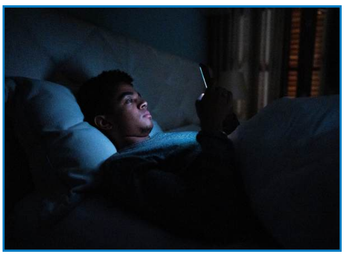


6 Things to Know to Stay in Control After a Toxic Ex

1. Why Old Relationship Wounds Still Get Triggered

Your brain filed certain sights, sounds, and names under "danger" while the relationship was unraveling, and it hasn't been told to stand down. A name or a photo can still trip that alarm long after the relationship itself has ended.





2. Moving On Doesn't Change the Underlying Patterns

Blocking a number and deleting old photos are reasonable steps, but they work on your environment, not on the underlying pattern running your nervous system. That unresolved pattern can also make it harder to set boundaries in a new relationship.

3. How NLP and Hypnosis Work With These Patterns

NLP and hypnosis work with the subconscious layer directly. Your hypnotherapist guides you into a calm, focused state and works with the specific memories and associations tied to the relationship. A name or a photo can start registering as just a memory again.





4. Techniques That Help You Respond Instead of Relive

Sessions often draw on anchoring, fear-releasing, reframing, and the Swish Method. Anchoring connects a calm, grounded feeling to a simple gesture or breath, so you can access that state the moment a trigger appears.

5. What Staying in Control Looks Like

As these patterns shift, the changes show up in small, ordinary moments. You see an old photo while scrolling and keep scrolling. A song that set you on edge can turn back into just a song. The memory no longer runs your nervous system.





6. Reclaiming Your Emotional Ground

You don't have to keep bracing for the next name drop or old photo to knock you off balance. Your nervous system built patterns to protect you, but these patterns can be updated once you know how to work with them directly.

Presented by:
PureHypnosis.com

purehypnosis