

# Breathing You Would Actually Use

Find one breathing pattern you would really do, not the one you were told to do.

## WHEN TO USE THIS

Try this sitting somewhere quiet, when nothing much is happening.

**Try a slow breath out, longer than the breath in. What changed, if anything?**

*Try it four or five times before you write.*

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**Tick anything that got in the way when you tried it.**

- ☐ Felt like I could not get enough air
- ☐ Made me notice my heart more
- ☐ Felt silly
- ☐ Forgot the counting
- ☐ Got dizzy
- ☐ Nothing got in the way

**Write your own version in one line, the way you would say it to yourself.**

*In for four, out for six. Or just: slow the way out.*

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**Three ordinary moments this week to practice it, before you need it.**

1. 

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2. 

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3. 

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*Breathing works better as a habit than as a rescue. Practice it bored, use it scared.*