



Executive Trigger Audit

**RENOWNED THERAPIST'S KILL
THOUGHT MTC PROTOCOL TO
DEFUSE PRESSURE-COOKER
MOMENTS IN MINUTES**

**Berthold Schlegel
Renowned Therapist
Certified NLP Trainer
American & German Board-Certified Psychodramatist
IGH3P Innate WellBeing Specialist
(International Guild of Hypnotherapy, NLP, & 3 Principles Practitioners
Trainers)**

**Every paid month funds one free session for someone who can't afford
it.**

[HTTP://PRESSURECOOKERDEFUSE.COM](http://pressurecookerdefuse.com)

ACCREDITED BY IGH3P • CERTIFIED NLP TRAINER • BOARD-CERTIFIED
PSYCHODRAMATIST • CERTIFIED
BREATHWORK TEACHER • TRAINED BY MICHAEL NEILL AND RICH
LITVIN

KILL THOUGHT MTC PROTOCOL



Defusing High-Pressure Professionals
Executive Trigger Removal

JOIN THE KILL THOUGHT
PLATFORM

*FREE 60 MINUTE 1:1 SHIFT
SESSION *

[Book your spot now here](#)



Berthold Schlegel

(45-year therapist's Kill Thought MTC Protocol defuses executive triggers before they explode.)

Certified NLP-Trainer, American Board Certified Psychodramatist and creator of the KILL THOUGHT MTC PROTOCOL and of the KILL THOUGHT PLATFORM.

45+ years of experience in deep transformation work. Based in Germany, reaching globally.



IDENTIFY YOUR TOP TRIGGERS

Instruction:

Circle or write your top 3. Fast. No overthinking.

Ambush emails after 6 p.m.

Back-to-back meetings with zero prep

Revenue or board pressure

Team underperformance I can't fix today

Client scope creep

Home friction bleeding into work

Sleep debt irritability

Public scrutiny

Perfectionism delaying key moves

Other: _____

For each trigger, answer briefly:

1. What's the scene? Who / where / when?

2. What thought spikes first?

3. Where does it land in the body? (throat / chest / gut / hands)

4. What do you do next that makes it worse?

RUN THE MICRO-DEFUSE

**Use this when a trigger hits.
3 minutes. Private. No gear.**

STEP 1 — NAME IT
"THIS IS A MOMENT. NOT TRUTH. A PATTERN."

STEP 2 — LOCATE IT
POINT TO THE BODY SPOT WITH TWO FINGERS.
STAY WITH SENSATION. NOT THE STORY.

STEP 3 — EXHALE LONG
THROUGH THE MOUTH. DROP SHOULDERS.
5 CYCLES.

STEP 4 — MICRO-MOVEMENT
GENTLY TENSE THEN RELEASE THAT AREA.
5 SECONDS. TWICE.

STEP 5 — STATEMENT SWAP
"I CAN ACT CLEAN IN 90 SECONDS."
REPEAT ONCE ON THE EXHALE.

STEP 6 — TINY FORWARD MOVE
SEND ONE LINE.
CHANGE ONE CALENDAR BLOCK.
STATE ONE BOUNDARY.----DO IT NOW.

IF CHARGE IS ABOVE 6/10, REPEAT ONCE.



RESULTS & NEXT STEP

SCORE YOUR BASELINE (WEEK 1):

Trigger hits: ___
Average intensity (0-10): ___
Average recovery time (minutes): ___

AFTER 7 DAYS:

Trigger hits: ___
Average intensity (0-10): ___
Average recovery time (minutes): ___

IF INTENSITY DROPS BY 2+ POINTS
OR RECOVERY TIME HALVES — YOU ARE READY.

FREE 1 HOUR SHIFT SESSION

PRIVATE.

DIRECT.

ONE STRUCTURAL RESET.

