# Structured Decision Tree – Emotional Dysregulation in Adolescents and Adults (RAG-Ready Tags)

[NODE\_A] Is the emotional dysregulation related to a recent traumatic experience or unresolved past shock?

[NODE\_A1] Yes – Shock, loss or acute destabilization context

[NODE\_A1A] Emotional state marked by stunned reaction, confusion, and anticipatory fear?

[LEAF\_A1A1] Recent emotional shock (e.g., traumatic phone call, fear of motherhood) → [SCRIPT\_A: "Healing from Shock and Preparing for Inner Peace"] {Level: 2}

#Tags: #shock #motherhood #emotionalvulnerability

[NODE\_A1B] Physiological anxiety with traumatic origin (e.g., pregnancy trauma, medical sentence)?

[LEAF\_A1B1] PTSD + somatic panic response (e.g., fear of dying, tingling) → [SCRIPT\_B: "My Body, the Survivor"] {Level: 3}

#Tags: #ptsd #somaticanxiety #bodilytrust

[NODE\_A2] No – The dysregulation is more linked to daily stressors or family interactions

[NODE\_A2A] Is the person an adolescent with frustration and anger issues?

[LEAF\_A2A1] Adolescent reacting strongly to interruption or sibling rivalry → [SCRIPT\_C: "When the world cuts me off, I remain whole"] {Level: 2}

#Tags: #frustration #anger #adolescence

[NODE\_A2B] Adult with unresolved conflict between desire and duty, blocked choices?

[LEAF\_A2B1] Hyperadaptation, fear of judgment, self-censorship → [SCRIPT\_D: "I Become the Author of My Choices Again"] {Level: 3}

#Tags: #selfexpression #guilt #innerconflict

[NODE\_A2C] Adult with emotional somatization and health anxiety?

[LEAF\_A2C1] Somatic hypervigilance, transgenerational anxiety → [SCRIPT\_E: "Trusting My Body Again"] {Level: 3}

#Tags: #somaticanxiety #healthfear #emotionalcontrol

[NODE\_A2D] No – Symptoms not covered above (refer to complementary themes: #burnout, #grief, #dissociation)

Summary Table:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Node | Symptom Summary | Script | Level | Tags |
| LEAF\_A1A1 | Recent emotional shock, preparation for motherhood | Healing from Shock and Preparing for Inner Peace | 2 | #shock #motherhood #emotionalvulnerability |
| LEAF\_A1B1 | PTSD, somatic anxiety after pathological pregnancies | My Body, the Survivor | 3 | #ptsd #somaticanxiety #bodilytrust |
| LEAF\_A2A1 | Adolescent frustration and sibling conflict | When the world cuts me off, I remain whole | 2 | #frustration #anger #adolescence |
| LEAF\_A2B1 | Adult with blocked creative desire, hyperadaptation | I Become the Author of My Choices Again | 3 | #selfexpression #guilt #innerconflict |
| LEAF\_A2C1 | Somatic vigilance, death anxiety, transgenerational fears | Trusting My Body Again | 3 | #somaticanxiety #healthfear #emotionalcontrol |