

GENTLE BREATHING PRACTICE LOG

For Emotional Regulation

Breathe naturally, without forcing or holding. If dizzy or uncomfortable, stop and return to usual breathing.

Date: _____

0-10 intensity: 0 = none, 10 = strongest

DATE / TIME	BEFORE RATING Emotion + intensity 0-10	BREATHING PRACTICE What I tried + duration	COMFORT How did the breathing feel?	AFTERWARDS Body, feelings + intensity 0-10

REFLECTION

What helped, or what might I adjust next time?