

Discovery of Kidney Collecting Tubule Conflicts Responsible for Water Weight Gain

The goal of this list to assist in the recognition of a moment in time when a kidney collecting tubule conflict was activated and weight gain began. The conflict themes are: **fear of abandonment**, **fear of rejection**, a **refugee conflict** (feeling out of place, or out of one's element), a **fear for one's existence** or for someone else, or an **isolation conflict** such as hospitalization or incarceration.

Symptoms are in direct proportion to the intensity of the conflict.

The Active Phase Begins in the Moment of an Unexpected Shock	The Resolution Phase for that Specific Event Also Begins in a Moment
<ul style="list-style-type: none">· Weight gain without a change in diet.· Drinking more fluid than is excreted.· Swollen in the morning.· Sock indentations or tight rings.· Cold hands or feet.· Elevated creatinine.· Constantly thinking about the conflict.· Disorientation with both kidneys affected.	<ul style="list-style-type: none">· Night sweats in the early morning hours.· Weight loss without a change in diet.· Frequent and copious urination perhaps for months.· Foamy smelly urine.· Protein in the urine.· Warm hands or feet.· More relaxed since the conflict has been resolved – thoughts now move onto other matters.

Focus on each statement that catches your attention. Keep in mind that all of our conflicts form our personality and therefore our behaviors. This does not make them bad, they define for us what lessons we are meant to learn in life. Take your time to contemplate and note the exact date if possible, what the circumstances were, who was involved, how you felt in that moment, what it meant to you, and if this situation is still unresolved. How can you change your perspective or attitude about the situation to lean towards a resolution?

1. Have I ever been dispelled from a group of friends?

2. Have I had a diagnosis shock fearing for my own existence or that of another? _____

3. Has financial ruin ever threatened my existence? _____

4. What specific events in my childhood do I remember that made me feel rejected or abandoned? _____

5. Was I isolated when punished? _____

6. As a child was I treated as a peer with no parent/child distinction? _____

7. How did my parent's divorce affect me? _____

8. Did I experience a lack of attention? _____

9. Did I experience a lack of affection? _____

10. Did I experience a lack of acknowledgment? _____

11. Do I remember any event at daycare or with other caregivers that applies?

12. Was I left out or left behind? _____

13. Was I bullied by anyone? _____

14. Did I ever feel unwanted? _____

15. Was I hurt by a special friend? _____

16. What words or gestures were used when I was being punished?

17. What was I denied as a child? _____

18. Did I feel discarded, disregarded, disbelieved, or useless? _____

19. Did I have arguments, get shoved, or have fist fights with siblings or school mates? _____

20. Did anyone say to me "I don't like you anymore"? _____

21. Did anyone say to me "You have nothing to cry about and if you don't stop crying, I will really give you something to cry about?" _____

22. Who did I compete with in my childhood years, and who do I compete with now? _____
23. Who was bossy in my family? _____
24. Did I do specific things to get attention at home? _____
- _____
25. With a new sibling born, did I experience being ignored or isolated? _____
- _____
26. Did I do specific things to get attention from my friends at school? _____
- _____
27. Did I isolate myself, run and hide, or run away? _____
- _____
28. Why can't I remember any good times with my mom or dad? _____
- _____
29. Did I experience physical abuse? _____
- _____
30. Do I blame others for my feelings? Who? _____
- _____
31. Am I afraid of rejection because of the way I look? _____
- _____
32. Was I or am I afraid that my husband, wife, or partner will leave or cheat? _____
- _____
- _____

33. Did my husband lose interest in me after the birth of a child? _____

34. What recent events made me feel rejected or abandoned? _____

35. What happened today? _____

36. What did I learn about love when I was a child? _____

37. Do I defend or justify my actions, words, or feelings? _____

38. Do I try to keep my family or co-workers happy? _____

39. Do I try to stop them from becoming angry? _____

40. Do I bend over backwards for them? _____

41. Do I stifle myself for them? _____

42. Do I ever feel jealous? _____

43. Do I feel anger or sadness when they do things without me? _____

44. Do I feel rejected when they want time alone? _____

45. Do I plan ways to get their approval? _____

46. Do I wait for their approval? _____
47. Do I wait for permission? _____
48. If they do not give it to me, do I believe I do not have it? _____

49. Do I feel angry when I do not receive it? _____

50. What is my definition of love? _____

51. What are my underlying assumptions? _____

52. Do I feel unappreciated? When and with whom? _____

53. Do I go to extremes to please others? _____

54. How do I alter my behaviors to fit in? _____

55. Do I do what I think others want me to do? _____

56. Do I pack my to-do list with too many things? _____

57. Do I include their things on my list? _____

58. Do I get upset when they are not as enthusiastic about the same things as me? _____
59. Does this drown my enthusiasm? _____
60. Do I expect to be supported in specific ways and feel angry or rejected when I am not? _____

61. Am I unable to say “no” to someone? Who? _____
62. Do I say “yes” even when I do not want to? _____
63. How does money play a role here? _____

64. Am I afraid to ask for a raise at work for fear of being fired? _____
65. Am I afraid to step out to do my own business? _____

66. What role did money play in my childhood? _____

67. Do I expect “no” answers to my requests? _____

68. Does this stop me from asking? _____

69. Do I ever feel lonely? _____
70. Fear of abandonment is often partnered with an exaggerated sense of dependency on another individual, who is that person for me? _____

