# MiFam Diagnostic Symptom Matrix – Tag & Weight Summary

🛠️ Developer & Analyst Note: This document consolidates Echo's full diagnostic symptom matrix. Each entry includes a user-friendly symptom prompt and the diagnosis weights assigned to that symptom. These weights are used to score diagnostic likelihoods in real-time as users respond.

## 1. Emotional Reactivity

Echo Prompt: Do your emotions feel intense, fast-shifting, or hard to control — like waves that crash in before you know what triggered them?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| PMDD | 1.0 |
| Bipolar II | 1.0 |
| ADHD | 0.5 |
| Depression | 0.5 |
| GAD | 0.5 |

## 2. Time Blindness

Echo Prompt: Do you often lose track of time — running late, forgetting appointments, or underestimating how long things take?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| ADHD | 1.0 |
| Depression | 0.5 |
| Autism | 0.5 |
| PTSD | 0.5 |

## 3. Impulsivity

Echo Prompt: Do you sometimes act before you think — like blurting things out, spending impulsively, or taking risks you later regret?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| ADHD | 1.0 |
| BPD | 1.0 |
| Bipolar II | 1.0 |
| C-PTSD | 0.5 |
| OCD | -1.0 |

## 4. Shame or Worthlessness

Echo Prompt: Do you carry a deep feeling of being broken, unworthy, or not enough — even when no one else says so?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| C-PTSD | 1.0 |
| BPD | 1.0 |
| PMDD | 1.0 |
| GAD | 0.5 |
| Autism | 0.5 |

## 5. Hypervigilance

Echo Prompt: Do you often feel on edge — like you're scanning the room or waiting for something to go wrong?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| PTSD | 1.0 |
| C-PTSD | 1.0 |
| GAD | 1.0 |
| BPD | 0.5 |
| ADHD | 0.5 |
| Autism | 0.5 |

## 6. Dissociation

Echo Prompt: Do you ever feel far away — like you’re watching yourself from outside, or the world feels unreal?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| PTSD | 1.0 |
| BPD | 1.0 |
| ADHD | 0.5 |
| Depression | 0.5 |
| Autism | 0.5 |

## 7. Mood Cycles

Echo Prompt: Do your moods shift in clear waves — days of low or high energy/emotion, often without clear triggers?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Bipolar II | 1.0 |
| PMDD | 1.0 |
| BPD | 0.5 |
| ADHD | 0.5 |
| C-PTSD | 0.5 |

## 8. Intrusive Thoughts

Echo Prompt: Do you get thoughts that come out of nowhere — disturbing, repetitive, or hard to stop thinking about?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| PTSD | 1.0 |
| GAD | 1.0 |
| BPD | 0.5 |
| ADHD | 0.5 |

## 9. Sensory Sensitivity

Echo Prompt: Are you easily overwhelmed by sounds, lights, textures, or smells — like your senses are turned up too high?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Autism | 1.0 |
| PTSD | 1.0 |
| ADHD | 1.0 |
| PMDD | 0.5 |
| OCD | 0.5 |
| GAD | 0.5 |

## 10. Sleep Disruption

Echo Prompt: Do you struggle to fall asleep, stay asleep, or feel rested — even when you're exhausted?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| GAD | 1.0 |
| PTSD | 1.0 |
| ADHD | 1.0 |
| PMDD | 1.0 |
| Bipolar II | 0.5 |
| OCD | 0.5 |

## 11. Perfectionism

Echo Prompt: Do you feel driven to get everything 'just right' — like mistakes feel unbearable, or you avoid things you can’t do perfectly?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| GAD | 1.0 |
| Autism | 0.75 |
| ADHD | 0.5 |
| Depression | 0.5 |

## 12. Rejection Sensitivity

Echo Prompt: Do you feel deeply hurt or anxious when someone seems upset with you — even if they haven’t said anything?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| ADHD | 0.75 |
| GAD | 0.5 |
| Autism | 0.5 |

## 13. Anhedonia (Loss of Pleasure)

Echo Prompt: Have you lost interest in things you used to enjoy — like hobbies, food, or even seeing people you care about?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| Bipolar II | 1.0 |
| PMDD | 0.75 |
| PTSD | 0.5 |
| C-PTSD | 0.5 |

## 14. Fatigue and Exhaustion

Echo Prompt: Do you feel constantly drained — like you’re running on empty no matter how much rest you get?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| C-PTSD | 1.0 |
| PMDD | 1.0 |
| GAD | 0.75 |
| ADHD | 0.5 |
| PTSD | 0.5 |

## 15. Self-Harm Urges

Echo Prompt: Do you ever feel the urge to hurt yourself — not to end your life, but as a way to release emotional pain or feel something?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| Depression | 1.0 |
| PMDD | 0.75 |
| PTSD | 0.5 |

## 16. Social Withdrawal

Echo Prompt: Do you often pull away from people — even if you feel lonely or wish you could connect more?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| C-PTSD | 1.0 |
| Autism | 0.75 |
| PMDD | 0.5 |
| GAD | 0.5 |

