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Plastic Surgery Addiction Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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3 · Exploring My Motivation for Cosmetic Surgery

4 · My History with Cosmetic Procedures

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.
- Assess current safety, suicidal and homicidal thoughts, self-harm, intoxication or withdrawal, violence, exploitation, psychosis, mania, medical instability, and ability to meet basic needs when relevant. Use local emergency or crisis procedures for imminent risk.
- Activities involving exposure, trauma detail, urges, means, disclosure, or relationship repair require appropriate competence, informed consent, pacing, and safety planning; a worksheet is not a substitute for these safeguards.

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Self-Assessment

The following are common signs you might be struggling with plastic surgery addiction. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I constantly think about my flaws and how I can fix them with surgery.”	1-2-3-4-5
2. “I have had multiple cosmetic procedures in a short period of time.”	1-2-3-4-5
3. “I feel an uncontrollable urge to book my next procedure as soon as one is completed.”	1-2-3-4-5
4. “I feel anxious or depressed when I can't plan or afford another surgery.”	1-2-3-4-5
5. “I feel ashamed of my appearance despite having had several procedures.”	1-2-3-4-5
6. “I prioritize spending on plastic surgery over important financial responsibilities.”	1-2-3-4-5
7. “I neglect work, relationships, or hobbies because I am preoccupied with planning or recovering from surgeries.”	1-2-3-4-5
8. “I focus excessively on one or more perceived physical flaws that others say they don't notice.”	1-2-3-4-5
9. “I feel like my self-worth is entirely tied to how I look.”	1-2-3-4-5
10. “I feel like I can't stop criticizing myself when I look in the mirror.”	1-2-3-4-5
11. “I rely on compliments about my appearance to feel good about myself.”	1-2-3-4-5
12. “I dismiss the potential risks of surgery because I am so focused on the benefits.”	1-2-3-4-5

13. "I feel like I can't stop seeking 'just one more' surgery to achieve the perfect look."	1-2-3-4-5
14. "I am never fully satisfied with how I look, even after achieving my original goals."	1-2-3-4-5
15. "I feel that my happiness depends on fixing my appearance through surgery."	1-2-3-4-5
16. "I feel like people judge me or don't understand my need for more surgery."	1-2-3-4-5
17. "I hide my surgeries or recovery process from others because I feel embarrassed."	1-2-3-4-5
18. "I use surgery as a way to cope with emotional pain or low self-esteem."	1-2-3-4-5
19. "My preoccupation with my appearance causes me significant emotional distress or interferes with my daily life."	1-2-3-4-5
20. "I feel empty or lost when I don't have a procedure to look forward to."	1-2-3-4-5

Score: ____/100

The score reflects the severity and impact of your plastic surgery addiction. If these statements resonate strongly, it may indicate an unhealthy relationship with cosmetic surgery.

1. What statements resonated with you more than the others?

What Does Beauty Mean to Me?

1. What emotions come up when you think about your physical appearance?
(e.g., dissatisfaction, anxiety, pride, shame, longing)

2. How do societal beauty standards affect the way you see yourself?
(e.g., feeling pressure to conform, comparing yourself to others, questioning your worth)

3. What does “beauty” mean to you?
(e.g., symmetry, health, kindness, confidence)

4. Who or what influences your definition of beauty?
(e.g., family, culture, media, social media influencers)

5. What do you admire in others’ appearances, and why?
(e.g., natural features, a confident aura, unique qualities)

6. How does your personal definition of beauty align with or differ from societal standards? (e.g., valuing authenticity versus perfection, appreciating diversity versus uniformity)

7. What motivates you to consider plastic surgery?
(e.g., fitting in, addressing insecurities, achieving a specific look)

8. What underlying beliefs or feelings drive your desire to change your appearance? (e.g., “I’m not enough as I am,” “People will like me more,” “I’ll be happier”)

9. How much of your desire for plastic surgery is for yourself versus for others? (e.g., personal satisfaction, external validation, societal acceptance)

10. What non-physical qualities do you believe contribute to someone’s beauty? (e.g., kindness, intelligence, charisma, creativity)

Exploring My Motivation for Cosmetic Surgery

1. What specific aspects of your appearance do you wish to change?
(e.g., nose shape, skin texture, body contour)

2. How long have you felt dissatisfied with this part of your appearance?
(e.g., since childhood, after a significant life event, recently due to media exposure)

3. Have you ever felt confident about this part of your appearance? If so, when and why? (e.g., during childhood, after a compliment, when feeling fit and healthy)

