



## 1.4 Emotional Connection & Flower Essence Therapy Worksheet

1. Circle which neurotransmitter relate to the deficiency symptoms you may be feeling.

Neurotransmitter	Deficiency Symptoms
<b>Serotonin</b>	Insomnia, depression, anxiety, O.C.D., panic attacks, negativity
<b>Dopamine/Norepinephrine</b>	Depression, lack of energy/ focus/drive, A.D.D.
<b>GABA</b>	Tense muscles, unable to relax, stressed/burnout
<b>Endorphins</b>	Very sensitive to emotional or physical pain, cries easily, craves comfort food

2. Circle the organs relate to the negative emotions you may be feeling.

Organ	Negative Emotion
<b>Skin, Hypothalamus, Pineal</b>	Unconsciousness
<b>Bladder</b>	Irritated
<b>Kidney</b>	Fear
<b>Heart</b>	Depression, Anxiety
<b>Colon/Large Intestine</b>	Being stuck
<b>Small Intestine</b>	Being Vulnerable
<b>Stomach</b>	Disgust
<b>Liver</b>	Anger
<b>Gallbladder</b>	Resentment
<b>Thyroid</b>	Confusion
<b>Adrenals</b>	Stress, Fear
<b>Pancreas</b>	Grief
<b>Spleen/Lymphatic System</b>	Worry
<b>Lung/Respiratory System</b>	Sadness, Grief, Loss
<b>Reproductive</b>	Apathy, Unresponsiveness

3. Circle the chakra relate to the blocked state you may be feeling.

