# Clinical Case – Emotional Shock and Preparation for Motherhood

\*\*Age and Gender:\*\* Female, 30 years old

\*\*Emotional State:\*\* Preparing for pregnancy, emotionally hypersensitive, disturbed sleep, recent state of shock following a phone call (announced by father), stunned reaction, sadness, feeling of loss and confusion.

1. Summary of Detected Issues

• Latent emotional hypervigilance in a context of psychological fatigue.  
• Sleep disturbances linked to underlying tension not identified as anxiety.  
• Partial emotional dissociation (stress not identified as such, denial or mentalization).  
• Anticipated risk of postpartum breakdown in case of pregnancy.  
• Acute emotional shock reaction to a phone call involving trauma (bereavement or serious event).  
• Initial resistance to emotional openness, tension between the desire to open up and fear of inner exposure.  
• Inner feeling of loneliness in emotional management.

2. Dominant Emotions

• Stunned reaction  
• Sadness  
• Confusion  
• Anticipatory fear  
• Stress related to parenthood  
• Emotional restraint in expressing pain

3. Limiting Beliefs and Detected Schemas

• “I have to hold on alone”  
• “I must not say too much or I’ll break down”  
• “If I start to let go, I won’t be able to get back up”  
• “I need to prepare a perfect emotional ground before becoming a mother”  
• “What I feel is not anxiety, so it’s not serious”

4. Emotional Triggers and Psychological Mechanisms

• Trigger: A phone call with upsetting news → provokes emotional shock.  
• Chain reaction: Shock → confusion → sadness → loss of bearings → need for control → emotional inhibition → insomnia → hypervigilance.  
• Current coping strategy: Emotional containment, use of melatonin, vague verbalization (“I’m stressed but not anxious”), partial avoidance of the traumatic memory.

5. Immersive Situation (Emotional Anchoring)

It's as if you're frozen in that phone call scene, the words still echoing in your body like a dull blow. Your father's voice lingers like an imprint... and yet, around you, the world continues, asking you to move forward. But inside, everything has stopped. Two lost souls, you say. Perhaps yours at that moment. Perhaps the other’s too. And yet, you remain standing. In tension. On alert. Without true rest.

6. Proposed Solutions

A. Immediate Solutions (starting today):

• Box breathing + cardiac coherence 3x/day (5 min)  
• Bodily self-anchoring before sleep: “I am here. I am safe. My body can settle.”  
• Nighttime journal of unfiltered emotions: 5 minutes of free writing before bed  
• Melatonin + gentle sensory anchoring (music, scent, or weight) to re-associate sleep with safety

B. Intermediate Solutions:

• EMDR or hypnosis focused on emotional shock (the memory of the phone call)  
• Gradual work on deactivating internal alert (gentle bilateral stimulation + visualization of reconstruction)  
• Emotional preparation for parenthood: working on control, expectations, and emotional transmission schemas

C. Long-term Solutions:

• Program “Preparing my inner self to welcome life”: 6 to 8 sessions supporting hidden vulnerabilities.  
• Specific post-trauma hypnosis sessions: deactivation of the initial shock, peaceful rereading of sensory memory, liberation from the image of the father as the bearer of the trauma.  
• Reconstruction of vital momentum and internal emotional safety before any motherhood project.

7. Personalized Hypnosis Session Proposal

Title: “Healing from Shock and Preparing for Inner Peace”

Objectives:

• Deactivation of the shocking memory  
• Calming the body and restoring sleep  
• Progressive emotional integration of the past without overwhelm  
• Creation of an inner refuge  
• Anchoring a resource of safety in the face of future unpredictability

8. Follow-up and Progress Indicators

• Daily subjective scale: Sleep quality / tension level / inner safety  
• Weekly validation: Ability to connect with emotions without being overwhelmed  
• Stabilization indicators: Restorative sleep for 3 consecutive nights, ability to mention the memory without being stunned, return of a positive desire or project

9. Final Motivational Phrase

You are laying the first stones of a stronger inner space. Even if some foundations have shaken, you are still here, standing. And soon, it won’t just be about holding on... it will be about living, in you, for you, and maybe one day, for someone else too.