

Carcinogenic Personality Profile

Do you fit the Carcinogenic Personality Profile?

Alexander Mostovoy, H.D., D.H.M.S.

Very few words strike fear into the hearts and minds of people as does the word "cancer". Just hearing the word produces an attack of anxiety in most people. No wonder most of us have this reaction; we are constantly being inundated with information about cancer. Cancer statistics and new 'breakthrough' discoveries are in the media every day. Curiously, the people who are the most susceptible to this disease are the ones who feel that they are bombarded with information regarding cancer. That in itself feeds their anxiety even more. They live a life of fear.

For them, it is not a question of whether or not they'll get cancer it is just a matter of when. This is a horrible way to live; it is a life of fear.

Cancer is a multi-factorial disease. It is not just an isolated tumor floating like an iceberg in a vast ocean. In cancer, there is a whole interplay of many activities. Cancer is usually slow to progress and involves many contributing factors, such as diet, heredity, environment, lifestyle, personality and attitude.

It is this cancer personality that I would like to bring to the reader's attention. My hope is not only to alert the reader, but also to encourage them to take the appropriate steps for changes that will lead to a healthier life and well being.

Years ago when I started describing this "carcinogenic personality profile" I was met with a lot of resistance. Many held a position that there is no such thing. People would accept the notion that a type-A personality would lead to a higher risk of heart disease, but a type-C personality? ... Interestingly enough, I find this "type-C" or "carcinogenic personality profile" pattern very common in my practice.

In general terms, the carcinogenic personality profile can be summed up as follows:

- Loss / Grief (relationship, status, etc.)
- Unfulfilled passion
- Unworthiness
- Avoidance of conflict
- Tension in parental relationship

Loss / Grief - This could be a great shock when one loses a spouse, child, friend, ... Grief of course is a normal process and is part of everyone's life. However, many fall prey to this destructive emotion only to realize years later how vulnerable they are and how easy it is to cross that line of no return. Loss of status, financial or otherwise could be just as devastating as a loss of a relationship.

Unfulfilled Passion - In his work as a psychologist in a New York City cancer hospital for over 30 years, Dr. Lawrence LeShan observed a common thread amongst cancer patients. The common thread was unfulfilled passion that had been suppressed for many years. For example, a child who wanted to learn the piano, but couldn't

because either their parents could not afford those piano lessons, or other priorities took precedence over theirs.

This pattern of suppression would repeat itself over their lifetime. Oddly enough, studying piano later in life, or fulfilling a previously unfulfilled passion has an amazing curative effect.

Unworthiness - The personality predisposed to cancer is usually what I would call 'nice', a 'kind soul', or 'other centered' someone who would put the needs of others before their own.

Avoidance of Conflict - These people avoid conflict and are unable to express hostility in their own defense. These people prefer order and avoid arguments, as arguments are unpredictable. Order to them means control, whereas arguments or expressions of hostility means loss of control. Many times I would walk into someone's house and move a small object on the table, and I could feel it and even see in their eyes that this makes them very uncomfortable. They are very tidy people, they are always striving for perfection; their dinner parties have to be perfect, their decor elegant, and their dress immaculate.