



A GUIDE BY JONTY JAMES

The Misophonia Starter Kit

*For the people who
feel sounds differently*



What misophonia actually is. Three regulation tools you can use today. And the path that leads
from surviving to thriving.

THRIVING WITH MISOPHONIA

thrivingwithmisophonia.com

You Are Not Broken

It all began at a dining table. A 10-year-old boy building a fort out of cereal boxes, trying to block out the sounds around him. He didn't have a word for it. He just knew something was wrong with him.

That boy was me. Today I sit at that same table. The sounds no longer control me.

What Misophonia Actually Is

Misophonia is a strong, automatic reaction to certain everyday sounds. It is not about the sound being loud. Your nervous system has learned to treat those sounds as a threat, and it fires before you get a say.

I call it Involuntary Sound Reactivity, because that's what it is. It's not a character flaw. It's not you being dramatic. Your brain linked the sound with stress, threat, or invasion, and your body responds with fight, flight, or freeze. Not because you chose to. It's your body doing what it was trained to do.

This Is Not Rare. This Is Real.

Based on a 2024 US study of over 4,000 adults, 4.6% met the criteria for clinically significant misophonia. That's over 12 million Americans. A German study the same year found 5.9%. Despite this, misophonia is still not listed in any official diagnostic manual.

Research is still developing, but one thing is becoming clear: trigger intensity can be shaped by stress load, context, perceived control, and whether the body feels trapped or safe. It is rarely just the sound. The whole system matters.

Changing the Story

The stories we tell ourselves. "I am broken." "This will never get better." "Why me." These aren't the full truth. They were the only truth I had at the time. When I developed more self-awareness, I realised there were other options.

These new stories aren't denying what we have. They're changing our focus.

"I am okay just as I am."

Choosing to accept your current state without judgement or shame. Pausing and accepting this momentary experience.

"I can learn to understand more about myself and misophonia."

Writing a new script where you are capable of learning and growing.

Three Tools You Can Use Today

For years I was at the whim of my triggers. Everywhere I went, every person had the potential to trigger me. It wasn't until I learnt controlled breathing that something shifted. I could choose to direct my attention somewhere else. The sounds didn't disappear, but I could stay in my centre a little more.

I. Physiological Sigh

When a trigger hits and you need something fast. 30 seconds.

How. Two quick inhales through your nose (first 70 to 80%, then sip the last 20 to 30%), one long exhale through your mouth.

Science. Stanford neuroscientist Dr. Andrew Huberman. Reinflates collapsed air sacs in your lungs, releasing more CO₂ on the exhale. Research found it produces the biggest improvement in mood compared to other breathing techniques and even meditation.

Jonty's note. Started as a basic tool I thought "yeah that's okay", then I realised how great it was to bring me into the present moment. The only thing is it makes a bit of noise, so it's harder to do in disguise. But even done subtly, it still works.

II. Box Breathing

Daily practice. Discreet enough to use anywhere.

How. In for 4, hold for 4, out for 4, hold for 4. Repeat.

Science. Ancient pranayama, popularised by Navy SEAL Mark Divine. The hold increases CO₂ in your blood, signalling your heart to slow down. You are manually hitting the brakes on fight or flight.

Jonty's note. Equal intervals make it really easy to remember. I've used this many times in situations where no one around me had any idea I was doing it.

III. 4-7-8 Breathing

Before sleep. When your mind won't stop racing.

How. In for 4, hold for 7, out for 8.

Science. Popularised by Dr. Andrew Weil, who calls it "a natural tranquiliser for the nervous system." The extended exhale activates your parasympathetic nervous system, your rest and digest mode.

Jonty's note. Slowing the out breath works better for calming our system than having a longer in breath. This distinction clicked for me, and I started really stretching how long I could breathe out for.

All three practices are built into the free MisoCalm app (misocalm.app), which guides you through the timing and structure of each one.

The Path Forward

This is not a quick fix. It's a path that begins with safety in the body, then moves gently into understanding, naming, processing, nourishing, and ultimately thriving.

- 1 **Seeing Clearly**
What misophonia actually is. Your nervous system, your triggers, your patterns. No judgement. Just clarity.
 - 2 **Finding Ground**
Your body needs to feel safe before anything else. Breathwork, somatic awareness, the tools that bring you back to centre.
 - 3 **Healing the Roots**
The stories you carry. The grief, the shame. Naming the pain without turning the past into a blame hunt.
 - 4 **Nourishing the Whole**
Sleep, movement, nutrition, environment. These are not extras. They are the soil in which everything else grows.
 - 5 **Thriving**
Communication, relationships, gentle exposure. Your sensitivity is not a flaw. It is a gift when integrated.
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You Don't Have to Do This Alone

In the TWM community on Skool, we are doing this together. The course, with its first two stages live and more on the way, live calls with Jonty twice a week, and a space where your experience is understood. Not dismissed.

There is no pressure to rush. Use this Starter Kit first. When you are ready for the next step, The Dial, my misophonia stress reduction guide, picks up where this kit leaves off. And when your body says yes to more support, the door is open.

[Join the Community](#)



A PERSONAL NOTE

Thank you for reading. I know the courage it takes just to look for something like this, let alone sit with the words. Whatever comes next for you, I am holding a quiet hope that something in these pages meets you where you are.

With warmth,

Jonty

You are not broken. You are not overreacting. You are not alone.