# Clinical Case – Adolescent Emotional Frustration

**Age and Gender**

* Boy, 14 years old
* Status: Student

**Summary of Identified Issues**

* Emotional hyperreactivity to frustration: The young boy reacts intensely to frustrations perceived as injustices or arbitrary interruptions (e.g., 'being cut off in the middle of his video/book').
* Repressed explosive anger: Expressions such as 'I want to kill you' or 'I want to break everything' indicate internalized anger, probably unprocessed, with difficulty verbalizing deeper emotions.
* Disappointment and helplessness: He expresses a feeling of disappointment over losing control of his immediate environment, generating a latent sense of powerlessness.
* Conflicted sibling relationships: Recurring conflicts with his sister, feelings of infantilization, affective rivalry, and difficulty setting boundaries without aggression or avoidance.
* Affective ambivalence: Despite conflicts, moments of complicity with his sister reveal a need for stable connection despite tension.
* Significant event – announcement of parental divorce: Emotional reaction marked more by shock than sadness or anger. This emotional block deserves further exploration.
* Tendency to mentalize/rationalize: Difficulty identifying somatic emotions ('I don’t know what I feel', 'It just annoys me a bit') → possible emotional dissociation.
* Habituation to conflict / progressive desensitization: He recognizes he's 'getting used to' anger, which may mask emotional exhaustion or apathy.

**Dominant Emotions**

* Frustration
* Anger
* Disappointment
* Shock
* Ambivalence
* Slight implicit shame linked to excessive reactions

**Limiting Beliefs and Underlying Cognitive Patterns**

* 'If I’m stopped, I’m not respected.'
* 'They prevent me from doing what I love, so I must defend myself.'
* 'I have to fight for my place.'
* 'Adults (or my sister) make decisions for me, I am powerless.'
* 'I am often misunderstood.'

**Trigger Analysis and Emotional Mechanisms**

Typical Triggers:

* Sudden interruption of an enjoyable or focused activity (game, video, reading)
* Provocative remark or attitude from his sister
* Reprimand perceived as unfair

Emotional Mechanism:

* Interruption / provocation
* Feeling of injustice → frustration → rising anger
* Anger not expressed verbally → potential impulsivity (e.g., throwing a glass of water)
* Possible guilt / withdrawal or downplaying ('It just annoys me a bit')

**Immersive Scenario (Possible Excerpt)**

It’s like you’re immersed in an intense video, absorbed by a story that touches you, and suddenly a blade falls: 'Stop, go take a shower.' And then, your body tenses up, your breath catches, a heat rises in your chest... You don’t want to obey, but you don’t know how to say no other than through annoyance or anger.

**Proposed Solutions**

Immediate Solutions:

* Guided verbalization exercise: Identify the precise emotion felt during frustration ('Is it anger, sadness, rejection?').
* Soft emotional interruption technique: 3-minute conscious breathing ritual when a strong emotion arises.
* Emotional rights sheet: Remind him that it's okay to feel frustrated, but it's how we respond to emotions that matters.

Intermediate Solutions:

* Structured dialogue with sister: Joint therapeutic activity where both share what they enjoy, what hurts, with mediation (e.g., role-play or co-written comic).
* Exercise to deconstruct perceived injustice: When someone says no → analyze possible intentions behind the refusal (protection, time management, etc.).
* ‘Traffic light’ emotion journal: red = explosion, orange = irritation, green = calm → recognize signs of irritation before anger erupts.

Long-Term Solutions:

* Thematic hypnosis session: 'Regaining control without exploding' → work on frustration, self-assertion, and managing feelings of helplessness.
* Playful sensory meditation: body scan turned into a mini-game ('Where is the heat? Where is the calm?') to develop bodily awareness of emotions.
* Symbolic reprogramming of anger: Use anger as a signal of unmet need, not as a personal attack.

**Adapted Hypnosis Session**

Theme: 'When the world cuts me off, I remain whole'

Objectives:

* Reduce emotional reactivity to frustration.
* Reconnect with needs hidden under anger (need for respect, autonomy, attention).
* Transform the explosion reflex into verbal expression and inner calm.
* Install a resource image of a protected mental space (e.g., bubble or imaginary refuge) to refocus when everything feels chaotic.

**Progress Monitoring and Indicators**

* Ability to name emotions (beyond 'it annoys me').
* Reduction of impulsive gestures in response to frustrations.
* Increased moments of complicity with sister.
* Ability to delay emotional response (e.g., take a breath before reacting).
* Weekly self-evaluation: 'This week, I managed to...'
* Handle a frustration without exploding?
* Make myself understood calmly?
* Calm myself down on my own?

**Final Motivational Phrase**

You don’t need to break everything to be heard. You already have the strength to turn your anger into a message, your frustration into direction, and your surprise into understanding. You’re learning to remain yourself, even when interrupted.