## 17. Panic or Sudden Surges of Fear

Echo Prompt: Do you sometimes get hit by sudden waves of panic or intense fear — even if you don’t know why?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| GAD | 1.0 |
| PTSD | 1.0 |
| C-PTSD | 0.75 |
| PMDD | 0.5 |
| BPD | 0.5 |

## 18. Overthinking / Rumination

Echo Prompt: Do you find yourself replaying conversations, decisions, or worries over and over — like your mind won’t let go?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| GAD | 1.0 |
| OCD | 1.0 |
| Depression | 0.75 |
| C-PTSD | 0.5 |
| BPD | 0.5 |

## 19. Difficulty Starting Tasks

Echo Prompt: Is it hard to begin tasks, even small ones — like there’s an invisible wall between intention and action?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| ADHD | 1.0 |
| Depression | 1.0 |
| Autism | 0.5 |
| C-PTSD | 0.5 |
| PMDD | 0.5 |

## 20. Feeling Out of Control Before Period (if applicable)

Echo Prompt: Do you feel like your emotions or body become unmanageable before your period — like you become someone else for a week or two?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| PMDD | 1.0 |
| BPD | 0.5 |
| C-PTSD | 0.5 |
| Bipolar II | 0.5 |

## 21. Fear of Abandonment

Echo Prompt: Do you feel terrified that people might leave you — even when there's no clear reason to think they will?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 0.75 |
| GAD | 0.5 |
| Autism | 0.25 |

## 22. Masking / Pretending to Be OK

Echo Prompt: Do you often hide how you're feeling — putting on a calm or cheerful front even when you're struggling inside?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Autism | 1.0 |
| C-PTSD | 1.0 |
| Depression | 0.75 |
| GAD | 0.5 |
| BPD | 0.5 |
| PMDD | 0.5 |

## 23. Extreme Sensitivity to Criticism

Echo Prompt: Do you feel crushed, ashamed, or panicked when you’re criticized — even gently?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| ADHD | 0.75 |
| GAD | 0.5 |
| Depression | 0.5 |

## 24. Obsessive Checking or Repeating

Echo Prompt: Do you find yourself checking things over and over — like doors, stoves, or even memories or thoughts — just to feel safe?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| GAD | 0.75 |
| PTSD | 0.5 |
| ADHD | 0.25 |
| C-PTSD | 0.25 |

## 25. Shutting Down / Numbness

Echo Prompt: Do you sometimes go emotionally blank — like your system just powers down or you stop feeling anything?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| Depression | 1.0 |
| Autism | 0.75 |
| PTSD | 0.75 |
| BPD | 0.5 |

## 26. Distractibility / Racing Thoughts

Echo Prompt: Do your thoughts bounce quickly — or is it hard to hold focus because your mind keeps racing somewhere else?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| ADHD | 1.0 |
| Bipolar II | 0.75 |
| GAD | 0.5 |
| OCD | 0.5 |
| BPD | 0.25 |

## 27. Intrusive Body Memories or Sensations

Echo Prompt: Do you ever feel physical sensations — like pain, nausea, or tightness — connected to past experiences or trauma?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| PTSD | 1.0 |
| PMDD | 0.5 |
| BPD | 0.25 |
| OCD | 0.25 |

## 28. Need for Routine / Resistance to Change

Echo Prompt: Do changes in routine or environment throw you off — like you rely on sameness to feel stable or safe?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Autism | 1.0 |
| OCD | 0.75 |
| C-PTSD | 0.5 |
| ADHD | 0.25 |
| PMDD | 0.25 |

## 29. Over-Attunement to Others' Moods

Echo Prompt: Do you constantly scan how others are feeling — like you’re trying to predict what mood someone’s in or avoid upsetting them?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| BPD | 0.75 |
| GAD | 0.5 |
| Autism | 0.25 |
| PMDD | 0.25 |

## 30. Guilt for Small or Imagined Mistakes

Echo Prompt: Do you find yourself feeling guilty over tiny things — or apologizing for things that aren't really your fault?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| GAD | 1.0 |
| C-PTSD | 1.0 |
| BPD | 0.75 |
| Depression | 0.5 |
| Autism | 0.25 |

## 31. Suicidal Thoughts or Fantasies

Echo Prompt: Have you ever felt like you didn’t want to be here — or caught yourself imagining escape, even if you wouldn’t act on it?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| PMDD | 1.0 |
| PTSD | 0.5 |
| Bipolar II | 0.5 |

## 32. Difficulty Prioritizing / Executive Dysfunction

Echo Prompt: Is it hard to figure out where to start — like you see a pile of tasks and freeze, even if they’re all important?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| ADHD | 1.0 |
| Depression | 1.0 |
| Autism | 0.75 |
| C-PTSD | 0.5 |
| PMDD | 0.5 |

## 33. Overstimulation / Sensory Overload

Echo Prompt: Do crowded rooms, loud noises, or busy visuals overwhelm you — like your system can’t filter input?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Autism | 1.0 |
| ADHD | 0.75 |
| PTSD | 0.75 |
| C-PTSD | 0.5 |
| PMDD | 0.5 |

