

# Attitude Breathing® Technique

Attitudes, just like emotions, can either be depleting or renewing. The Attitude Breathing Technique helps you replace draining, negative, attitudes with healthier positive ones.

**Step 1. Recognize** a feeling or attitude that you want to change and identify a replacement attitude.

**Step 2. Focus** your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

**Suggestion:** *Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

Unwanted Feelings & Attitudes	Replacement Feelings & Attitudes
Stressed	Breathe Ease
Anxious	Breathe Calm
Overwhelmed	Breathe Ease and Peace
Bored	Breathe Responsibility
Judgmental	Breathe Tolerance
Fogged/Confused	Breathe Neutral for Clarity
Angry/Upset	Breathe Neutral to Cool Down
Fatigued	Breathe Increased Energy
Shame/Guilt	Breathe Self Acceptance and Forgiveness
Financial Worries	Breathe Abundance
Isolated/Lonely	Breathe Being Connected and Appreciated
Rebellious	Breathe Respect
Self-pity	Breathe a Feeling of Dignity and Maturity

## Attitude Breathing Basics:

- Often the replacement attitude can be obvious, but it takes breathing the feeling of the new attitude to make it real. For example, if you feel angry, you may want to replace it with calmness, but this requires breathing the feeling a while until you actually feel calmed. Then you have made the energetic shift.
- If you are not clear on the new replacement attitude, remember: The neutral attitude works to stop the energy drain, which is especially important during an emotional storm. Remember to breathe slowly and casually. Do this for awhile to get the full benefits of the technique.
- For some deeply ingrained attitudes, you may need to breathe the new attitude earnestly for a few minutes before you experience a shift. Have a genuine *'I mean business'* attitude to really move your emotions into a more coherent state and shift your physiology.
- Some attitudes are stubborn and reoccur. When they come back, practice breathing the new attitude. Imagine pulling in and anchoring the new feeling.
- Even if a bad attitude feels justified, the buildup of negative emotional energy still drains your system.
- If you can't identify a replacement attitude, breathe a feeling of neutral to stop the energy drain.

Specific applications: \_\_\_\_\_  
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# Attitude Breathing® Personal Practice Log

Consider any stress triggers or potentially depleting reactions you experienced.  
Write down the situation and what happened.

Date	Situation	Depleting Attitude	Replacement Attitude	Observations after Practice

Write down any successes you are having with your practice.

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Write down any challenges you are having with your practice.

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