# Psychological Assessment – Summary Report

## Age and Gender

• Transgender man, 24 years old

## Summary of Identified Issues

1. Severe anxiety symptoms:

• Recent acute panic attack with fear of re-experiencing it

• Bodily hypervigilance (catastrophic interpretation of physiological signals)

• Constant fear of dying or losing control

2. Attention difficulties / possible ADHD:

• Quick fatigue, difficulty maintaining a job or consistent routine

• Concentration problems since childhood, likely undiagnosed

3. Dysfunctional family background:

• Mother-child relationship marked by belittlement, harshness, and lack of emotional or academic support

• Ambiguous relationship with both parents (forced cohabitation, broken communication)

4. Insecure living environment:

• Return to parental home experienced as regressive and stressful

• Emotional isolation and difficulty communicating with others

5. Relationship under acute stress:

• Relationship with a depressive and suicidal partner, recently traumatizing event (suicide attempt)

• Emotional confusion within the early stages of exploring a polyamorous relationship

6. Depersonalization / derealization:

• Feeling of not being fully present, being a spectator of one’s own life ("I watch others live")

7. Existential crisis and loss of direction:

• No stable professional projection, disillusionment with tattooing career

• Feeling of stagnation, inability to move forward

## Dominant Emotions

• Fear (of dying, losing control, not making it through)

• Sadness (loss of vital energy, isolation, helplessness)

• Shame (sense of failure, negative social comparison)

• Guilt (not being able to help the partner, not being “productive”)

• Repressed anger (toward parents, self, or life?)

## Identified Limiting Beliefs

• “I can’t move forward.”

• “I don’t deserve better.”

• “I’m a burden to others.”

• “I’m different, unfit, out of sync.”

• “If I feel this, it means I’m going to die or go crazy.”

## Analysis of Triggers and Psychological Mechanisms

Immediate trigger:

• Panic episode linked to physical and emotional exhaustion (smoking, stress, emotional overload)

Recent aggravating event:

• Partner’s suicidal crisis. Feeling of helplessness and direct exposure to trauma

Chronic factors:

• Uncompensated attention issues

• Long-standing feelings of worthlessness since childhood

• Low social support + unstable environment

Psychological mechanism:

• The amygdala is in emotional overload. The brain interprets all sensations as danger signals

• Emotional memory (hippocampus) hasn’t “digested” recent events = active trauma

• A vicious cycle is in place: hypervigilance → anxiety → physical symptoms → fear of dying → panic → trauma reinforcement

## Emotional Immersion / Scenario

It’s as if you’re trapped in a windowless room, where every sound, every heartbeat convinces you that danger is coming.

As if your brain, on high alert, scans every internal fluctuation like a frantic radar, convinced a crash is imminent.

And meanwhile, you watch others move forward, live, love… as if from behind glass. You want to move, but something within you holds you back, numbs you.

Your partner is collapsing, and you’re carrying that too. You’re holding them up while you yourself are on the edge of the void.

## Proposed Solutions (Action Plans)

Immediate solutions:

• Grounding body scan exercise

• Cardiac coherence 3x/day

• Stop compulsive online searches (set an alarm or “search pause”)

• Daily journal: name the emotion + associated physical sensation + thought

Intermediate solutions:

• Neuropsychological assessment for possible ADHD

• Targeted EMDR therapy on:

1. The panic attack

2. The partner’s suicidal episode

3. The relationship with the mother

• Psychoeducational support on panic attacks and ADHD (avoid catastrophic interpretation of sensations)

• Life-path coaching: build an alternative career/progression plan, even outside tattooing

Long-term solutions:

• Regular hypnosis to deactivate automatic fear responses, rebuild self-esteem, and reclaim embodied presence

• Therapeutic work on parental figures to release old patterns

• Establishing a structured daily rhythm: fixed schedules, micro-routines, a personal safe space

## Recommended Hypnosis / Meditation Sessions

1. Immersive anti-panic hypnosis – “Finding calm when everything stirs inside”

→ Work on physical deactivation, gentle dissociation, and inner safety

2. Hypnosis for emotional hypersensitivity and overload

→ “Soothing the amygdala – the refuge space”: secure visualization, emotional release

3. Guided meditation for withdrawn personalities – “I take my place”

→ Self-affirmation, grounding, and positive projection visualization

4. ADHD-focused hypnosis – “I reclaim my focus and drive”

→ Sessions promoting gentle activation, interest, and attention regulation

## Progress Monitoring and Key Indicators

• Subjective scale from 0 to 10 on:

• Daily anxiety

• Frequency of alarming bodily sensations

• Ability to be present

• Feeling of being an “actor” in one’s life

• Self-esteem

• Emotional journal (2 min/day)

• Goal 1 (1 month): stabilize sleep, reduce fear of panic

• Goal 2 (2 months): restart a realistic personal project

• Goal 3 (3 months): regain pleasure in an emotional bond + clarify position (Paulia relationship or not?)

## Final Motivational Sentence

You are not broken. You are overwhelmed. And this overload, we’re going to lighten it step by step. Even if today you’re watching life from the outside, I promise you we can find a way back in.

Your suffering is real, but it’s not a sentence. It’s a call to care for yourself differently, deeply, humanly.