

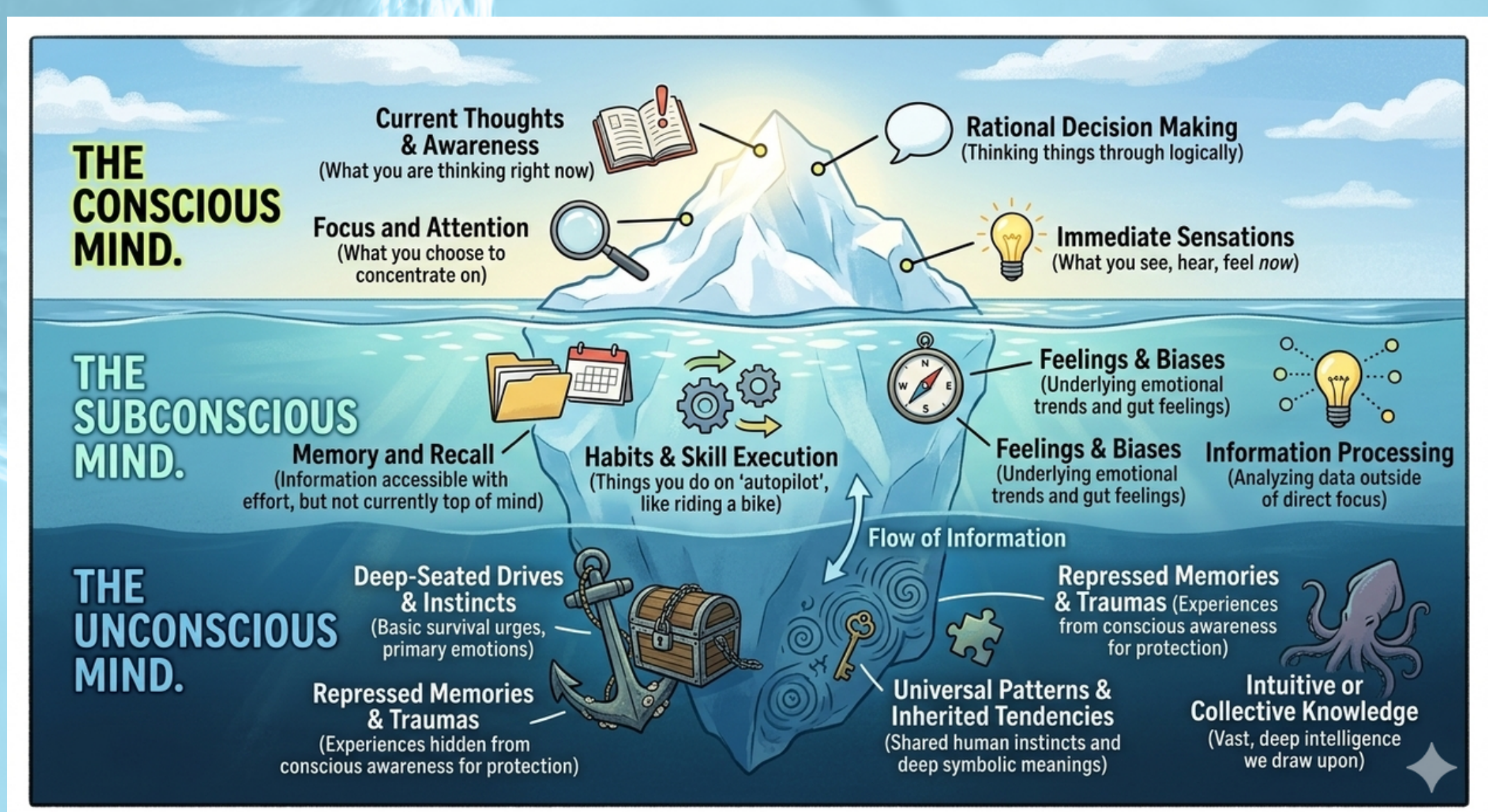
Why You React the Way You Do — and 3 Simple Ways to Start Resetting Your Nervous System

Have you ever felt like your reactions don't match the situation?

You're not 'too emotional'...
and you're not 'overreacting'.

Your body is responding based on patterns and signals —
many of which happen automatically.

This guide will help you start understanding that.





Step 1: Notice Your Triggers

Why this matters:

Many emotional reactions are automatic — they are shaped by past experiences and subconscious patterns.

Without awareness, this can lead to:

- Repeating the same reactions
- Feeling out of control
- Increased stress and frustration

By noticing your triggers, you begin to:

- Interrupt automatic responses
- Understand what affects you
- Create space before reacting

Awareness creates choice.





Step 2: Understand Your Body's Response



Why this matters:

**When you feel anxious, overwhelmed, or triggered...
your nervous system is responding — not just your thoughts.**

This can lead to:

- **Fast heart rate**
- **Shallow breathing**
- **Emotional overwhelm**

Understanding this helps you:

- **Stop blaming yourself**
- **Recognise physical signals**
- **Respond with more compassion**

Your body is protecting you — not working against you.





Step 3: Create a Simple Reset

Why this matters:

You don't need complicated techniques to calm your system.

Small actions like:

- **Slowing your breathing**
- **Pausing**
- **Creating a calm moment**

Can help your body shift out of stress.

This is where the Vagus nerve plays a role — helping your body return to balance.

Small resets create powerful change.





If this helped you understand your reactions...
Imagine having a deeper understanding of your
subconscious patterns and how your nervous
system responds — with tools to help you shift
them.

Inside Module 4, you'll be guided step by step.

Begin your reset today.

