

RIGHT - MASCULINE / OTHERS / THOUGHTS / GIVING SIDE

- 1 Head: Close-minded, denial, a need to connect with others
- 2 Unbalanced focus on thoughts or the needs of others
- 3 Closed awareness, limiting perspective of others / masc.
- 4 Worry, mistrust, unsure about masculine figure or others
- 5 Need to look at life, an experience, or others in a new way
- 6 Frustration towards others, not listening or not feeling heard
- 7 Lack of authentic joy, difficulty expressing your truth
- 8 Tension, anger, lack of feeling nurtured or safe with masc.
- 9 Neck: Inflexibility, stress, difficulty seeing the other side
- 10 Shoulders: Guilt, burdens, carrying responsibility of others
- 11 Difficulty expressing thoughts, communication with others
- 12 Fear of being seen or heard, feel unseen around masc.
- 13 Difficulty celebrating others, resentful towards masc.
- 14 Burdened, feel undeserving of good, heavy responsibility
- 15 Feeling alone, unwanted by masculine figure or others
- 16 Feeling controlled or constrained by masculine / others
- 17 Lack of feeling safety or nurturing love from masc. / others
- 18 Fear of reaching out, feeling alone, fear of inferiority
- 19 Imbalance in giving to others, holding onto thoughts
- 20 Shielding others from hurt or pain, blocking others out
- 21 Feel controlled/stuck, imbalance with masc. figure / others
- 22 Difficulty letting go of thoughts, holding onto expectations
- 23 Lack of trustworthy support from masc. figure or others
- 24 Fear of expression, blaming others, pride imbalance
- 25 Anger, frustration, or resentment towards masc. / others
- 26 Imbalance in relationships, loss, sadness, or grief
- 27 Shame, judgment towards others, feeling fragile in life
- 28 Heavy judgments on others, difficulty loving others
- 29 Emotional absence or lack of nurturing from masculine
- 30 Fear of giving love, rejection, heartbreak, grief
- 31 Afraid to reach out or ask for help from others
- 32 Feel powerless in relationship with other / masc.
- 33 Shame, feeling small, hiding unsafe thoughts
- 34 Fear of being vulnerable, worry or anxiety
- 35 Avoiding conflict or stress with others
- 36 Doing instead of feeling, need to let go
- 37 Insecurities or fear around masculine / others
- 38 Difficulty digesting heavy emotions
- 39 Paralyzing shame or fear, feeling frozen
- 40 Stuck in thoughts, frustrated with masc. / others
- 41 Unbalanced relationship with masculine figure / others
- 42 Deeply rooted beliefs, difficulty expressing love
- 43 Feel insecure, unsafe, or unappreciated by masc. / others
- 44 Agitated, overstimulated, anger/frustration based anxiety
- 45 Fear of opening up to others or masculine figures
- 46 Indecisive thoughts, lack of support from masc. / others
- 47 Fear of the future, running from masculine / others
- 48 Feeling threatened, blocking masculine or others out
- 49 Weakened support system, fear of choosing path
- 50 Feeling stuck, unable to move, rigid or stubborn

Polarities of the Human Body

Our nervous system is contralateral; meaning the brain's hemispheres control the opposite sides of our body. We have the linear or 'logical' (left side of the brain), and the non-linear or 'creative' (right side of the brain). **Our right brain manifests on the left side of the body, and our left manifests on the right.**

How we relate to emotions in our mind, can manifest in our physical body as well. Our left side is said to be the receiving side, and feminine. It responds to stimulus from our environment, and is known to hold a lot of our past experiences, emotions, feelings, memories, or pain. Our right side (or masculine) organizes and moves things forward as it guides how we interact with others and our outside world and is considered the giving side of the body.

The front side of our body is believed to reveal our social self, our identity, ego, and the parts of us we show to others and the outside world. It reflects aspects of ourselves in daily living like communication, desire, happiness, sadness - all shown through our face, posture, and body language.

