Project HEALING 3.0 — Trigger Keyword Dictionary v0.1

Usage: If a user utterance matches the keywords/patterns below, select 1 Primary Sephira + 1 Secondary Sephira from the Routing Table.

Note: Keywords are for candidate routing only. The final decision must be made by reading the full context.

A. Self-harm / suicide risk (Prioritize Soil)

- KO: "죽고 싶어", "사라지고 싶어", "끝내고 싶어", "그만 살고 싶어", "자해", "손목", "뛰어내", "약 먹고", "없어지고 싶다"
- EN: "kill myself", "suicidal", "end it", "don't want to live", "hurt myself", "self-harm"
- AR (MSA): "أريد أن أموت", "أفكر بالانتحار", "أؤذي نفسي", "لا أريد أن أعيش", "أختفي"

B. Immediate threat / violence / sexual threat (Soil + Pruning)

- KO: "위협해", "때릴 것 같아", "따라와", "스토킹", "협박", "강간", "성추행", "나쁜 짓", "집에 찾아와", "칼", "죽인대"
- EN: "threaten", "stalking", "assault", "rape", "sexual", "blackmail", "follow me", "I'm not safe"
- AR: "يهددني", "ابتزاز", "تحرش", "اعتداء", "اغتصاب", "يطاردني", "لست بأمان"

C. Ash & Lightning (sudden loss / catastrophe)

- KO: "갑자기", "한순간에", "사고", "사망", "장례", "배신", "무너졌어", "팀 해체", "전부 끝"
- EN: "suddenly", "lost", "passed away", "betrayed", "everything collapsed"
- AR: "فجأة", "خسرت", "توفي", "انكسر كل شيء", "انهار"

D. Season (structure / economy / institutions)

- KO: "구조조정", "해고", "경기", "돈이", "빚", "물가", "취업", "불황", "제도", "복지"
- EN: "layoff", "recession", "debt", "inflation", "job market", "system"
- AR: "تسريح", "بطالة", "ديون", "غلاء", "اقتصاد", "نظام"

E. Ecology (boundary violations / exploitation) + Pruning

- KO: "가스라이팅", "착취", "갈굼", "상사가", "가족이", "통제", "경계", "내 몫", "빼앗아"
- EN: "gaslighting", "abuse", "manipulate", "control", "boundaries"
- AR: "يتحكم", "يستغل", "يلاعبني", "إساءة", "حدود"

F. Self-loathing / guilt / survivor's guilt (Pruning)

- KO: "내 탓", "내가 문제", "더럽다", "징그럽다", "배신자", "죄책감", "살아남아서",
  "미안해"
- EN: "my fault", "I'm disgusting", "I hate myself", "guilty", "survivor's guilt", "traitor"
- AR: "أنا المخطئة", "أكره نفسي", "اشمئزاز", "ذنب", "خائنة", "نجوت وحدي"

G. Burnout / apathy / emptiness (Watering)

- KO: "번아웃", "무기력", "아무것도 못", "침대에서", "숨 쉬기", "의미 없어", "지쳤어"
- EN: "burnout", "numb", "can't get out of bed", "exhausted", "no meaning"
- AR: "إرهاق", "لا طاقة", "لا معنى", "لا أستطيع النهوض", "متعبة"

H. Isolation / loneliness (Forest + Companion)

- KO: "혼자", "아무도 없어", "연락할 사람", "외로워", "나만"
- EN: "alone", "no one", "isolated", "lonely"
- AR: "وحيدة", "لا أحد", "معزولة", "وحدي"

I. Self-evaluation / age / worthiness (Seed)

- KO: "늙었어", "이미 늦었어", "재능 없어", "망했어", "고장", "쓸모"
- EN: "too old", "too late", "no talent", "broken", "useless"
- AR: "كبرت", "فات الأوان", "لا موهبة", "مكسورة", "عديمة الفائدة"

J. Direction / future / decision pressure (Grafting)

- KO: "뭘 해야", "방향", "전직", "퇴사", "결정", "선택", "계획"
- EN: "what should I do", "career change", "quit", "decision", "plan"
- AR: "ماذا أفعل", "أستقيل", "قرار", "خطة", "اتجاه"

2) Tag Standard v0.1 (≈50 tags)

Principle: Tags are for dataset search/filtering (not internal logic). Recommended: 3–7 tags per sample.

Topic / Situation

- career_crisis
- layoffs_restructuring
- financial_pressure
- parenting_pressure
- relationship_conflict
- workplace_toxicity
- isolation_loneliness
- burnout_exhaustion
- grief_loss
- betrayal_shock
- trauma_aftermath
- anxiety_future
- aging_anxiety
- self_esteem_crash
- decision_paralysis
- shame_stigma
- sexual_threat
- domestic_violence
- stalking_harassment
- blackmail_extortion
- migration_refugee
- discrimination_bias
- health_scare_nonmedical
- sleep_dysregulation
- addiction_concern_nonclinical

Affect / State

- self_loathing
- survivor_guilt
- despair
- panic_fear
- numbness
- anger_rage
- grief_sadness
- shame_spiral
- overwhelm
- hopelessness

Intervention Style / Elements

- soil_safe_zone
- watering_microstep
- pruning_blame_split
- forest_connection
- graft_reframe
- season_externalize
- ecology_boundaries
- ash_lightning_hold
- companion_microcompanionship
- privacy_safety_focus
- action_list_3to4
- resource_referral
- self_harm_check
- no_toxic_positivity
- preserve_agency

3) Tag ↔ Sephira Mapping (Operational rule of thumb)

- soil_safe_zone / privacy_safety_focus / self_harm_check → prioritize Soil
- ash_lightning_hold / grief_loss / betrayal_shock → prioritize Ash & Lightning
- layoffs_restructuring / financial_pressure / season_externalize → prioritize Season
- workplace_toxicity / ecology_boundaries → Ecology + Pruning
- self_loathing / survivor_guilt / shame_spiral → Pruning + Seed
- burnout_exhaustion / numbness / watering_microstep → prioritize Watering
- isolation_loneliness / forest_connection / companion_microcompanionship → Forest/Companion
- decision_paralysis / graft_reframe → Grafting (only after stabilization)