4. Who or what influences your desire for cosmetic surgery?
(e.g., friends, family, media, cultural norms)

5. What messages have you received about beauty from your family or community? (e.g., “You’d look better if you lost weight,” “Your nose is too big,” “You’re perfect as you are”)

6. What role do celebrities or public figures play in your desire for surgery?
(e.g., wanting to look like a specific celebrity, feeling pressure to emulate trends)

7. Are your beauty standards realistic or based on filtered or altered images?
(e.g., comparing yourself to photoshopped models, understanding the impact of editing apps)

8. What do you hope to gain by undergoing cosmetic surgery? (e.g., increased confidence, better social opportunities, improved relationships)

9. How realistic are your expectations of the surgery's outcome?
(e.g., expecting perfection, hoping for a subtle improvement, thinking it will change your life completely)

10. What is your understanding of the risks involved in the procedure?
(e.g., infection, scarring, anesthesia risks, needing revision surgeries)

11. Are you considering surgery during a period of emotional stress or instability? (e.g., after a breakup, job loss, or life transition)

12. Do you believe surgery will resolve deeper emotional issues? (e.g., low self-esteem, fear of rejection, anxiety about aging)

13. Have you tried non-surgical options to address your concerns? (e.g., skincare, makeup, exercise, therapy)

14. How do you feel about accepting your appearance as it is? (e.g., resistant, open, conflicted)

15. What steps can you take to build self-confidence without surgery? (e.g., therapy, self-help books, joining a supportive community)

16. What sacrifices are you willing to make to undergo the procedure? (e.g., financial trade-offs, handling potential judgment)

My History with Cosmetic Procedures

1. What cosmetic procedures or treatments have you undergone?
(e.g., Botox, fillers, rhinoplasty, liposuction)

2. When did you have your first cosmetic procedure, and what motivated you to do it? (e.g., feeling insecure, peer pressure, wanting to fix a specific feature)

3. What were your expectations before undergoing these procedures? (e.g., feeling more confident, receiving compliments, looking like someone else)

4. How did you feel immediately after the procedure(s)?
(e.g., relieved, excited, anxious, uncertain)

5. How did your emotions about the procedure(s) change over time?
(e.g., satisfaction, regret, desire for additional changes)

6. What comments or reactions from others influenced your decision to have a procedure? (e.g., teasing about a feature, compliments on someone else's appearance)

7. Did you experience any unexpected emotions or challenges after the procedures? (e.g., feeling isolated, worrying about judgment, adjusting to the change)

8. What were your main motivations for each procedure you've had? (e.g., addressing insecurities, seeking validation, keeping up with trends)

9. Do you feel these motivations were healthy or unhealthy? Why? (e.g., improving self-esteem versus seeking external approval)

10. Were you satisfied with the outcomes of your past procedures? Why or why not? (e.g., met expectations, looked unnatural, led to new insecurities)

11. Did the procedures solve the problems you hoped they would? Why or why not? (e.g., feeling more confident versus discovering deeper issues)

12. How long did the satisfaction from a procedure last before considering another? (e.g., weeks, months, years, never felt satisfied)

13. Did the results make you feel more like yourself or less? Why? (e.g., aligning with your ideal image, feeling like a stranger in your body)

14. How did you finance your past cosmetic procedures? How did these financial decisions affect other areas of your life? (e.g., delaying other goals, causing financial stress, feeling the expense was worth it)

15. How did the recovery process impact your daily life and responsibilities? (e.g., taking time off work, needing help from others, managing discomfort)

How Do I See Myself vs. How Others See Me?

1. What are the first three words that come to mind when you think about your appearance? (e.g., unattractive, unique, aging, balanced)

2. What physical features do you feel most confident about? (e.g., your smile, eyes, posture, skin tone)

3. What internal qualities do you admire about yourself? (e.g., kindness, intelligence, creativity, humor)

4. What do you focus on when you look at yourself in the mirror? (e.g., flaws, strengths, overall balance, small details)

5. How often do you compare yourself to others, and what impact does it have on you? (e.g., daily comparisons leading to insecurity, occasional comparisons that inspire confidence)

6. How do you think your insecurities about your appearance affect your daily life? (e.g., avoiding social events, dressing to hide certain features, overthinking interactions)

7. What compliments do you receive most often about your appearance? (e.g., “You have such expressive eyes,” “Your hair looks great,” “You have a nice smile”)

8. Have you ever received negative comments about your appearance? If so, how did they affect you? (e.g., criticism of weight leading to insecurity, teasing that stayed with you over time)

9. What assumptions do you think people make about you based on your appearance? (e.g., “They think I’m confident,” “They see me as older than I am,” “They don’t notice me”)

