## Age and Gender

Male, 19 years old

## Summary of Detected Issues

• Impulse phobia: violent, unwanted, anxiety-inducing mental images, with a dissociation between will and perception of the danger of acting out.

• Social avoidance and digital withdrawal: slight reduction in time spent on TikTok, but immediate shift to video games, without real diversification of activities.

• Hypersensitivity to others’ gaze and mild social anxiety: difficulty speaking to strangers, discomfort in public places like the gym.

• Hypermentalization: low emotional verbalization, difficulty feeling or naming emotions linked to intrusive thoughts.

• Implicit self-devaluation: feeling of being “abnormal,” difficulty envisioning a positive self-evolution.

• Positive behavioral mobilization started (driving school, gym), but still fragile and highly context-dependent.

## Dominant Emotions Detected

• Ambivalence

• Fear (of self, of losing control)

• Anger (unexpressed, possibly internalized)

• Latent sadness (unspoken)

• Shame or implicit discomfort

## Limiting Beliefs / Cognitive Schemas

• “I might be dangerous without wanting to be.”

• “I’m different, maybe abnormal.”

• “If I expose myself, I lose control.”

• “If I feel too much, it overflows.”

## Triggers and Psychological Mechanisms

Triggers:

• Exposure to violent content (TV, social media)

• Noisy or oppressive sensory environments (crowded rooms)

• Prolonged solitude / mental confinement through screen use

• Psychological fatigue due to rumination

Chain Mechanisms:

Hypervigilance → Mental intrusion (violent images) → Anxious doubt → Need for checking or avoidance → Increased digital withdrawal → Reinforcement of phobic cycle

## Immersive Scenario (Emotional Anchoring)

It’s as if your brain triggers an alarm... but without any fire. As if an inner voice is showing you images you don’t want to see, pretending they belong to you. You know you don’t want to hurt anyone, and yet… a part of you doubts, just enough to worry you. That doubt is the trap’s doorway. And when you're alone, trapped in a screen, that doubt grows stronger, because it no longer meets the reality that could prove it wrong.

## Proposed Solutions

1. Immediate Solutions:

• “Stop Image” technique: associate a neutral mental image (e.g., a door closing) to interrupt the intrusive thought as soon as it appears.

• Cardiac coherence 3x/day: to calm the autonomic nervous system and prevent stress peaks that favor intrusive thoughts.

• Automatic writing: 5 minutes/day to jot down violent thoughts without judgment, like a controlled mental discharge.

2. Intermediate Solutions:

• Gradual social exposure work: 1 interaction/week with a non-familiar person (e.g., asking a question in a store).

• Cognitive reprogramming: actively reframe the belief “I’m dangerous” into “I’m vigilant precisely because I don’t want to harm.”

• Morning physical activation ritual: 10 minutes of walking or core exercises every morning to stimulate bodily anchoring.

3. Long-Term Solutions:

• Hypnosis focused on deactivating the “internal danger” schema

• Guided meditation to dissociate image/identity: “What I see does not define me”

• Progressive program for reinvestment in non-digital social activities

## Recommended Hypnosis Session

Theme: “Taming the Wild Thought – I Am More Than What I See”

Objectives:

• Recreate distance between thought and self

• Restore inner safety

• Soothe anxious doubts about acting out

• Reinforce a peaceful and confident identity

## Progress Tracking & Indicators to Monitor

• Frequency of intrusive thoughts (daily > weekly > occasional)

• Perceived stress level after thoughts (self-rated from 1 to 10)

• Number of weekly social interactions

• Daily accumulated screen-free time

• Weekly self-assessment: “Do I feel more in control of my mind this week?”

## Final Motivational Phrase

You are not what you think. You are the one watching the thoughts pass by, learning, day by day, to choose what to let in. The fact that you're talking about it, trying to understand, is already the greatest act of inner strength. Keep going, step by step, and you’ll see that even the darkest thoughts lose their power when looked at with clarity and kindness.