

## STAGES OF BREATHING

Even though the act of breathing is a cycle, and often my breathing cycle isn't balanced, I can still love and accept myself.

Even though my normal breathing cycle is not always balanced and even, I can love and accept myself

Even though my breathing cycle isn't optimal in terms of symmetry, quality and amplitude, I know that I can love and accept myself

The act of breathing is a cycle of contraction and relaxation

Breathe in

Slight pause

Breathe out

Slight pause

Inhale

Pause

Exhale

Pause

I want to be over all these feelings affecting my stages of breathing

One stage of my breathing lasts longer than the other air flowing in

Pause

Air flowing out

Pause

One stage of my breathing flows easier than the other

Inhalation

Pause

Exhalation, Pause

I want to be completely, 100% over how the different stages of breathing feel for me

Muscles contract

Chest expands

Air flows in to fill my lungs

Muscles relax

Volume of the chest cavity decreases

Air flows out

Gently in

Pause

Gently out, pause

Somehow I will be completely, 100% over any imbalance affecting my stages of breathing

Gently flowing

Fresh air and nourishment flows in

Pause

Used air and waste flows out

Pause

Breathing in fully

Adjust

Breathing out fully

Adjust

Somehow I will be completely, 100% over all of the stages of breathing

It's okay to breathe in

It's okay

It's okay to breathe out

It's okay

I can breathe in

I'm okay

I can breathe out

Everythings okay

I can choose to know that I'm okay

Even though I have feelings associated with each stage of breathing, I know that I'm okay

Breathing in fully, and all that that means to me

I'm okay

Holding my breath. Holding and holding, and what that means to me

I'm okay

Breathing out, breathing out, emptying my lungs, having no air, and what that means to me

Having the wind knocked out of me

Letting go of all that air, and what that means

I'm okay.

In all these stages of breathing, I'm okay.