10. Who in your life sees you most positively, and what have they said about you? (e.g., “My best friend says I have great energy,” “My partner loves my natural look”)

11. Do you believe people see your insecurities the way you do? Why or why not?

12. What physical or personality traits do others frequently admire in you? (e.g., your kindness, confidence, fashion sense, facial features)

13. Do you think others focus on your flaws as much as you do? Why or why not?

14. What differences do you notice between how you see yourself and how others describe you? (e.g., focusing on flaws versus others noticing strengths)

15. What positive traits or features have others pointed out that you struggle to see in yourself?

Addressing Internalized Beliefs

1. What beliefs do you hold about beauty that may be unrealistic or self-critical? (e.g., “I need to be flawless to be loved,” “People only value physical appearance”)

2. What external sources have shaped these beliefs?
(e.g., family, media, culture, peers)

3. How would you redefine beauty to include more than just physical appearance? (e.g., confidence, kindness, creativity, individuality)

4. What would it take for you to see yourself as others see you? (e.g., practicing self-compassion, focusing on inner qualities, reframing negative thoughts)

5. What inner qualities can you highlight about yourself that make you unique and valuable? (e.g., empathy, resilience, humor, intelligence)

6. What self-critical thoughts can you replace with compassionate ones?
(e.g., “I look terrible” → “I am doing my best and deserve kindness”)

7. What would you say to a friend if they expressed similar insecurities?
(e.g., “Your body does so much for you; focus on its strengths”)

8. What daily habits can you develop to nurture a more positive self-image?
(e.g., reducing social media comparisons, practicing gratitude for your
body, focusing on achievements)

Body Gratitude: Appreciating What My Body Can Do

1. What activities do you enjoy that your body allows you to do?
(e.g., walking in nature, dancing, cooking, playing with kids)

2. What is one physical accomplishment you're proud of?
(e.g., running a race, carrying heavy groceries, learning to swim)

3. How has your body supported you through challenging times?
(e.g., recovering from illness, handling stress, enduring long workdays)

4. What everyday tasks do you often take for granted that your body enables? (e.g., typing, driving, carrying a backpack, making meals)

5. How does your body help you connect with others?
(e.g., hugging loved ones, holding hands, smiling, speaking)

6. What are some physical sensations you enjoy and appreciate?
(e.g., warmth of the sun, coolness of water, softness of a blanket)

7. What parts of your body do you feel insecure about, and how do they serve you? (e.g., legs that I feel are too short but help me walk, arms I think are too skinny but let me carry things)

8. What would change in your life if you valued your body's functionality over its appearance? (e.g., less stress, greater self-acceptance, increased confidence)

9. What self-care practices can you adopt to honor your body?
(e.g., eating nourishing food, staying hydrated, taking breaks to rest)

Exploring My Triggers

What specific situations make you feel dissatisfied with your appearance? The following are some common examples. Check off the ones that apply or add more to the list:

- ☐ Experiencing low self-esteem or self-worth.
- ☐ Struggling with unresolved trauma or emotional pain.
- ☐ Coping with anxiety or depression by focusing on external changes.
- ☐ Seeking to escape feelings of inadequacy.
- ☐ Comparing yourself to others on social media platforms.
- ☐ Receiving negative comments or criticism about your appearance.
- ☐ Hearing compliments after previous surgeries, fueling the desire for more.
- ☐ Experiencing peer pressure or influence from friends who have had procedures.
- ☐ Attending events or occasions where you feel judged by your appearance.
- ☐ Facing life changes such as divorce or a breakup and seeking a new identity.
- ☐ Wanting to “fix” aging-related changes like wrinkles or sagging skin.
- ☐ Seeing advertisements or promotions for cosmetic procedures.
- ☐ Watching reality shows or media glamorizing plastic surgery.
- ☐ Overanalyzing photos of yourself and identifying perceived flaws.
- ☐ _____
- ☐ _____
- ☐ _____

How Do I Handle Criticism About My Looks?

1. What is the most recent criticism about your looks that you recall?
(e.g., a comment about your weight, a suggestion to fix a feature, subtle judgment from someone)

2. How did the criticism make you feel in the moment?
(e.g., embarrassed, hurt, angry, motivated, indifferent)

3. What thoughts immediately came to your mind after hearing the criticism? (e.g., “They’re right, I need to change,” “Why would they say that?” “I don’t deserve this”)

4. How did you respond to the criticism at the time?
(e.g., stayed silent, argued back, laughed it off, internalized it)

5. Looking back, do you think your response was helpful or unhelpful? Why? (e.g., it helped me set boundaries, it reinforced my insecurities, it escalated the situation)

