

CONSTRICTED BREATHING EXERCISE INSTRUCTIONS

Often while under stress we find ourselves not breathing deeply, or even perhaps holding our breath. By using this EFT exercise, we can increase our breathing ability and, in so doing, decrease our stress because taking a long, deep breath stimulates our parasympathetic nervous system to relax and to calm.

1.) **Check-in** — How deeply are you breathing at this moment?

Breathe in three times slowly, but gently, and as fully as you can right now. Don't force your breath. *If you have asthma or other respiratory issues, only do this exercise at your own discretion.*

2.) **Measuring** – Assign a number to how much of a breath you are actually able to take.

Instead of using the SUD scale, as we do with tapping, use a percentage scale from 0% to 100%. What percentage is your breathe intake right now?

3.) **Setup** – Tap on the side of your hand and say something like:

"Even though my breathing is constricted, I deeply love and accept myself." (x3)

Continue tapping the side of your hand and repeat this Set-up three times.

Remember, you can change this Set-up wording to something you are feeling right now.

(For example: *Even though my breathing is constricted... Even though my lungs will only expand to an 8 ... Even though I'm feeling this stress and am holding my breath ...*)

4.) **Tap** – Next, tap each of the face and body points about 7-10 times as you repeat at each: *"This constricted breathing."*

5.) **Measure** – After doing one round of tapping, take a slow deep breath.

Reassess that percentage number again (from #2).

6.) **Repeat** – You can continue to do rounds of EFT

Do so until you feel you have reached 100% of your full respiratory capacity. Doing the Setup and the face and body tapping sequence together are called "a round of EFT."

Measure – Continue taking another *gentle* full breath after each round. Assess the percentage of your breath. You may notice huge improvements in your breathing, or you may notice only a small increase. Sometimes the percentage stays the same, or it might decrease a bit (this might indicate deeper issues around breathing itself). Most people improve greatly in a round or two; others may need to tap many rounds.

NOTES:

Did an emotional thought or event arise as you were doing the exercise?

What life events can I associate with breathing problems? Are there places in my life where I feel restricted?

If I simply guess at an emotional reason for my constricted breathing, what might it be?

Put these issues on your list for a later tapping exercise.