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Age and Gender  
 • Female, 12 years old  
  
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Summary of Detected Issues  
 • Somatic anxiety (dizziness, blurred vision, sensation of weakness after physical exertion)  
 • Panic attack triggered by physical effort and relative fasting (likely hypoglycemia)  
 • Fear of dying by voluntarily stopping breathing, indicating a respiratory impulse phobia (fear of unintentionally harming herself)  
 • Recurring negative thoughts about herself (guilt or fear of losing control)  
 • Mental and physical hypersensitivity (focus on physical sensations of anxiety)  
 • No immediate traumatic events declared, but possible reactivation of older memories (not clearly verbalized yet)  
 • Lack of understanding of bodily functions, source of anxiety (fear of body “failing,” confusion between thoughts and reality)  
  
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Dominant Emotions  
 • Fear (of not breathing, of harming herself)  
 • Diffuse anxiety (linked to stress, hypoglycemia, loss of reference points)  
 • Confusion/Uncertainty (between physical sensation and real danger)  
 • Unconscious guilt (she says, “I’m afraid I’m the one who might do it”)  
 • Emotional vulnerability during a transition phase (pre-adolescence)  
  
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Limiting Beliefs and Underlying Patterns  
 • “I might lose control of myself.”  
 • “I could stop breathing without meaning to.”  
 • “My thoughts can harm me.”  
 • “If I feel something strongly, it must be dangerous.”  
  
These patterns reflect a form of bodily control anxiety, typical of emerging anxiety disorders during adolescence.  
  
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Triggers and Psychological Mechanisms  
 • Immediate trigger: physical effort (biking) + insufficient food intake → energy drop → anxious sensations → fear spiral  
 • Amplification mechanism: catastrophic interpretation of bodily signals (thoughts like “what if I stop breathing”)  
 • Rumination focused on breathing (mild impulse phobia, needs monitoring)  
 • Mention of a missed call to her mother in a previous session: possible fear of abandonment or emotional insecurity anchor  
  
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Immersive Scenario and Emotional Anchoring  
  
Scenario:  
You're on your bike. It's hot. You haven't eaten much. You feel a bit dizzy. Then your heart starts to race. Everything goes blurry. You feel your breath catching. You panic. A thought pops up: “What if I stopped breathing? What if I’m the one doing it?”  
  
Metaphor:  
It’s like a little black cloud suddenly passing through your blue sky. You don’t know where it came from, but you believe it could bring a storm. Yet, it’s just a cloud. It passes. And the sky returns.  
  
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Proposed Solutions  
  
Immediate Solutions  
1. Body Psychoeducation:  
 • Explain that the body is programmed to survive (e.g., respiratory reflex, impossibility of “stopping breathing” voluntarily)  
 • Use simple analogies (e.g., the elephant and the mouse for irrational fears)  
2. Calming Breath:  
 • Friendly breath exercise: place one hand on the chest, one on the belly, and breathe deeply while imagining the air as a comforting friend  
3. Emergency Movement in Case of Anxiety:  
 • Gently bounce on the feet (body grounding)  
 • Press hands against a wall (to feel strength and return to the present)  
  
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Intermediate Solutions  
1. Simple Emotional Journal:  
 • Each day, write: what I felt, what I thought, what I did to feel better  
2. Safe Visualization:  
 • Create an imaginary safe place she can retreat to when anxiety rises  
3. Work on Automatic Thoughts:  
 • E.g., replace “What if I stop breathing?” with “My body knows how to breathe, I can trust it.”  
  
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Long-Term Solutions: Hypnosis and Meditation  
  
Recommended Hypnosis Themes:  
 • “Your breath is your ally”: reconciliation with breathing and bodily trust  
 • “Inner calm despite the storm”: learning to let thoughts pass without fear  
 • “The body that watches over you”: visualizing the body as a wise and protective ally  
  
Suggested Hypnosis Script (to be created if needed)  
  
Title: “Your Body Knows What It’s Doing”  
Objectives:  
 • Deactivate the fear of respiratory loss of control  
 • Install an anchor of inner safety  
 • Strengthen bodily and emotional trust  
  
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Evolution Tracking and Progress Indicators  
 • Emotional indicator: 1 to 10 scale of breathing anxiety before/after session  
 • Frequency of intrusive thoughts (weekly self-evaluation)  
 • Number of situations where she was able to reassure herself (journal)  
 • Inner safety indicator: “How safe do I feel in my body today?”  
  
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Motivational Closing Sentence  
  
“Your body is your best ally. Even when your mind has doubts, your breath keeps going. And every breath is proof that you’re here, that you’re strong, and that you’re moving forward.”  
  
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