# Breathing Self-Assessment: Understand Your Breathing Patterns

Use this self-assessment as a starting point to better understand your breathing and explore the benefits of conscious breathing practices.

**Instructions**:

This self-assessment will help you become aware of your breathing patterns and how they might impact your well-being.

Rate each question on a scale from 1 to 5, with 1 being "Not Often" and 5 being "Very Often."

**1. How often do you notice yourself taking shallow breaths?**

 - [ ] 1 (Not Often) | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 (Very Often)

2. **How often do you catch yourself breathing quickly, especially when stressed?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

3. **How often do you find it challenging to take a deep breath?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

4. **How often do you breathe through your mouth, especially during daily activities**?

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

5. **How often do you experience feelings of tension or anxiety?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

6. **How often do you take a moment to pause and focus on your breath during the day?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

7. **How often do you wake up feeling refreshed and energized?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

8. **How often do you notice that your breath feels calm and steady?**

 - [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5

**\*Scoring Key:\***

Add up your scores for each question. The higher the total score, the more likely you might benefit from practicing conscious breathing techniques.

\***Analysis and Suggestions:\***

- 8-16: Your breathing seems relatively balanced. You may still benefit from learning conscious breathing for enhanced well-being.

- 17-24: There are moments when your breathing could be more balanced. Exploring conscious breathing techniques could be helpful.

- 25-32: Your breathing patterns might be impacting your overall well-being. Learning and practicing conscious breathing can make a positive difference.