71. Do I expect compliance from others? _____

72. Who am I the boss of? _____
73. Do I look for flaws in a potential mate, a job or other opportunity to prevent rejection? _____
74. Has anyone ever told me that I attach myself to another in relationships too soon and too fast? _____
75. Do I exhibit excessive controlling behaviors? _____

76. Do I think I need a person more than they need me? _____

77. Do I look to a partner for a solution and then she/he doesn't comply? _____

78. Do I fear being forgotten or ignored? _____
79. Was I ever locked in a closet or other enclosed space? _____

80. Was I excluded or left alone while others were not? _____

81. Was I ever made to sit in a corner? _____

82. Did I ever hide in enclosed spaces? _____

83. Was I ever trapped or locked in something? _____

84. Was I ever forcibly removed from somewhere? _____

85. Do I feel like nobody cares? _____
86. Have I felt alienated from a group? _____

87. Do I or have I ever felt that no one is there for me? _____

88. Does someone have to be there for me? _____
89. Do I refuse invitations, avoid emails, texts, or phone calls? _____

90. Do I stay home too much? _____
91. Am I a recluse? _____
92. Do I find it hard to talk to people about anything personal? _____

93. Have I ever been hospitalized? _____

94. Was I disappointed in my visitors? _____

95. Have I ever been incarcerated? _____

96. Have I ever been kidnapped? _____

97. Was it never okay to make a mistake, even now? _____

98. Do I feel at home? _____
99. Where do I feel out of my element? _____

100. Do I feel like I do not belong? _____

101. Do I feel too different? _____
102. Where do I feel not welcome? _____
103. Do I feel misunderstood? _____
104. Did my family or friends move away and leave me? _____

105. Did I have to move, relocate to a new area? _____

106. Did I just start a new job and feel uncomfortable there? _____

107. Did I marry into a family and don't quite feel part of it yet? _____

108. Do I feel bullied or teased by the people around me? _____

109. Do I trust the people around me? _____
110. Do I fear the people around me? _____
111. Have I ever feared for my own existence? _____

112. Have I ever feared for the existence of another person? _____

113. Have I ever feared for the existence of pet? _____

114. Is or was my livelihood threatened? _____

115. Have I ever lost everything physically, emotionally, or I just fear it? _____

116. Have I ever felt like a fish out of water? _____

117. When someone died, did I believe I cannot live without them? _____

118. Who or what do I depend on for my very existence? _____

119. Did I ever fear for my existence when I was being bullied or physically abused? _____

120. Or, when someone else was being bullied? _____

121. Is someone I love in the hospital? _____

122. Did or does my family have a “don’t talk about” rule? _____

123. Have I experienced the silent treatment? _____

124. Did this feel like a withdrawal of attention or affection? _____

125. Do I have a parent with a drug addiction or alcoholism? _____

126. Did I have or do I have a “cold” parent? _____

127. Was I ever treated with indifference? _____

128. Did anyone ever walk out on me? _____

129. Did I experience the death of a sibling? _____

130. Did I experience a lack of visitation by a parent? _____

131. Did I feel intense devastation when a relationship ended? _____

132. Did my mother or father leave me? _____

133. Did someone move away or move out? _____

134. Did someone disappear from my life? _____

135. Did a caregiver, colleague, or a friend die? _____

136. Has a partner ever cheated on me? _____

137. Has anyone threatened to leave me? _____

138. How did I feel when my parents argued? _____

139. What was my experience like in adoption or foster care? _____

140. Was I ever stranded somewhere? _____

141. Did I experience an inadequate provision of nutrition and meals? _____

142. Did I experience inadequate clothing, housing, heat, or shelter? _____

143. Was I raised by an inexperienced naïve parent? _____

144. Did one of my parents have a psychological diagnosis? _____

145. Did my parent expect me to be an extension of them? _____

146. Can I never live up to my parents' expectations? _____

147. Did my parent blame me for their emotions? _____

148. Is my parent's self-esteem derived from my behavior? _____

149. Did I ever witness the abuse of another in my home? _____

150. Do I feel a longing for someone? What can I do about it? _____

151. Do I feel alienated? _____

152. Do I have a fear of intimacy? _____

153. Does feeling attracted to someone trigger the fear of abandonment? _____

154. Do I feel disconnected from friends or family? _____

155. Do I fear being rejected due to my sexual orientation? _____

156. Do I feel like my needs are not being met in a relationship? _____

157. Do I over-focus on partners or ex-partners? _____

158. Were my accomplishments not acknowledged or discounted? _____

159. Do I overreact and over-need? _____

160. Do I try to manipulate my partner into doing things to make me feel more
secure? _____

161. Do I try to make my partner feel emotionally responsible for me? _____

Notice: This is a worksheet only and is intended for educational and contemplative purposes only. Conflicts can be reactivated with strong emotional hits and other tracks. See <https://mikkabarkman.com/what-are-tracks/> for more information.

We resolve conflicts for good when they cannot happen anymore. This happens for a variety of reasons, all subject to the psyche of an individual according to their own beliefs and personal actions.

Private consultations and the development of “The 5th Intelligence” may help to discover all the nuances of your situation. However, some conflicts may remain unresolved for a lifetime, serving a spiritual purpose known only to the soul.

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