6. Has this criticism stuck with you over time? If so, how has it affected you?
(e.g., increased self-doubt, motivated change, created new insecurities)

7. Do you tend to believe the criticism, or do you question its validity? Why?
(e.g., "I believe it because I already feel insecure," "I question it because everyone has opinions")

8. How often do you find yourself avoiding situations or people because of fear of criticism? (e.g., frequently, occasionally, never)

9. Who tends to criticize your looks most often?
(e.g., family members, friends, strangers, yourself)

10. What patterns do you notice in the types of people who criticize your appearance? (e.g., they're overly judgmental, they have their own insecurities, they're close to me)

11. Do you think the criticism you receive is more about you or the person giving it? Why? (e.g., their insecurity projected onto me, societal beauty standards, genuine concern)

12. What evidence do you have that the criticism you received may not be valid? (e.g., compliments I've received, knowing everyone has biases, understanding beauty is subjective)

13. How can you reframe negative criticism into a neutral or positive thought? (e.g., "They said I look tired" → "Everyone looks tired sometimes, and that's okay")

14. What strengths or qualities do you have that outweigh the criticism? (e.g., kindness, intelligence, creativity, sense of humor)

15. How would you respond to a friend who received the same criticism? (e.g., "Don't let one comment define you," "Your worth is not tied to how you look")

16. How can you respond calmly and confidently to criticism in the moment?
(e.g., “That’s your opinion,” “I disagree but thank you for sharing,” “I prefer not to discuss my appearance”)

17. What steps can you take to process criticism constructively?
(e.g., journaling about my feelings, discussing it with a trusted person, reflecting on its validity)

18. How can you set boundaries with people who frequently criticize your looks? (e.g., “Please don’t comment on my appearance,” “I’d rather focus on more meaningful topics”)

Rewriting My Inner Critic's Script

The inner critic is the negative internal voice that judges, shames, and undermines your self-worth, often rooted in past experiences or fear of failure.

1. What does your inner critic most often say about your appearance?
(e.g., "I'm too fat," "I'll never look good enough," "Everyone notices my flaws.")

2. When do you notice your inner critic's voice is loudest?
(e.g., when looking in the mirror, after seeing photos, during social interactions.)

3. What assumptions or beliefs underlie your inner critic's statements?
(e.g., "My worth is tied to my looks," "Everyone is judging me," "Flaws make me unlovable.")

4. How realistic or valid are these statements? (e.g., unrealistic because beauty is subjective, valid in some ways but too harsh.)

5. How do these statements compare to how you speak to others?
(e.g., I would never say these things to someone else, I'm much harsher with myself.)

6. What evidence exists that contradicts your inner critic's script?
(e.g., compliments from others, achievements unrelated to appearance, times I felt confident.)

7. What would you say to a friend who expressed the same critical thoughts about themselves? (e.g., "You're being too hard on yourself," "Everyone has insecurities," "You're so much more than your looks.")

8. How can you practice self-compassion in response to your inner critic?
(e.g., pausing to acknowledge the thought, reminding yourself it's okay to feel this way, practicing kind self-talk.)

My Ideal Self vs. My Real Self: Bridging the Gap

1. How do you define your "ideal self" in terms of appearance?

(e.g., perfect skin, symmetrical features, toned body, flawless smile.)

2. Where did your idea of this "ideal self" come from? (e.g., social media, celebrity images, cultural standards, family expectations.)

3. What specific features or traits does your ideal self have that you feel you currently lack? (e.g., a thinner nose, larger eyes, smoother skin.)

4. How realistic are your expectations for achieving your ideal self? Why? (e.g., "They're possible with effort," "They're based on unattainable standards," "They're influenced by filters and editing.")

5. How would you describe your real self, both physically and emotionally? (e.g., "I have unique features, but I'm overly critical," "I'm kind but insecure about my looks.")

6. What aspects of your real self do you appreciate or feel proud of?
(e.g., expressive eyes, natural hair, resilience, sense of humor.)

7. What insecurities do you struggle with about your real self?
(e.g., uneven skin tone, aging features, body shape.)

8. How much of your energy and focus goes toward changing your real self
into your ideal self? (e.g., financial investments, emotional toll.)

9. What qualities of your real self could you embrace to narrow the
emotional gap? (e.g., appreciating my natural features, valuing my unique
personality, celebrating my strengths.)

10. What realistic changes or habits can you adopt to feel more aligned with
your ideal self? (e.g., practicing a consistent skincare routine, dressing in a
way that boosts confidence, exercising for health.)

11. What steps can you take to stop comparing yourself to others and focus on your unique journey? (e.g., limiting social media use, unfollowing triggering accounts, practicing gratitude for your body.)

