

THE FEELING OF BREATHING

Even though I know the feeling of breathing when affected by extreme emotion, I can love and accept myself

Even though I know the feeling of trying to breathe when I'm affected by extremes of emotion, I can love and forgive myself

Even though I know what it's like to be caught up in extreme emotion, and how that affects my ability to breathe, I can still love and accept myself

I know what it's like to have trouble breathing
I know what it's like to have my breath catch in my throat
I know what it feels like to be so caught up, and unable to breathe
I carry that feeling of not being able to breathe with me
I carry that fear and anxiety and all that intensity
It's caught up in my breath
Even though I feel unable to breathe with those feelings
I can control my breath, and I can choose to breathe with those feelings
I can choose to breathe with those feelings

I want to be over all these intense feelings that affect my ability to breathe

I know what it's like to have intense exhilaration, and how that affects my breathing too
I know what it's like to have my breath catch in my throat in wonder and awe
I know what it's like to be unable to breathe in moments of extreme excitement and anticipation
I know what it's like to feel winded in the best possible way
I know the feeling of running out of breath from laughing and cheering and singing
I carry those feelings of breathing with me too
All those feelings caught up in my breath
The sensation of losing my breath is the same, but the FEELING is so different
I choose to breathe with all of those feelings

I want to be completely, 100% over all the intense feelings that affect my ability to breathe

I know what it's like to have relaxed and easy breathing
I know what my breathing feels like when I'm wonderfully relaxed
I know what it's like to breathe easily
When my body is heavy and relaxed
My breathing is deep and effortless
I know the feeling of releasing through my breath
Great big, audible sighs
Contentment and peace
I carry those feelings in my breath
I choose to breathe with all of those feelings

Somehow I will be completely, 100% over all the intense feelings that affect my ability to breathe

I feel anger, I can breathe

I can breathe in anger

I can breathe out anger

I feel fear, I can breathe

I can breathe in fear

I can breathe out fear

I feel guilt or shame, I can breathe

I can breathe in guilt and shame

I can breathe out guilt and shame

I choose to breathe with all of these emotions

I feel loneliness or rejection, I can breathe

I can breathe in loneliness

I can breathe out rejection

I feel nervous or anxious, I can breathe

I breathe in nervousness and anxiety

I breathe out nervousness and anxiety

I feel upset and out of sorts, I can breathe

I breathe in stress and upset

I breathe out stress and upset

I choose to breathe with all of these emotions

I feel abandoned, I can breathe

I breathe in abandonment

I breathe out abandonment

I breathe with total abandon

I feel excited, I can breathe

I breathe in and out excitement

I feel happiness and love, I breathe!

I breathe in love

I breathe out happiness

I choose to breathe with all of my emotions