# Structured Decision Tree – Anxiety Disorders and Panic Responses (RAG-Ready Tags)

**[NODE\_A] Is the anxiety primarily linked to physiological symptoms or loss of control?**

**[NODE\_A1] Anxiety with respiratory control fears (e.g., fear of stopping breathing)**

[LEAF\_A1A1] Fear of stopping breathing, often after physical exertion → → [SCRIPT\_A: "Your Body Knows What It’s Doing"] {Level: 1}

#Tags: #panicdisorder #respiratoryphobia

**[NODE\_A2] Somatic panic and physiological hypervigilance**

[LEAF\_A2A1] Anxiety with sensation of losing control over the body → → [SCRIPT\_B: "You’re Not Dying, You’re Feeling"] {Level: 2}

#Tags: #somaticanxiety #panicattack

**[NODE\_A3] Generalized fear of dying or losing control**

[LEAF\_A3A1] Persistent hypervigilance, catastrophic misinterpretation of body signals → → [SCRIPT\_C: "The Invisible Burden"] {Level: 3}

#Tags: #panicdisorder #bodyawareness

**[NODE\_B] Is the anxiety centered on a specific context or life phase?**

**[NODE\_B1] Agoraphobia with panic and obsessive control fears**

[LEAF\_B1A1] Highway and confinement fear, emotional overload in family context → → [SCRIPT\_D: "Finding Inner Safety in an Unpredictable World"] {Level: 2}

#Tags: #agoraphobia #panicdisorder #familyload

**[NODE\_B2] Post-bereavement and guilt-related anxiety**

[LEAF\_B2A1] Guilt towards deceased mother, burden of being the “pillar” → → [SCRIPT\_E: "The Invisible Burden"] {Level: 3}

#Tags: #guilt #postbereavement #parentifiedchild

**[NODE\_B3] Elderly with fear of dying alone**

[LEAF\_B3A1] Morning anxiety, solitude, reconnection with the deceased → → [SCRIPT\_F: "Walking with the Light"] {Level: 3}

#Tags: #fearofdeath #elderly #solitude

[LEAF\_NO1] No current anxiety linked to body or loss of control → → [SCRIPT\_G: "Explore emotional anchors or cognitive schemas"] {Level: 1}

#Tags: #emotionalsupport #cognitiverestructuring

## Summary Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Node | Symptom Summary | Script | Level | Tags |
| LEAF\_A1A1 | Fear of stopping breathing | Your Body Knows What It’s Doing | 1 | #panicdisorder #respiratoryphobia |
| LEAF\_A2A1 | Somatic panic symptoms | You’re Not Dying, You’re Feeling | 2 | #somaticanxiety #panicattack |
| LEAF\_A3A1 | Hypervigilance and catastrophic body interpretation | The Invisible Burden | 2 | #panicdisorder #bodyawareness |
| LEAF\_B1A1 | Agoraphobia and emotional overload | Finding Inner Safety in an Unpredictable World | 2 | #agoraphobia #panicdisorder #familyload |
| LEAF\_B2A1 | Post-bereavement guilt and hyper-responsibility | The Invisible Burden | 2 | #guilt #postbereavement #parentifiedchild |
| LEAF\_B3A1 | Fear of dying alone, elderly widow | Walking with the Light | 2 | #fearofdeath #elderly #solitude |
| LEAF\_NO1 | No physiological anxiety detected | Explore emotional anchors or cognitive schemas | 1 | #emotionalsupport #cognitiverestructuring |