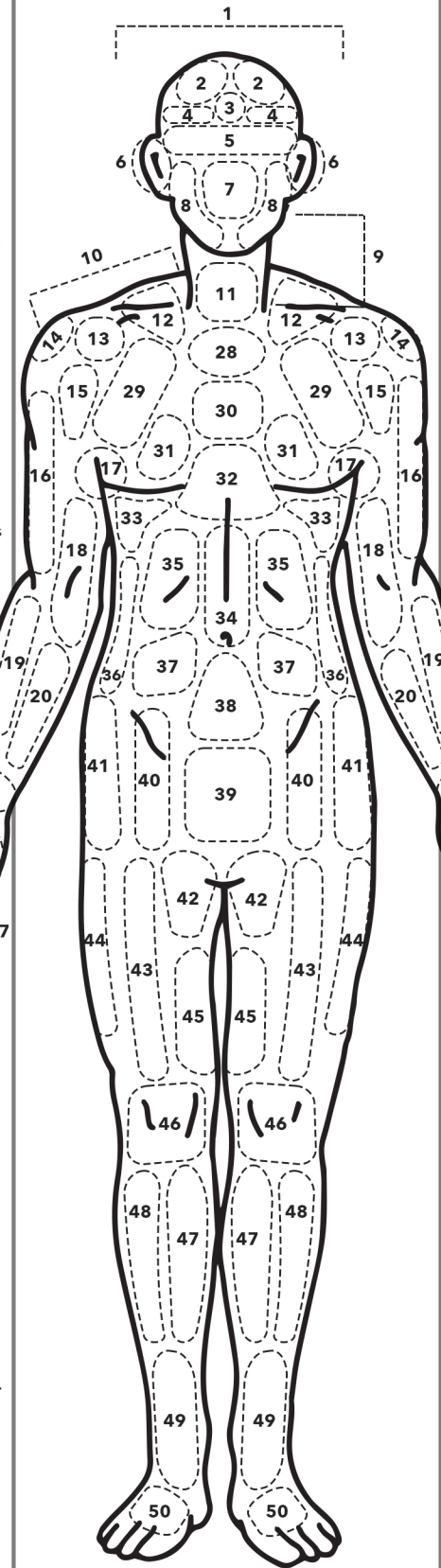
LEFT - FEMININE / SELF / FEELINGS / RECEIVING SIDE

- 1 Head: Close-minded, denial, a need to connect with self
- 2 Unbalanced focus on feelings or the needs of self
- 3 Closed awareness, limiting perspective of self / fem.
- 4 Uncertainty, mistrust, unsure about feminine figure or self
- 5 Need to look at life, an experience, or self in a new way
- 6 Frustration towards self, not listening or not feeling heard
- 7 Lack of authentic joy, difficulty accepting your truth
- 8 Tension, anger, lack of feeling nurtured or safe with fem.
- 9 Neck: Inflexibility, stress, imbalance in seeing other side
- 10 Shoulders: Guilt, burdens, holding self responsible
- 11 Difficulty expressing feelings, communication with self
- 12 Fear of being seen or heard, feel unseen around fem.
- 13 Difficulty celebrating self, resentful towards feminine
- 14 Burdened, feel undeserving of good, heavy responsibility
- 15 Feeling alone, unwanted by feminine figure or self
- 16 Feeling controlled or constrained by feminine / self
- 17 Lack of feeling safety or nurturing love from fem. / self
- 18 Fear of reaching inward, feeling alone, fear of individuality
- 19 Imbalance in giving to self, holding onto feelings
- 20 Shielding self from hurt or pain, blocking self out
- 21 Feel controlled/stuck, imbalance with fem. figure / others
- 22 Difficulty letting go of feelings, holding onto experiences
- 23 Lack of trustworthy support from feminine figure or self
- 24 Fear of experience, blaming self, pride imbalance
- 25 Anger, frustration, or resentment towards fem. / self
- 26 Imbalance in relationship with self, loss, sadness, or grief
- 27 Shame, judgment towards self, feeling fragile in life
- 28 Heavy judgments on self, difficulty loving self
- 29 Emotional absence or lack of nurturing from feminine
- 30 Fear of receiving love, rejection, heartbreak, grief
- 31 Afraid to receive help from others, difficulty helping self
- 32 Feel powerless in relationship with self / feminine
- 33 Shame, feeling small, hiding unsafe emotions
- 34 Fear of being vulnerable, worry or anxiety
- 35 Avoiding conflict or stress with self
- 36 Feeling instead of doing, need to let go
- 37 Insecurities or fear around feminine / self
- 38 Difficulty digesting heavy emotions
- 39 Paralyzing shame or fear, feeling frozen
- 40 Stuck in feelings, frustrated with fem. / self
- 41 Unbalanced relationship with feminine figure / self
- 42 Deeply rooted beliefs, difficulty receiving love
- 43 Feel insecure, unsafe, or unappreciated by fem. / self
- 44 Agitated, overstimulated, fear or worry based anxiety
- 45 Fear of opening up to self or feminine figures
- 46 Indecisive feelings, lack of support from fem. / self
- 47 Fear from the past, running from feminine / self
- 48 Feeling threatened, blocking feminine or self out
- 49 Weakened support system, fear of following path
- 50 Feeling stuck, unable to move, rigid or stubborn

