# Clinical Case – Reclaiming Authorship of My Choices

## 1. General Emotional Context

- Inner conflict between desire for personal expression (creativity, communication, event planning) and an imposed/deviated path.  
- Sense of having endured rather than chosen her professional orientation.  
- Hyper-adaptation to expected image, fear of judgment, constant self-justification.  
- Social discomfort, self-censorship, inner infantilization in the presence of authority or judgmental figures.

## 2. Summary of Identified Issues

Dominant emotions:

- Existential frustration (“I’ve never done what I wanted”)  
- Implicit guilt (linked to professional choices and family history)  
- Fear of judgment and exposure (unassumed vulnerability)  
- Nostalgia tinged with regret (about youthful choices and untaken paths)  
- Affective ambivalence (towards partner, parents, and life decisions)

Underlying cognitive patterns:

- I must please/meet expectations to be loved  
- I don’t deserve success unless I suffer for it  
- Expressing my true nature is dangerous / judged / rejected  
- If I do what I love, I betray others or take up too much space

## 3. Triggers and Psychological Mechanisms

- Central trigger: the gaze of others, particularly male or authoritative figures, induces infantilization, head lowering, and emotional withdrawal.  
- Chain reaction: Hypervigilance → Inner discomfort → Justification → Social unease → Compensation attempt → Increased discomfort.  
- Underlying mechanism: confusion between authentic inner voice (deep desires) and internalized parental voices.  
- Blocked trajectory: clear desire (photography, communication, event planning), but no inner permission to pursue it.

## 4. Immersive Situation and Emotional Anchoring

Imagine Audrey, 15, her eyes sparkling at the thought of becoming a photographer. She talks about it with excitement but already senses resistance from others. Voices rise:  
“That’s not serious,” “You have to continue,” “Think about your future.”  
That day, she doesn’t just tuck away a dream—she buries a part of herself.  
Years later, Audrey watches herself from the outside, speaking with her back turned, head bowed. Her body remembers, even if her mind has forgotten.

## 5. Proposed Solutions

A. Immediate solutions – Reconnection and expression:

- Direct verbalization of discomfort: Saying aloud an emotion + context:  
 “I feel uneasy talking to you, but I’ll try anyway.”  
- Daily “I feel / I say” practice: training to verbalize simply.  
- Morning reconnection ritual: hand on heart, slow breathing, anchoring phrase: “Today, I can listen to my true desires.”

B. Intermediate solutions – Inner restructuring:

- Guided review of past choices: write a letter to her 15-year-old self, validating her choices and desires.  
- Inner dialogue between “frustrated child” and “wise adult”: self-coaching exercise.  
- Therapy based on values: clarifying what resonates with her today, what she wants to embody and transmit.

C. Long-term solutions – Reconciliation with her history:

- Hypnosis sessions to reprogram the relationship with others’ gaze  
- Progressive work on unconditional self-esteem  
- Symbolic project: restart a creative project previously set aside (photography, events, blog, etc.)  
- Emotional release sessions (e.g., EMDR, EFT) focused on high school years and the period of “deviation” tied to moving to Paris.

## 6. Evolution Tracking and Progress Indicators

- Weekly emotional indicator: level of alignment (0 to 10)  
- Self-assessment of decisions aligned with her true self  
- Evolution in relationship to external judgment: increased ease saying “no,” social lightness  
- Markers of inner reconquest: moments of enthusiasm, creativity, serene affirmation

## 7. Final Motivational Phrase

“Each time you dare to say what you feel, you build a bridge between who you were and who you are becoming. You didn’t miss your life—you are reclaiming it.”