# Clinical Case – Female, 49 years old

1. Loss of professional meaning and emotional disengagement

- The patient no longer finds meaning in her work as a lawyer: “I didn’t think my life would be writing to people: you have to cut your magnolia.”  
- Feels she is wasting her intellectual potential on trivial cases.  
- Disillusioned by the administrative shift in the profession: no more eloquence or constructive confrontation, just filing paperwork.  
- Overwhelmed by the perceived absurdity and futility of clients' demands.

2. Anxiety attacks related to work

- Physical symptoms of anxiety appear when going to the office.  
- The anxiety stems from a conflict between her originally invested professional identity and the current sense of absurdity.  
- Gradual avoidance through emotional disengagement, cynical humor, or emotional numbness.

3. Emotional saturation and defensive hypersensitivity

- Exasperated by others' emotional overload: “Why do they need to spill their emotions onto me?”  
- Repressed emotional hypervigilance: tight throat, urge to flee.  
- Tendency to rationalize as a form of protection: “I’m not affected,” though emotional signs indicate otherwise.

4. Affective ambivalence and self-devaluation

- Self-deprecating speech: “I’m a difficult patient,” “I find myself annoying.”  
- Feels stuck in an absurd waiting mode: “As if I were in the subway waiting for the bus.”  
- Difficulty in allowing herself change or reconversion for fear of “not knowing how to do anything else.”

Dominant Emotions

- Frustration (towards clients, institutions, the judicial system)  
- Anxiety (linked to loss of meaning and a repetitive empty routine)  
- Defensive cynicism (protective mechanism against emotional burnout)  
- Ambivalence (between attachment to the initial profession and growing disenchantment)  
- Residual sadness / masked depression (emotional disinvestment, moral fatigue)

Limiting Beliefs & Cognitive Schemas

- “I must love my clients to do a good job.”  
- “I must endure everything because I chose this profession.”  
- “I have no credible alternative to my current career.”  
- “If I no longer feel empathy, something is wrong with me.”  
- “Others always want to take advantage of me or my energy.”

Identified Triggers

- Emotionally demanding or financially disrespectful clients.  
- Cases perceived as absurd or intellectually unstimulating.  
- Work mornings (triggering morning anxiety).  
- Memories of early career years that were emotionally and financially unrewarding.

Anxiety Mechanism Breakdown

Daily repetition:  
Morning → anticipation → physical anxiety → mental avoidance / cynicism → confrontation at the office → emotional drain → exhaustion → existential rumination.

Proposed Solutions

Immediate Solutions

- Deep breathing + body anchoring routine in the morning (5-minute routine).  
- Quick exercise “give meaning to my day”: each morning, write down one useful thing in her work (even minor).  
- Daily mirror phrase: “I am more than what I do. What I do can still evolve.”

Intermediate Solutions

- Cognitive reframing on the legitimacy of changing or adjusting her activity.  
- Creating a “professional attraction assessment”: what originally attracted her to law, what still remains?  
- Exploring specialization or transmission paths (training, writing, legal animation, etc.) to revalue her expertise differently.  
- Desensitization plan to administrative absurdity through guided humorous recontextualization.

Long-Term Solutions

- Therapeutic support with targeted hypnosis for existential exhaustion and inner reconversion.  
- Deep work on the schema “I must endure to exist.”  
- Reclaiming professional identity aligned with core values: freedom, intellectual stimulation, social impact.  
- Gradual implementation of a new professional or intra-professional project: soft reorientation possible.

Hypnosis Session

Proposed Theme:  
“Finding meaning where my heart has gone empty”  
  
Objectives:  
- Deactivate morning work-related anxiety.  
- Reactivate emotional memory of initial motivations.  
- Instill a sense of inner space conducive to creativity and change.  
- Anchor the legitimacy to reinvent or leave her profession.  
  
Duration: 20 to 25 minutes – Slow induction – Inner safety suggestion – Symbolic exploration of a deserted office → inner reconstruction → supported bridge to the unknown.

Follow-Up and Progress Indicators

- Frequency and intensity of morning anxiety.  
- Ability to differentiate absurd from structurally meaningful cases.  
- Frequency of avoidance thoughts (“I don’t want to go”) replaced by desire or curiosity.  
- Emergence of new professional or creative desires.

Motivational Sentence

“It’s not that I’m no longer in the right place, it’s that the place has stopped resembling me. And each day, I can take a step to recreate a space where my voice once again carries weight.”