

# HOW OUR EMOTIONS WORK 1

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## Positive, Neutral, Negative

Each time an event happens in life there are three possible responses: neutral, positive or negative.

A neutral response is not worth mentioning as it is of no consequence to our health.

Both positive and negative responses to an event produce a physiological reaction in our bodies. This physiological reaction is energy. Our bodies were not made to contain this energy.

As soon as this energy is created we need to release it or it will begin to break us down physically. It is harmful and toxic to us. It doesn't matter if the reaction is positive or negative. Both do damage.

## Positive

A positive response brings happiness, excitement, joy or the like. When people have positive responses to events they want to tell someone, as quickly as possible. We all love a good story.

As we talk, our positive energy is released. Over time, it goes away completely. Because people like to talk about happy things, the energy is released before it hurts us physically. However, even a positive response, kept secret, will break down the body.

## Negative

A negative response to an event brings sadness, anger, feelings of betrayal, breach of trust, disgust, etc. When an event brings a negative response we might not talk about it. We might hold it in, hide it and keep it secret. ("Secrecy is the cancer of the soul.") If negative responses aren't released they become a toxin, a poison, and they damage the body.

Victims of sexual abuse tend to store emotional pain in their lower abdominal area. The negative emotional energy from their abuse breaks down their organs and they develop some of the following conditions: gastrointestinal disorders, partial or complete hysterectomies under the age of 30, recurrent bladder infections, recurrent yeast infections, prolapsed uterus, cysts on the ovaries, fibroids, hemorrhoids, etc.

## Release

All positive and negative emotional responses must be released from the body. Positive responses are easy to release because people like to hear good things. How can a person let go of negative energy without alienating others? This is where a professional can help, a person you aren't friends with, who is trained to listen and help. If you don't access to a professional you can do a lot of this work on your own. Please read the follow-up articles below.

After release, if the damage to the body is not irreparable, the person will be able to heal naturally or respond to available medical treatments or be amenable to healing prayer.

*[How Our Emotions Work Part 2, A Brief Guide to Inner Healing and Pastoral Care of the Sexually Abused](#)*