	<u>disbelief, of not being socially noticed, respected and therefore having one's existence questioned</u>
<u>B</u>	<u>fracture</u>	<u>Problem of being exposed to totally contradictory environmental principles, therefore not being able to withstand them in one's principles</u>
<u>B</u>	<u>tooth extraction</u>	<u>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</u>