

TRIGGER RESET

A SELF-HEALING PRACTICE
TO BREAK THE REACTION LOOP



BY ANGEL DIMITROV

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Holistical Method



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By Angel Dimitrov | Holistical Method™

INTRODUCTION

The pain isn't in the memory.
It's the reaction that keeps playing over and over again.
That jolt in your chest. The racing thoughts. The heat on your face.
It's not just a trigger—it's a loop your body doesn't know how to exit.
You might think you've healed, but if your nervous system still flinches.
If your breath still shortens when someone raises their voice.
If your mind still spins when something reminds you of that moment.
You haven't healed the reaction.
You've just avoided the memory.
This practice is about facing the reaction directly.
Not with force. Not with shame.
But with awareness, release, and a reset so deep, it changes how your
system responds—forever.
I think we should begin.

Follow for daily healing tools, energy resets, and
conscious awakening.

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1. Feel the Trigger

Sit still. Close your eyes.
Think of something that triggers you.
It's not the most traumatic thing—just enough to feel it.
A face. A tone. A memory. A moment.
Let the reaction rise in your body.
Don't escape it—just witness.
Say softly:
"I feel the reaction. I am safe to feel it."
Notice where it lives—chest, throat, gut.
It is your body calling for release.

2. Tap Into Safety

Start tapping gently on your chest.
Breathe slow and deep.
Say:
"This is just a reaction.
It's not happening now.
I'm not in danger.
I'm in my body.
I'm safe to reset."
Keep tapping.
Let the body soften—just a little.
Let it know you're here now.

3. Unhook the Memory

Visualize the trigger like a cord plugged into your system.
That cord keeps replaying the pain.
Now, picture yourself gently unplugging it.
Say:
"This is not my present.
I release this charge.
I release this cord.
I have escaped this loop."
Breathe.
Feel the disconnection.

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4. Restore Your Signal

Ask yourself:
"What do I want my body to feel instead?"
Maybe it's:
Calm
Peace
Power
Freedom
Say:
"I install a new signal: [insert your word].
This is my new truth.
It is how I respond now."
Let your nervous system receive it.
Let it become your new baseline.

5. Seal the Reset

Place both hands over your heart.
Feel your body again.
Say:
"I am not the trigger.
I am the one who responds.
I reset this pattern now."
Let your energy settle.
Let your system integrate.

Closing Line

Healing a trigger isn't about deleting the memory.
It's about removing its grip from your body.
You are not damaged or flawed.
You're rewiring.
And every time you choose a new response, you win.
DM me "TRIGGER" when you're ready to release what's been
running your reactions.

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Ready for a True Healing Journey?

Content Block:

The Holistical Method is a complete healing system that blends energy work, subconscious rewiring, and quantum restoration.

I'll guide you step-by-step based on your emotional patterns and energetic blueprint.

🌿 DM “**TRIGGER**” on Instagram [@holisticalmethod](https://www.instagram.com/holisticalmethod)
✉️ Or email me at: contact@holisticalmethod.com

✨ **Start My Healing
Now**

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A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.