

CONTROLLED BREATHING PRACTICE

Practice the controlled breathing method we learned in session today up to twice a day. Write down each day and time that you practice. Also, write down how tense or nervous you were before relaxing and then how relaxed you are after relaxing. Use a scale from 1 to 10, with 10 being the most nervous and tense you have ever felt and 1 being the most relaxed and calm you have ever felt. Bring this in with you to your next session.

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