Our back side reflects private and unconscious elements in life. Many neglected emotions can be stored along our spine, in the backs of our legs and hips, like anger and fear which are commonly stored in the back. These unprocessed emotions can become hidden and trapped in our body.

The Inner Work Body Map™ provides suggested areas of focus, meant to invoke a curious conversation with yourself. The most powerful tool you can have along your life journey is a strong connection to yourself. Keep what resonates and discover your own truth for anything that doesn't fit your personal experiences. Use the blank Human Hangover® body maps to fill in your unique feelings and emotions.

Providing this language for body and mind to communicate, gives space for you to connect with the greatest healer of all - **yourself**. It's important to remember these guides should be used only as tools to aid in your inner work. Ultimately **you are the best guide for you.**



LEFT - FEMININE / SELF / FEELINGS / RECEIVING SIDE

- 1 Lack of belief or having mistrust in self or feminine figure
- 2 Need to see life, experience or self from new perspective
- 3 Disconnected from curiosity of self, lack of feeling nurtured
- 4 Frustration, not feeling heard, difficulty hearing self
- 5 Inflexibility, stubborn, feeling forced or controlled
- 6 Loss of connection to self, difficulty communicating feelings
- 7 Turning back on self, a need for your truth to be heard
- 8 Carrying emotional burdens of feminine figure or self
- 9 Disapproval, criticism, carrying shame or blaming self
- 10 Lack of nurturing or feeling safe with self / feminine
- 11 Unsure of self, protective, feels unsafe to be vulnerable
- 12 Fear of reaching out, accepting help or helping self
- 13 Holding onto past feelings, unworthiness, or sadness
- 14 Hard on self, fear around authoritative feminine figure
- 15 Trying to control life, fear of feeling emotions, fear of past
- 16 Tension, judgment, shame towards self / feminine figure
- 17 Abandonment, rejection, loneliness or fear of being alone
- 18 Fear of standing in personal power, feeling powerless
- 19 Giving energy and personal power away, need to inhale
- 20 Afraid to fail, frustration, feeling unworthy or inadequate
- 21 A need to expand feelings and beliefs of feminine or self
- 22 Humiliation, betrayal, disconnect from intimacy with fem.
- 23 Love doesn't feel safe, conditional love or abandonment
- 24 Worry, anxiety, expecting the worst, fear of belonging
- 25 Fear of lack, feel threatened, mistrust in self / fem.
- 26 Feel undeserving of joy or unworthy of connection
- 27 Life feels unfair, upset with self or feminine
- 28 Resentment, regret, anger towards self / feminine
- 29 A need to connect with self, feel unworthy of peace
- 30 Deeply rooted beliefs around unworthiness, shame
- 31 Anger towards fem. / self, difficulty being open
- 32 Inner fears or frustrations toward fem. / self
- 33 Restless emotions, difficulty being at peace
- 34 Imbalance of coping habits, grief, sadness
- 35 Fear of opening up to fem. / self
- 36 Feeling stuck, unable to move, tension
- 37 Overworked, anxious, overstimulated
- 38 Denial of self, fear of stepping forward
- 39 Feeling unsupported by feminine / self
- 40 Afraid to trust self, fear of being vulnerable with fem.
- 41 Running from emotions or feelings, overthinking
- 42 Shielding yourself, feel threatened by self / feminine
- 43 Feel lack of support or acceptance from self / feminine
- 44 Holding onto sadness, regret, or feelings from the past
- 45 Trying to control life or hold onto past emotions
- 46 Loss of spring in step, a need for more curiosity and peace
- 47 Worry, anxiety, instability in life with self or feminine
- 48 Frustrating relationship with love, overactive emotions
- 49 Difficulty trusting / relying on self or feminine figure
- 50 Sadness, worry, disconnected from self or feminine
- 51 Fear, fragility, lack of foundation or support feminine / self

