

Worksheet

Professional Version | US English

Relaxed Breathing Record Form



Description

Some clients find that relaxed breathing exercises can be a helpful part of treatment for anxiety. The *Relaxed Breathing Record Form* encourages you to monitor your relaxed breathing practice, and to record its effects upon how you feel.

Instructions

Use this worksheet in combination with the relaxed breathing instruction worksheet. Clients should be encouraged to record their relaxed, diaphragmatic breathing practice, noting their subjective rating of anxiety before and afterwards.

References

Whalley, M. G. (2017). *Psychology tools for panic*. Psychology Tools.

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Date & Time	Anxiety before (0-100%)	Length of time I practiced breathing.	Anxiety after (0-100%)
monday - 08:00	50%	5 minutes	10%
monday - 15:30	60%	10 minutes	20%
monday - 21:00	20%	5 minutes	20%
Tuesday - 07:00	40%	3 minutes	30%
Tuesday - 11:00	70%	5 minutes	30%
Tuesday - 20:00	40%	5 minutes	10%
Wednesday - 08:00	40%	2 minutes	20%
Wednesday - 16:00	50%	2 minutes	50%
Wednesday - 21:00	50%	5 minutes	30%

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Resource details

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