

THE 2 AM EMERGENCY PROTOCOL

3 Biological Brakes to Stop the Impulse

By Mahavir Rajpurohit

THE TRUTH ABOUT YOUR IMPULSE

If you are reading this, you are likely in the middle of an "Urge." Maybe you want to text an ex. Maybe you want to check a profile that hurts you. Maybe you are spiraling into an old habit you promised to quit.

Here is what is happening: Your prefrontal cortex (the logical part of your brain) has gone offline. Your nervous system is in a state of high-alert, sensing a threat to your "attachment" or "identity."

You don't need a "positive mindset." You need a Biological Brake.

Here are three steps to pull your system out of the loop.

BRAKE 1: THE COLD WATER RESET

THE MECHANISM

The Mammalian Dive Reflex. When your face is submerged in or splashed with ice-cold water, your body assumes you are diving into cold water. To survive, it immediately slows your heart rate and redirects blood to your brain and heart.

THE ACTION

1. Go to the sink.
2. Splash ice-cold water on your face for 30 seconds.
3. Alternatively, hold an ice cube in the palm of your hand until it melts.

THE RESULT: *This forces your nervous system to "down-regulate" instantly. It breaks the mental loop by giving your body a physical shock it cannot ignore.*

BRAKE 2: THE 4-7-8 EXHALE

THE MECHANISM

Vagus Nerve Stimulation. The Vagus nerve is the "Information Superhighway" of your nervous system. A long, controlled exhale signals the Vagus nerve to switch from "Survival Mode" to "Rest and Digest Mode."

THE ACTION

1. Inhale through your nose for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale forcefully through your mouth (making a "whoosh" sound) for 8 seconds.

THE RESULT: *By making the exhale twice as long as the inhale, you are physically forcing your heart rate to slow down.*

BRAKE 3: THE 10-MINUTE DELAY LOOP

THE MECHANISM

Cognitive Interruption. Impulses are like waves; they peak and then they dissipate. If you try to fight the urge with willpower, you often lose. If you simply delay it, the wave passes.

THE ACTION

1. Set a timer for 10 minutes.
2. Tell yourself: "I can send that text in 10 minutes, but for these 10 minutes, I must write it in my Notes app first."
3. Write exactly what you want to say. Get it out of your system and onto the screen — just don't hit send.

THE RESULT: *After 10 minutes of writing and the first two "Brakes," the chemical spike in your brain will have subsided. You will be able to look at what you wrote with your logical brain back online.*

BEYOND THE EMERGENCY

These three brakes are designed to stop the car from crashing. But to stop the car from veering off the road every night, you need a Navigation System.

You need to understand the hidden patterns, the survival loops, and the "Edited Self" that keeps you stuck in these cycles.

Continue the Journey: In my book, *The Pause*, I map out the full architecture of these behaviors and provide the somatic toolkit to rewire them for good.

[Click Here to Get "The Pause" on Amazon](#)

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