Clinical Case – Relearning to Trust the Body

**Age and Gender**

Female, age unspecified, mother of three children.

**Summary of Detected Issues**

• Death anxiety reactivated by intergenerational transmission (mother’s talk about departure and grandmother’s death).

• Somatic hypervigilance: constant body monitoring with catastrophic interpretations (e.g., dizziness = cancer, reflux = esophagus issue).

• Obsessive hypochondriac thoughts accompanied by intrusive rumination, even during mundane activities.

• Emotional blockage with difficulty verbalizing fears: everything is 'locked inside', which amplifies anxiety.

• Significant mental load, likely related to the maternal role and an emotion regulation mode centered on control and danger anticipation.

• Avoidance behaviors (e.g., refusal to take treatment due to fear of side effects).

• Need for control and fear of physical or psychological collapse.

• Emotional repression, with difficulty releasing fear, sadness or anger other than through symptoms.

**Dominant Emotions**

• Fear (especially of dying, of being sick, of not being there for her children).

• Sadness linked to loss and anticipation of grief.

• Strong anticipatory anxiety.

• Guilt (not wanting to worry others, keeping it all inside).

• Emotional loneliness.

**Limiting Beliefs and Cognitive Patterns**

• 'If I let my guard down, something bad will happen.'

• 'My body is going to fail me, I must monitor it constantly.'

• 'If I talk about my fears, I will worry others or be judged.'

• 'I have to manage everything alone.'

• 'What I feel is not valid unless medically proven.'

**Emotional Triggers**

• Mother’s discourse about loss, experienced as a generational repetition.

• Recent flu experience, perceived as a physical attack.

• Physical fatigue intensifying inner danger signals.

• Prolonged emotional silence (nothing comes out → everything implodes).

**Psychological Mechanisms**

• Hypercontrol + hypervigilance + unexpressed emotions = vicious anxiety cycle.

• Pre-collapse state where the body becomes the messenger of unspoken emotions.

• Constant projection into a dramatic future, without present anchoring.

**Immersive Narrative**

It's as if every word uttered by the mother left an acidic imprint... an invisible scar that reopens with every bout of fatigue, every ache, every silence.

Every time the heart races, the throat scratches, the head spins... your brain runs. It runs into the future. It imagines, it anticipates.

And you listen. You scan your body like a map to be deciphered, but you forget one thing: this body is also speaking of something other than illness... it’s talking about your fear, your love for your family, your need to exist without being constantly on alert.

**Proposed Solutions**

1. Immediate Solutions

• 3-3-3 Grounding exercise (3 sounds / 3 things I see / 3 body parts I feel) multiple times a day.

• Anxiety journal: 5 minutes of free writing every evening to release what’s 'locked inside'.

• Thought deactivation technique: 'I take this thought, put it in a box, and return to the present moment.'

• SOP method: Breath - Observe - Presence → 1-minute micro-recentering at the onset of illness-related thoughts.

2. Intermediate Solutions

• Therapeutic work on transgenerational narratives: identifying emotionally transmitted themes (fear of death, unspoken topics, guilt).

• Guided body scan or self-hypnosis to befriend the body rather than seeing it as an enemy.

• Cognitive restructuring of the belief: 'If I listen to my body, it is to protect myself, not to panic.'

3. Long-Term Solutions

• Hypnotherapy on the theme: 'Reassuring the inner child afraid of loss.'

• Emotional integration work around the grief (even symbolic) of the grandmother and the fear of losing the mother.

• Immersive sensory meditation to move out of anxious overthinking and back into the here-and-now of the body.

**Adapted Hypnosis/Meditation Session**

Title: 'Befriending My Body, Calming My Mind'

Objectives:

• Deactivate somatic hypervigilance.

• Reassure the inner child in connection with the maternal lineage.

• Anchor inner safety through breathwork.

• Learn to make fear an ally rather than a tyrant.

**Follow-Up and Progress Indicators**

• Daily panic scale from 0 to 10.

• Evening note of body trust.

• Number of interruptions per day due to obsessive thoughts.

• Gradual reduction of body-checking behaviors.

• Emotional journal: frequency + ease of expression.

**Motivational Closing Statement**

“You don’t have to monitor your body as if it were a threat. Your body is not your enemy: it’s simply waiting for you to listen differently... with kindness, not fear. That’s when everything begins to ease.”