

## BREATHING IS AUTONOMIC

Even though breathing is so closely linked to stress responses, I can love and accept myself

Even though my breathing is part of my stress and relaxation responses, I love and accept myself

Even though breathing is an integral part of the autonomic nervous system, happening automatically under subconscious control, I can choose to consciously control my breathing

Breathing happens automatically

Most of the time I'm unaware of my breathing

I only notice my breathing when I have trouble breathing

When I'm under physical or mental or emotional stress, my breathing changes

When I'm feeling relaxed and at ease, my breathing reflects that too

My physical or mental state is automatically reflected by my breathing

And I can influence my physical or mental state, by influencing my breathing

On a subconscious level, my feelings change my breathing

And on a conscious level, I can choose to change my breathing

I want to be over all these feelings about awareness of my breath

My breathing is an integral part of my stress responses

And I can pay attention to my breathing to learn about myself

My breathing gives me great feedback

It's my body's reflection of what's going on subconsciously

My breath tells me about myself

When I pay attention to how I'm breathing, it sometimes changes

Just with my awareness

When I think about my breathing, I notice how I'm feeling

And I can choose to breathe consciously, which changes how I feel

I want to be completely, 100% over all these feelings about my awareness of my breath

Somehow I will be completely, 100% over all these feelings about awareness of breath and conscious breathing

Feeling stressed affects my breathing

Feeling relaxed affects my breathing

How I choose to breathe on a conscious level

Can change these responses on a physiological level

Choosing to breathe in a deep relaxed manner

Will stimulate a more deeply relaxed body and mind

Breathing happens automatically

But I can also change how I breathe consciously

And change how my Autonomic System responds

I'm usually unaware of my breath

Because it happens automatically

But my breath tells me about myself

I can pay attention to my breath to notice when I'm stressed

And I can use my breath

To diffuse that stress reaction

I'm thankful for my breath

The one life-sustaining body system that I can influence directly

And I choose to breathe consciously