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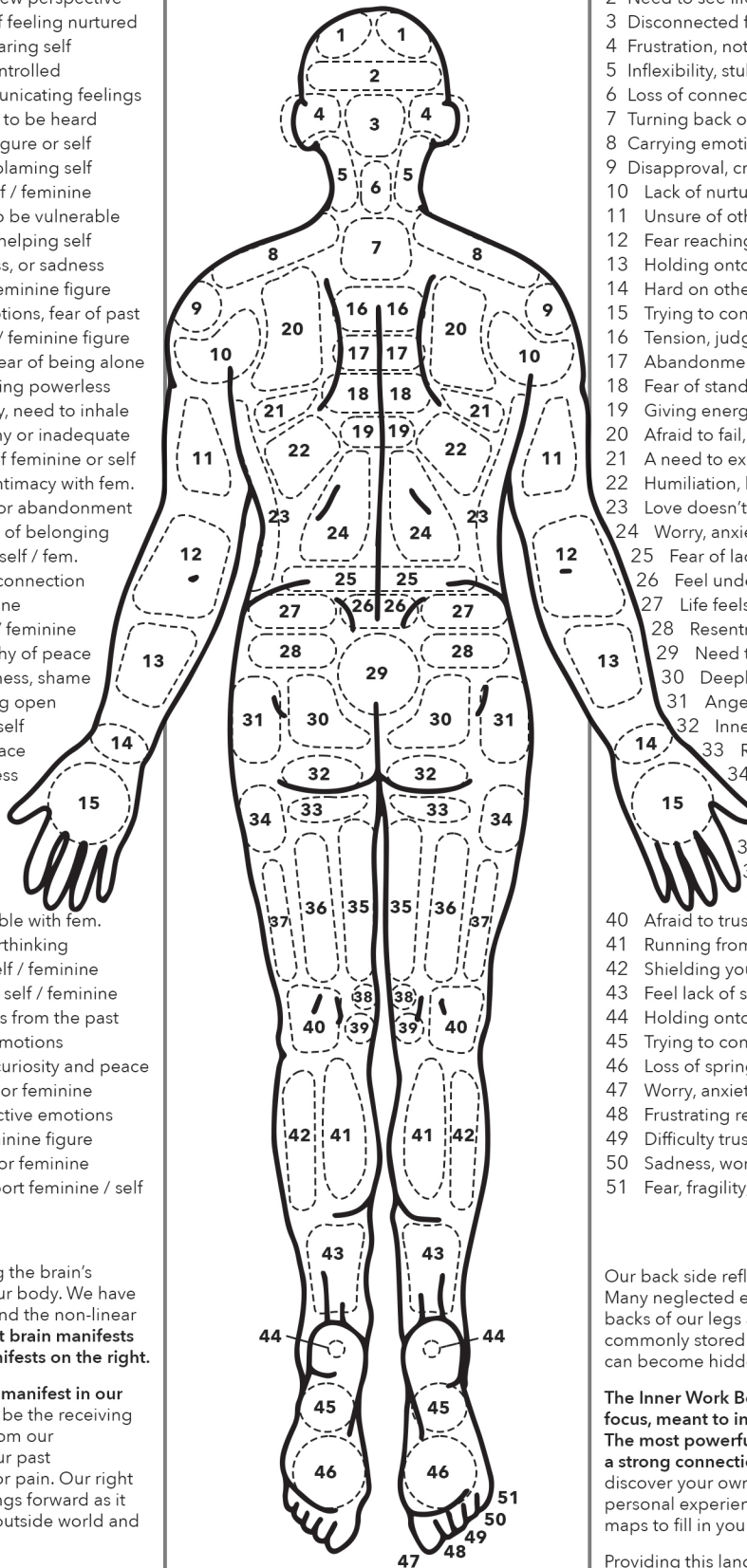
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- 2 Need to see life, experience or others from new perspective
- 3 Disconnected from curiosity of self, lack of feeling safety
- 4 Frustration, not feeling heard, difficulty hearing others
- 5 Inflexibility, stubborn, trying to force or control life / others
- 6 Loss of connection to self, difficulty communicating thoughts
- 7 Turning back on others, a need to speak your truth
- 8 Carrying emotional burdens of masculine figure or others
- 9 Disapproval, criticism, shaming or blaming others
- 10 Lack of nurturing or feeling safe with others / masculine
- 11 Unsure of others, protective, feels unsafe to be vulnerable
- 12 Fear reaching out, asking for help, imbalance giving help
- 13 Holding onto past thoughts, resentment, or anger
- 14 Hard on others, fear around authoritative masculine figure
- 15 Trying to control life, fear of doing, or fear of the future
- 16 Tension, judgment, shame towards others / masculine
- 17 Abandonment, rejection, loneliness or fear of being alone
- 18 Fear of standing in personal power, feeling powerless
- 19 Giving energy and personal power away, need to exhale
- 20 Afraid to fail, frustration, feeling unworthy or inadequate
- 21 A need to expand thoughts and beliefs of others or masc.
- 22 Humiliation, betrayal, disconnect from intimacy with masc.
- 23 Love doesn't feel safe, manipulative love or abusing love
- 24 Worry, anxiety, expecting the worst, fear of belonging
- 25 Fear of lack, feel threatened, mistrust in others / masc.
