**Clinical Case Summary**

Age and Status:  
Female, 18 years old, student

# Summary of Identified Issues

### 1. Eating Disorders:

* Alternating between strict control and binge eating episodes.
* Eating habits loaded with moral judgments ('good' vs 'bad' food).
* Strong guilt after meals.
* Feeling powerless when comforting eating routines are disrupted.

### 2. Difficult Relationship with the Body:

* Body hatred dating back to childhood.
* Constant comparison (especially with a very thin friend).
* Early labeling ('the greedy one') shaping body identity.

### 3. Emotional Imbalance:

* Academic stress + sleep issues + emotional hypersensitivity.
* Feeling of family injustice (needs around food not acknowledged).
* Need to be seen, acknowledged, and respected in her choices.

### 4. Unstable Friendship Dynamics:

* Friendship triangle with implicit tensions (exclusion, jealousy, unspoken conflicts).
* Seeking emotional balance in a trio perceived as 'perfect' but experienced as unstable.

## Dominant Emotions

* Guilt
* Body shame
* Silent anger
* Injustice
* Sadness
* Fear of losing control

## Limiting Beliefs

* If I eat something special, I lose control.
* I only matter if I control my body.
* I don’t deserve to be considered like others.
* I must manage on my own, even for basic needs.
* A slim and rational friend is better than me.

# Identified Psychological Mechanisms

Typical Chain Reaction:  
Lack → frustration → loss of control → binge → guilt → desire to restrict → overload → new crisis.

## Main Triggers

* Disruption of comforting eating routines.
* Social situations involving 'special' food (pizza, raclette, crepes).
* Perceived family neglect (no groceries, unequal treatment with brother).
* Comparison with other bodies and metabolisms.
* Fatigue + stress + academic overload.

# Proposed Solutions

### Immediate Solutions (Daily Management)

* Create an 'emergency food kit': keep a small box of favorite items (chia, agave syrup, almonds, etc.) in your bag or locker to avoid sudden frustration.
* Kind food journal: track not to control but to observe kindly (What did I enjoy eating today? How did I feel after?).
* Express anti-crisis exercise: before a binge, pause 3 minutes: 'Am I hungry? Thirsty? Do I need something other than food?' + deep breathing.

### Intermediate Solutions (Deeper Rebalancing)

* Establish two to three nurturing ritual meals per week with favorite foods, mindfully, without phone or judgment. Set an intention (self-care, reconnection).
* Cognitive restructuring: change 'I ate badly so I’m worthless' → 'I ate differently than my ideal, but I still deserve love.'
* Daily soothing visualization: every morning, imagine a meal that calms you. Feel the relaxation, desire, and softness in your body.

### Long-Term Solutions (Transforming Patterns)

* Body image rebuilding:  
  - Progressive body acceptance through mirror work.  
  - Replace comparisons with positive affirmations rooted in bodily experience.
* Hypnosis for food reconciliation: Theme – 'Giving My Body a Voice'.
* Family psychoeducation (if possible): Initiate dialogue with parents about the impact of food choices on your well-being, or create visible spaces for your needs (shared grocery list).

# Personalized Hypnosis Session

Title: Giving My Body a Voice  
Target length: 1200 words  
Objectives:  
- Deactivate compulsions related to 'forbidden' foods.  
- Create inner safety without excessive control.  
- Reconcile the inner child labeled as 'greedy.'  
- Put pleasure back at the center without guilt.  
- Sensory anchor: breathing + gentleness + honoring real needs.

# Follow-Up & Progress Indicators

Domain | Desired Evolution | Indicator

Eating | Smoother relationship, fewer crises | Number of days without bingeing, post-meal guilt level

Body | Calmer self-image | Ability to look at oneself kindly

Emotions | Less stress and fewer crying episodes | Number of good sleep days

Family | Better recognition | Number of peaceful discussions about groceries

# Motivational Quote:

You don’t need to be perfect to deserve to be heard.  
Your body is not your enemy—it’s a compass, and you are learning to understand its language.