# Structured Decision Tree – Eating Disorders (RAG-Ready Tags)

[NODE\_A] Presence of disordered eating behaviors?

[NODE\_A1] Restrictive eating patterns, control over intake?

**[NODE\_A1A] Rigid control, avoidance of carbs, intense fear of weight gain → [SCRIPT\_A: "Giving My Body a Voice"] {Level: 3}**

#Tags: #anorexia #control #bodyimage

[LEAF\_A1A1] Case: 22-year-old woman, anorexic patterns, emotional overcontrol, family trauma.

[NODE\_A1B] No restrictive behavior?

[LEAF\_A1B1] Check for impulsive or emotional eating → see NODE\_A2

[NODE\_A2] Presence of compulsive eating or binge patterns?

**[NODE\_A2A] Evening snacking, emotional compensation, guilt → [SCRIPT\_B: "Soothing Difficult Evenings"] {Level: 2}**

#Tags: #binge #eveningcravings #emotionalregulation

[LEAF\_A2A1] Case: 55-year-old man, emotional eating, perfectionism, lack of recognition.

[NODE\_A2B] No binge or emotional eating?

[LEAF\_A2B1] Evaluate for body disconnection or somatic symptoms → see NODE\_A3

[NODE\_A3] Disconnection from body or digestive symptoms?

**[NODE\_A3A] Digestive tension, blocked throat, inability to swallow → [SCRIPT\_C: "Let the Body Digest What the Mind Holds On To"] {Level: 3}**

#Tags: #digestiveblock #emotionaloverload #control

[LEAF\_A3A1] Case: 19-year-old woman, somatic anger, sensory hypersensitivity, phobia, control/fatigue loop.

[NODE\_A3B] No digestive or somatic blocks?

[LEAF\_A3B1] Evaluate emotional relationship with food and self → see NODE\_A4

[NODE\_A4] Food associated with shame, guilt or moral conflict?

**[NODE\_A4A] Labeling foods as good/bad, shame after meals, early guilt → [SCRIPT\_D: "Freeing the Body from Hypervigilance"] {Level: 2}**

#Tags: #shame #guilt #hypervigilance #student

[LEAF\_A4A1] Case: 18-year-old student, body hatred, trio friendship instability, moralized food.

[NODE\_A4B] No moral conflict around food?

[LEAF\_A4B1] Consider stress-induced loss of appetite → see NODE\_A5

[NODE\_A5] Loss of appetite due to stress, work or exhaustion?

**[NODE\_A5A] Professional hypervigilance, fear of eating, toxic context → [SCRIPT\_E: "Freeing the Body from Hypervigilance"] {Level: 3}**

#Tags: #stress #anxiety #professionalburnout

[LEAF\_A5A1] Case: 38-year-old banker, digestive block, stress, social shame.

[NODE\_A5B] No stress-related appetite loss?

**[LEAF\_A5B1] Further exploration needed (non-pathological variant or emerging pattern) → [SCRIPT\_F: "Giving My Body a Voice"] {Level: 1}**

#Tags: #reconnection #prevention

Summary Table:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Node | Symptom Summary | Script | Level | Tags |
| LEAF\_A1A1 | Anorexic control, family trauma | Giving My Body a Voice | 3 | #anorexia #control #bodyimage |
| LEAF\_A2A1 | Evening binge, emotional exhaustion | Soothing Difficult Evenings | 2 | #binge #eveningcravings #emotionalregulation |
| LEAF\_A3A1 | Digestive block, sensory tension | Let the Body Digest What the Mind Holds On To | 3 | #digestiveblock #emotionaloverload #control |
| LEAF\_A4A1 | Food guilt, moralization, peer conflict | Freeing the Body from Hypervigilance | 2 | #shame #guilt #hypervigilance #student |
| LEAF\_A5A1 | Stress-related appetite loss, professional burnout | Freeing the Body from Hypervigilance | 3 | #stress #anxiety #professionalburnout |
| LEAF\_A5B1 | Mild disconnection or emerging issue | Giving My Body a Voice | 1 | #reconnection #prevention |