12. How can you redefine your idea of perfection to include imperfection? (e.g., viewing flaws as signs of individuality, appreciating natural beauty, celebrating authenticity.)

13. What self-care practices can help you feel more confident in your real self? (e.g., nourishing skincare routines, wearing clothes that make you feel good, engaging in hobbies that bring joy.)

Emotional Awareness: What Am I Feeling Right Now?

1. What emotion(s) am I experiencing right now?

(e.g., sadness, frustration, anger, insecurity, hope, joy.)

2. What happened recently that might have triggered these emotions?

(e.g., seeing my reflection, receiving a comment about my appearance, scrolling through social media.)

3. What physical sensations am I noticing in my body right now?

(e.g., tightness in the chest, clenched jaw, butterflies in my stomach.)

4. What behaviors or actions do I feel compelled to take because of these emotions? (e.g., avoid mirrors, research cosmetic procedures, isolate myself.)

5. What thoughts are fueling this emotion? (e.g., “I’m not attractive,” “I’ll never measure up,” “Everyone is judging me.”)

6. What need is this emotion highlighting?

(e.g., the need for acceptance, validation, self-confidence, control.)

7. How am I currently trying to meet this need? Is it effective?

(e.g., seeking external validation, overanalyzing flaws, using filters.)

8. What healthier ways can I meet this emotional need?

(e.g., practicing self-compassion, seeking support, focusing on my strengths.)

9. What can I do to comfort myself in this moment?

(e.g., taking deep breaths, journaling, engaging in a self-care activity.)

Developing Healthy Coping Mechanisms

1. How do I typically cope with feelings of insecurity or dissatisfaction about my appearance? (e.g., researching cosmetic procedures, avoiding mirrors, isolating myself.)

2. Which of these coping mechanisms are helpful or supportive of my well-being? (e.g., talking to a friend, practicing self-care, focusing on hobbies.)

3. What healthier ways can I manage feelings of insecurity or dissatisfaction about my appearance? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Practice Self-Compassion:** Speak to yourself kindly, as you would to a friend.
- ☐ **Challenge Negative Thoughts:** Identify and reframe critical thoughts about your appearance.
- ☐ **Focus on Strengths:** Make a list of qualities you value about yourself beyond appearance.
- ☐ **Practice Gratitude:** Reflect on what your body allows you to do (e.g., walk, hug, dance).
- ☐ **Follow Positive Accounts:** Engage with social media that promotes body diversity and self-love.

- **Avoid Over-Scrutinizing:** Limit mirror-checking or nitpicking in photos.
- **Engage in Creative Outlets:** Channel feelings into art, music, or writing.
- **Set Appearance-Free Goals:** Focus on achievements unrelated to looks, like learning a new skill.

□ _____

□ _____

4. What specific self-care activities can I turn to when I feel triggered?
(e.g., taking a warm bath, going for a walk, practicing yoga, listening to music.)

5. Who in my life can I reach out to for support when I'm struggling?
(e.g., a trusted friend, family member, therapist, support group.)

6. What hobbies or interests can I engage in to distract myself from negative thoughts? (e.g., painting, gardening, reading, playing a musical instrument.)

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No DSM-5-TR diagnosis by this name; body dysmorphic disorder is an important differential.
- ICD-11 CDDR: 6B21 Body dysmorphic disorder · Potential differential, not an equivalent diagnosis.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 9, 10, 11, 12, 13, 21, 23, 29, 30, 31, 33, 34. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess appearance preoccupation/repetitive behaviors and impairment; differentiate informed cosmetic choice, BDD, eating disorder, OCD, delusional disorder, depression, trauma, and procedure/medical complications.

Document-specific corrections

- Pages [2, 4, 23, 31] · Frame ·Plastic Surgery Addiction· using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 3, 4, 5, 29, 30] · Treat the Plastic Surgery Addiction ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [2, 21] · Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment. Apply this specifically to the workbook's Self-Assessment, What Does Beauty Mean to Me?, Exploring My Motivation for Cosmetic Surgery, My History with Cosmetic Procedures sections.
- Pages [1, 2, 3, 4, 5, 9, 10, 11, 12, 13, 21, 31, 33, 34] · Review all medical assertions in Plastic Surgery Addiction with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Plastic Surgery Addiction ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment.
- Assess intoxication, withdrawal, overdose, medical instability, co-occurring disorders, suicidality, and access to means or high-risk opportunities. Some withdrawal states require medically supervised care.
- Behavioral tracking does not by itself establish an addictive disorder; confirm diagnostic boundaries and functional impairment.

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

Authoritative references

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
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