

FREE GUIDE | PDF + AUDIO

90
SECONDS



THE 90-SECOND
GHABRAHAT
RESET

Dil zor se dhadak raha hai? Do this. Right now.

SAVE IT. SCREENSHOT IT. SHARE IT.

Your heart is racing.

You are not in danger.

Ghabrahat is your body's alarm going off early. Adrenaline floods in, the heart pounds, the chest tightens, the mind screams 'something is wrong.' It feels terrifying. But for most people, the wave peaks within minutes and then fades.

1

It peaks, then it passes.

No wave lasts forever. Yours is already on its way down.

2

Feeling scared is not being in danger.

The alarm is loud. That does not make it accurate.

3

Don't fight it. Ride it.

Struggling feeds the fear. Slow breathing tells your body it's safe.

4 steps. 90 seconds.

1

ROK JAO

STOP

0-15s

Feet flat on the floor. Drop your shoulders. Unclench your jaw. Silently say: "Yeh ghabrahat hai. Yeh guzar jaye gi."

2

SANS

BREATHE

15-55s

In through the nose for 4. Out slowly through the mouth for 6. Repeat 4 times.

3

ZAMEEN

GROUND

55-80s

Name 3 things you see, 2 things you hear, 1 thing you feel. Out loud or in your head.

4

SAKOON

SETTLE

80-90s

Palm on your chest. One last long exhale. Tell yourself: "Main theek hoon. Main yahan hoon."

Longer out than in.

A slow, long exhale is the quickest manual switch you have for telling your body to calm down.



IN

1 2 3 4

OUT

1 2 3 4 5 6

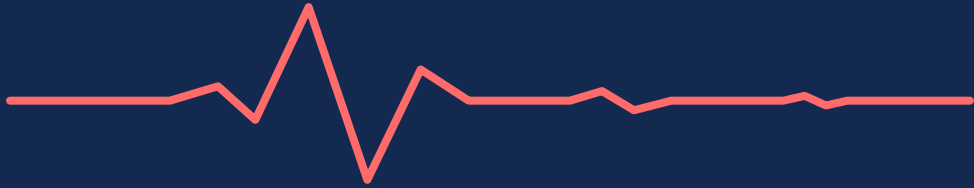
TIPS

- Breathe low, into your belly, not up into your chest.
- Don't hold your breath. Keep it smooth.
- Counting feels hard? Just make the exhale longer than the inhale.

SCREENSHOT THIS PAGE

Make it your lock screen.

GHABRAHAT? 90 SECONDS.



1

ROK JAO

Feet down. Shoulders down.

2

SANS

In 4. Out 6. Four times.

3

ZAMEEN

See 3. Hear 2. Feel 1.

4

SAKOON

Hand on chest. Long exhale.

"Yeh guzar jaye gi."

This will pass.

Say it to yourself.

Slowly. Out loud if you can. Pick one and repeat it with each exhale.

Yeh guzar jaye gi.

This will pass.

Mera jism alarm baja raha hai, khatra nahi hai.

My body is sounding an alarm. There is no danger.

Main pehle bhi is se guzar chuka/chuki hoon.

I have been through this before.

Bas agla saans.

Just the next breath.

DON'T WAIT FOR THE NEXT WAVE.

Be ready before it hits.

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Click here to download

"The 90-Second Ghabrahat Reset"

PDF and Audio Guide.

Save it to your phone so it is ready the next time your heart starts racing.

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Know someone who gets ghabrahat?

Send this to them. It might be the page they need tonight.

PLEASE READ

Get medical help right away for new or severe chest pain, pain spreading to the arm or jaw, fainting, or breathing trouble that does not ease. If this is your first episode, or ghabrahat keeps returning, please see a doctor or therapist. This guide is general support, not medical advice.