

CONGRUENT BREATHING

(HeartMath: www.heartmathstore.com)

INSTRUCTIONS:

Develop and enhance:

- Step 1.** *“Assume a comfortable position and a positive attitude.”*
- Step 2. Heart focus:** *“Focus your attention on the area around your heart, the area in the center of your chest.”*
- Step 3. Heart breathing:** *“Breathe deeply but normally and feel as if your breath is coming in and out through your heart area.”*
- Step 4. Heart feeling:** *“As you maintain your heart focus and heart breathing, activate a positive feeling and notice the positive physical sensations.”*
- Step 5. Focus:** *“Focus on the feelings of relaxation in your mind.”*
- Step 6. Cue word:** *“Give this process a word and then briefly repeat the muscle relaxation progression.”*

Practice

- Step 7: Cuing with disturbances:** *“Now think of a mildly disturbing recent experience, access your container (cue word), and notice the positive sensations that you experience as you go through your breathing exercise.”*
- Step 8: Self-cuing with disturbance:** *“Now, without me talking you through it, think of another mildly disturbing recent experience, access your container (cue word), and notice the positive sensations that you experience as you go through your breathing exercise.”*

Integration

- Step 9. Integrate:** *“Practice this process as often as possible between now and when we meet again.”*