

Personality Profile for Breast Cancer

Have you ever noticed the person who is always catching colds? Ever wonder why some people get the flu more often than others. Do you find yourself to be frequently accident-prone?

While it may seem strange and far-fetched there are certain personality characteristics that correspond to different diseases. Disease and illness are not just random acts and we are the victims of our own body. Disease is often a carefully laid plan of specific characteristics and patterns. In the case of breast cancer, there is no exception.

The breast is a symbol of nurturing and of life. Honoring this aspect of ourselves helps to nourish our breasts. Rejecting our nurturing qualities only harms our breasts. As a symbol of nurturing many breast cancer survivors tend to deny their need to be nurtured. They are stoic. They repress their needs for nurturing. Instead they tend to focus on the needs of others.

These individuals have a difficult time saying "No". They are people pleasers and are willing to run themselves into the ground for someone else's needs. They are also loyal to the core. This is a person who will be there for you during your most demanding times. They do not give up or let down. They seldom quit or surrender. They are steady and a rock of support.

As a result of this loyalty their own needs often go overlooked and they themselves suffer. They fear disappointing others. They often become internally bitter or angry because they are not being nurtured like they are nurturing to others. They might find it extremely difficult to feel this or even to verbalize it.

Cancer is a disease where the body is being eaten from the inside out. Usually there is a deeper feeling of "what's eating you". Is there a feeling that has been repressed that is eating at you? What makes it so difficult to surrender and let go? Why are your own needs not being met?

Dr. Christiane Northrup writes about how the repression of emotions often is a chief characteristic within women who have breast cancer. In *Women's Bodies, Women's Wisdom*, Dr. Northrup says,

"As far back as the 1800's, the medical literature has noted associations between breast cancer and loneliness, sorrow, and even rage and anger. Women with breast cancer frequently have a tendency towards self-sacrifice, inhibited sexuality, an inability to see themselves as supported by others, an inability to discharge anger or hostility, a tendency to hide anger and hostility behind a facade of pleasantness, and an unresolved hostile conflict with their mothers:"

What are you carrying in your chest and breast that yearns to be expressed? How is your body saying something that you have difficulty verbalizing?

Jon Burras, 2003