## 34. Relationship Whiplash (Push-Pull Dynamics)

Echo Prompt: Do your relationships swing between closeness and distance — like part of you craves connection, but another part pushes it away?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 0.75 |
| PMDD | 0.5 |
| GAD | 0.25 |

## 35. Trauma Dreams / Nightmares

Echo Prompt: Do you ever have intense dreams or nightmares that seem linked to past experiences — even ones you haven’t thought about in years?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| PTSD | 1.0 |
| C-PTSD | 1.0 |
| BPD | 0.5 |
| Depression | 0.25 |
| PMDD | 0.25 |

## 36. Fear of Losing Control

Echo Prompt: Do you ever feel afraid you’ll snap — yell, cry, break something, or lose control of yourself completely?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| OCD | 1.0 |
| C-PTSD | 0.75 |
| PMDD | 0.5 |
| GAD | 0.5 |

## 37. People-Pleasing / Fawn Response

Echo Prompt: Do you go out of your way to keep others happy or avoid conflict — even if it means ignoring your own needs?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| BPD | 0.75 |
| GAD | 0.5 |
| Autism | 0.25 |
| PMDD | 0.25 |

## 38. Difficulty Regulating Emotions

Echo Prompt: Do your feelings go from 0 to 100 quickly — like a small thing can set off a big wave of emotion before you can stop it?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| PMDD | 1.0 |
| ADHD | 0.5 |
| Bipolar II | 0.5 |

## 39. Feeling Like a Different Person Each Week

Echo Prompt: Do you sometimes look back and feel like you were a different version of yourself just a few days ago?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| PMDD | 1.0 |
| Bipolar II | 1.0 |
| BPD | 0.75 |
| C-PTSD | 0.5 |

## 40. Flashbacks (Emotional or Visual)

Echo Prompt: Do you ever feel like you’re reliving something — emotionally or even with sights/sounds — as if it’s happening all over again?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| PTSD | 1.0 |
| C-PTSD | 1.0 |
| BPD | 0.25 |
| GAD | 0.25 |

## 41. Emotional Numbness or Detachment

Echo Prompt: Do you sometimes feel like your emotions are shut off — like you’re watching life from behind a glass wall?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| C-PTSD | 1.0 |
| PTSD | 1.0 |
| BPD | 0.5 |
| Autism | 0.25 |

## 42. Catastrophic Thinking / Worst-Case Scenario Loops

Echo Prompt: Do you often imagine the worst possible outcome — even for small things, like a conversation or text?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| GAD | 1.0 |
| OCD | 1.0 |
| C-PTSD | 0.75 |
| ADHD | 0.25 |

## 43. Need for Reassurance

Echo Prompt: Do you frequently seek reassurance from others — like you feel better only when someone confirms everything is okay?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| GAD | 1.0 |
| BPD | 0.75 |
| C-PTSD | 0.5 |

## 44. Intrusive Violent or Taboo Thoughts

Echo Prompt: Do you ever get disturbing thoughts that feel wrong or scary — like they’re not even yours?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| PTSD | 0.75 |
| BPD | 0.5 |
| GAD | 0.5 |

## 45. Self-Image Confusion or Identity Shifts

Echo Prompt: Do you feel unsure about who you really are — like your values, beliefs, or personality change depending on who you're with?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| Depression | 0.5 |
| Autism | 0.25 |

## 46. Sudden Rage or Explosive Anger

Echo Prompt: Do you sometimes explode in anger out of nowhere — even over things that don't usually bother others?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| PMDD | 1.0 |
| C-PTSD | 0.75 |
| Bipolar II | 0.5 |
| ADHD | 0.25 |

## 47. Fear of Being a Bad Person

Echo Prompt: Do you ever worry that you might secretly be a bad person — even if you haven’t done anything wrong?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| OCD | 1.0 |
| C-PTSD | 1.0 |
| BPD | 0.5 |
| PMDD | 0.5 |
| GAD | 0.25 |

## 48. Chronic Overcommitment / Can't Say No

Echo Prompt: Do you often take on too much or say 'yes' when you want to say 'no' — because you feel guilty or afraid to disappoint?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| C-PTSD | 1.0 |
| GAD | 1.0 |
| ADHD | 0.5 |
| BPD | 0.5 |

## 49. Perceived Criticism as Personal Attack

Echo Prompt: Do you sometimes feel like any critique — even gentle — means someone doesn’t like you or thinks you’re awful?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| BPD | 1.0 |
| C-PTSD | 1.0 |
| PMDD | 0.5 |
| GAD | 0.5 |
| Depression | 0.25 |

## 50. Feeling Like a Burden

Echo Prompt: Do you often feel like you’re a problem for other people — like your presence is too much or your needs are inconvenient?

|  |  |
| --- | --- |
| Diagnosis | Weight |
| Depression | 1.0 |
| C-PTSD | 1.0 |
| BPD | 0.75 |
| GAD | 0.5 |
| PMDD | 0.25 |