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**Age and Gender**

Female, 19 years old

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**Summary of Identified Issues**

• Chronic underlying stress perceived as permanent, with a normalization of emotional discomfort.  
• Constant physical and mental fatigue, with no real recovery.  
• Episodes of explosive, uncontrollable anger ("color crises") without apparent rational triggers → sudden emotional outbursts often triggered by overload, injustice, or neglect of self.  
• Over-responsibility in the romantic relationship, with the impression of having to “do everything alone” and low perceived reciprocity.  
• Conflict avoidance: emotional inhibition strategy (“I shut my mouth”) which increases internal pressure and the risk of explosion.  
• Conflicted relationship with food, particularly difficulties chewing or swallowing certain textures (e.g., tough meat) → mild food-related OCD, without a full-blown eating disorder but with a disrupted body connection.  
• Sensory hypersensitivity (taste, texture, bodily sensations).  
• Anticipatory anxiety about pregnancy: fear of taking a test, bodily pregnancy-like sensations (pseudocyesis).  
• Phobic avoidance of highways, especially when someone else is driving → anxious need for control linked to a past traumatic event (accident).  
• Ambivalent attitude toward control: desire to manage everything (belongings, meals, road safety), but mental exhaustion from hypervigilance.  
• Possible traits of anxious-obsessive personality or mild OCD, particularly around safety, orderliness, and food.  
• Need for emotional relief and a space to exist without managing everything.

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**Dominant Emotions**

• Stress, fatigue, repressed then explosive anger, sense of injustice, fear (control/loss of control), food disgust, diffuse anxiety, emotional hypersensitivity.

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**Identified Limiting Beliefs**

• “If I don’t manage things, no one will.”  
• “I must stay silent to avoid conflict.”  
• “I’m not allowed to explode, but sometimes I can’t take it anymore.”  
• “I don’t trust my body (for digestion, driving, or handling pregnancy).”  
• “I carry the mental load alone.”

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**Triggers and Psychological Mechanisms**

• Silent accumulation of micro-annoyances, regular emotional inhibition, lack of assertive expression, leading to brutal outbursts.  
• Anxious overcontrol of the body and environment → defensive strategy against a world perceived as unpredictable.  
• Active avoidance of anxiety-inducing situations (highway, pregnancy test, verbal confrontation) → maintains the anxiety loop.  
• Sensory discomfort experienced as aggression (e.g., tough meat), reflecting a dissociated relationship with the body.

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**Proposed Solutions**

1. Immediate Solutions

• Anti-stress breathing exercise (3-4-5 or cardiac coherence) twice daily to reduce reactivity threshold.  
• Emotional self-observation journal: “When do I start boiling?”, “What drains me the most each day?”  
• Quick post-anger grounding protocol: walk alone for 10 min / apply a cold wet cloth / visually step away from mess.  
• Body scan focused on throat and jaw (key blockage areas related to food).

2. Intermediate Solutions

• Gentle assertiveness training: learning to say “I need help” without fear of conflict → role-play / symbolic dramatization.  
• Sensory reconditioning with food: introduce meats in softer forms (minced, blended) to bypass texture aversion without confrontation.  
• Gradual, safe exposure to highway: daytime driving, 15 minutes, on familiar and predictable route, accompanied by a trusted person.

3. Long-Term Solutions

• Emotion/scheme-oriented therapy to dismantle core overcontrol and self-inhibition patterns.  
• Regular hypnosis sessions to:  
- Reprogram emotional tolerance.  
- Reconnect with bodily sensations (food, driving, fatigue).  
- Let go of control-based automatisms.

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**Tailored Hypnosis/Meditation Session**

Title: "Let the Body Digest What the Mind Holds On To"

Goals:

• Deactivation of control reflexes.  
• Somatic reconnection (throat, stomach, hands).  
• Acceptance of fleeting emotions without overflow.  
• Learning serene “non-control”.

Recommended setting: slow guidance, soft voice, secure ambiance (gentle river sound, enveloping warmth).

Key metaphors to include:

• Pressure cooker metaphor: “You can choose to open the lid before it overflows.”  
• Body image of a stomach learning to relax and open gradually, without pressure.  
• Symbol of a travel bag: “Everything can be put in its place… but you don’t have to carry it all alone.”

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**Progress Monitoring and Evolution Indicators**

• Weekly emotional load scale (0 to 10).  
• Self-observation journal of emotional outbursts (frequency, duration, intensity).  
• Behavioral flexibility indicator: “Did I allow myself not to control everything today?”  
• Post-session feedback: muscular tension before/after, appetite, sleep quality.

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**Final Motivational Phrase**

“You don’t have to carry the world on your shoulders. Your body already knows how to relax, your heart how to find peace… You just have to give them back their voice.”