[BOOK YOUR FREE 60-MINUTE SHIFT](#)

Berthold Schlegel Credentials
Accredited by IGH3P (Innate Well-Being Specialist)
Certified NLP Trainer
American & German Board-Certified Psychodramatist
Certified Breathwork Teacher
Trained by Michael Neill and Rich Litvin
VAT documentation available upon request.

FOR EXECUTIVES UNDER STRUCTURAL PRESSURE

You do not need therapy.
You need structural clarity under fire.
High performers do not fail from lack of skill.
They fail when trigger spikes hijack clean execution.
The Kill Thought Protocol does one thing:
It defuses the somatic spike before it contaminates action.
Use it when:
Revenue pressure escalates.
Negotiations tighten.
Public scrutiny rises.
Your team looks at you for regulation.
This is not mindset work.
It is trigger removal in real time.

WHEN YOU ARE READY:

FREE 1 HOUR SHIFT SESSION
Private.
Direct.
One structural reset.

[Book your free 60-minute shift](#)

Very private and confidential



FOR LUXURY HOTEL & RESORT EXECUTIVES

Ultra-luxury hospitality runs on precision.

ADR.

Guest satisfaction.

Owner pressure.

Staff retention.

One trigger spike in a live moment can cost reputation and revenue.
The Kill Thought MTC Protocol is built for high-stakes environments.

Use it when:

- A VIP escalation hits at night
- An owner pushes margin during peak season
 - Vendor negotiations tighten
- Staff tension spreads under pressure

You do not need motivation.

You need clean execution under scrutiny.

This protocol is run in minutes.

Mid-negotiation.

Mid-escalation.

Mid-decision.

Protect:

- ADR
- NPS
- Team stability
- Leadership authority

READY TO APPLY IT?

Very private and confidential

FREE 1 HOUR SHIFT SESSION

Private structural reset.

Book your free 60-minute shift

OR PAID SEAT

KILL THOUGHT PLATFORM — WEEKLY EXECUTIVE
DEFUSE

20 EXECUTIVES
LIVE WEEKLY TRIGGER REPS
DIRECT STRUCTURAL RESET
RESERVE YOUR PAID SEAT

Practical Example

EXECUTIVE PRESSURE COOKER: THE TOM CASE

Tom runs a mid-market services firm.

Tuesday morning at 09:47, his CFO walks into his office with a report that's about to blow his board meeting wide open: a key account is threatening to leave, cash flow for Q2 looks thin, and his leadership team is starting to fragment on strategy.

Tom's done this before.

He knows the script.

But at that moment, sitting across from his CFO with the clock ticking and three competing demands screaming for his attention, his body decided to narrate a story he didn't ask for: you're about to lose control, you've made the wrong moves, people are watching whether you can actually hold this together.

Tom felt the heat rise, the urge to sprint into action mode, solve everything by EOD, prove he had the answers.

Instead, he stopped.

He filled a tall glass with water and drank it slowly.

One calm minute.

Then sixty seconds of box breathing, four counts in, four hold, four out, four hold.

His shoulders dropped.

The white noise in his head shrank to something he could actually think through.

He opened a fresh notecard and wrote three lines:

What is already working right now without fixing anything?

His team is still executing. His relationships with the big three accounts are solid. He has capital reserves.

What is the single hardest thing I've already prepared for?

He's run through contingency plans. He knows what levers move cash. He's had harder conversations.

What is one action I can take in the next ninety minutes that moves the needle?

Call the account lead himself, not a team member. Name what's true. Ask what they actually need to stay.

Get the real ask on the table so he stops guessing.

He made the call at 11:15. The account wasn't leaving over money.

They were leaving because they felt invisible to leadership.

Fifteen minutes of straight talk, one clear commitment to monthly check-ins, and they were back.

By noon Tom had already won the war his nervous system thought he was losing.

That's not luck.

That's chemistry meeting clarity.

When your body stops auditioning crisis and your mind gets rails, you stop performing leadership and you start doing it.

This is what the Kill Thought MTC Protocol teaches.

Not how to eliminate pressure.

How to use pressure as your sharpest tool instead of your biggest enemy.

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