

PROBLEMS BREATHING

Even though I've experienced all kinds of trouble breathing, I can love and accept myself

Even though I've had all kinds of issues with my breath, and with breathing, I can still love and accept myself

Even though I have had experience with so many problems breathing, I can still love and forgive myself

All kinds of trouble breathing

Constricted breath

Out of breath

Sucking wind

Can't catch my breath

My breath caught in my throat

Breathless

Choking

Suffocated

Smothered

I want to be over all these feelings associated with problems breathing

Somehow I will be completely, 100% over all the trouble I've had with my breathing

I've had all kinds of problems breathing

Coughing and sneezing

Wheezing

Stuffed up

Panting

Snorting

Shortness of breath

Asthma, pneumonia, or bronchitis

Hay fever and allergies

Humidity

Poor air quality

Extreme temperature

Feeling stifled

No breathing room

Need fresh air

Need more space

Having trouble breathing

My breathing problems

I want to be completely, 100% over all these problems with breathing that I've experienced

Somehow I will be completely, 100% over all of my breathing problems

Gasping for breath

A blow to the gut

Tight fitting clothing

Tightness in the chest

Over-exertion

Drowning

Hyperventilating

Noxious odors

Dust and smoke and other toxins

Trouble breathing in certain situations

Trouble breathing when I'm faced with certain things

Breathing problems associated with emotions

Breathing inhibited by extreme feelings

Breathing stimulated by extreme emotions

All of this trouble I've experienced in trying to breathe

Having trouble breathing at certain times

I can let go of all these breathing problem emotions

I can let go of all these feelings of having trouble breathing