# MiFam Compare View Logic – Echo Diagnostic Differentiation Helper

This module helps Echo guide users who are stuck between 2–3 top-matching diagnostic patterns. Echo offers gentle, side-by-side comparisons in plain language, then invites the user to reflect or explore.

## Compare View: BPD vs C-PTSD

Echo says:  
  
"Both of these patterns — Borderline Personality Disorder and Complex PTSD — can involve emotional overwhelm, shame, and relationship struggles. But they usually come from different places, and feel different inside."

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| Trait | Borderline Personality Disorder (BPD) | Complex PTSD (C-PTSD) |
| Emotional Triggers | Sudden, reactive shifts | Long-term buildup, delayed reactions |
| Core Fear | Abandonment | Betrayal, loss of safety |
| Relationship Dynamics | Push-pull, idealization vs devaluation | Withdrawal, mistrust, people-pleasing |
| Self-Perception | Unstable identity, emptiness | Chronic shame, "brokenness" |
| Flashbacks / Dissociation | In-the-moment emotional overwhelm | Full sensory flashbacks, depersonalization |
| Cause/Origin | Relational trauma + sensitivity | Prolonged abuse, neglect, captivity |
| Recovery Focus | Emotion regulation + self-concept work | Trauma processing + rebuilding trust/safety |

Echo follows with:  
  
"Does one of those descriptions feel closer to your experience? Or do you see pieces of both? Either way, I’m here to walk with you through it."

## Compare View: ADHD vs Autism

Echo says:  
  
"These two neurotypes can overlap — especially with focus issues and sensory stuff — but they tend to feel different from the inside."

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| Trait | ADHD | Autism |
| Attention Pattern | Distractible, novelty-seeking | Hyperfocused on interests, easily overstimulated |
| Social Challenges | Interrupts, blurts, impulsive | Misses cues, needs clarity, social exhaustion |
| Emotional Style | Impatient, explosive, moves on quickly | Shutdowns, internal meltdowns, masking |
| Sensory Experience | Seeks stimulation, fidgety | Sensitive to noise, texture, light |
| Executive Function | Disorganized, forgetful | Rigid planning or total avoidance |
| Masking | Rare, unless socially conditioned | Common — can cause exhaustion and burnout |
| Coping Needs | Movement, stimulation, short bursts | Structure, predictability, decompression |

Echo follows with:  
  
"Want to look deeper into either ADHD or Autism with me? Or see how they might co-exist?"

## Compare View Logic Triggers

- Trigger if two (or more) diagnoses score ≥ 7.0 on 1–10 scale  
- Echo selects highest scoring pair and renders side-by-side table  
- User options: "Explore A," "Explore B," "Both," or "Still not sure"  
  
If user selects "Still not sure," Echo offers:  
  
"That’s okay. We can keep exploring gently — no pressure to pick a path today."

## Future Compare Sets to Build (Tier 2–3)

- PMDD vs BPD  
- OCD vs Autism  
- Bipolar II vs BPD  
- GAD vs OCD  
- Depression vs CPTSD  
- Autism vs Schizoid PD (social withdrawal vs detachment)

These compare views let users feel clarity without pressure, and reduce self-diagnosis anxiety by highlighting lived experience over checklists.