- 26 Feel undeserving of joy or unworthy of connection
- 27 Life feels unfair, upset with others or masculine
- 28 Resentment, regret, anger towards masc. / others
- 29 Need to connect with others, feel unworthy of love
- 30 Deeply rooted beliefs of inferiority or inadequacy
- 31 Anger towards masc. / others, difficulty being open
- 32 Inner fears or frustrations toward masc. / others
- 33 Restless thoughts, difficulty being in joy
- 34 Imbalance of coping habits, anger, worry
- 35 Fear of opening up to masc. / others
- 36 Feeling stuck, unable to move, tension
- 37 Overworked, anxious, overstimulated
- 38 Denial of self, fear of stepping forward
- 39 Feeling unsupported by masc. / others
- 40 Afraid to trust others, fear of being vulnerable with masc.
- 41 Running from emotions or thoughts, overdoing
- 42 Shielding yourself, feel threatened by others / masculine
- 43 Feel lack of support or acceptance from others / masc.
- 44 Holding onto anger, frustration, or thoughts of the future
- 45 Trying to control others or hold onto past narratives
- 46 Loss of spring in step, a need for more curiosity and joy
- 47 Worry, anxiety, instability in life with others or masculine
- 48 Frustrating relationship with love, overactive thoughts
- 49 Difficulty trusting / relying on others or masculine figure
- 50 Sadness, worry, disconnected from others or masculine
- 51 Fear, fragility, lack of foundation or support masc. / others

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INNER WORK BODY MAP™ (BACK): Guided suggestions for mapping feelings and emotions through the body.

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