

Self Assessment of your breathing habits

Your Name:

Date:

The symptoms of poor oxygenation often appear totally unrelated to breathing. For example sweaty palms or feeling 'spaced out' do not appear to have any direct link with moving air in and out of the body, yet they are commonly associated with dysfunctional breathing. Rate yourself on a scale of 0 - 4 for the following symptoms, where **0** is **never**, **1** is **rare**, **2** is **sometimes**, **3** is **often** and **4** is **very often**.

| | | | |
|-----------|---|-----------|---|
| 0 1 2 3 4 | Shallow breathing, using the upper chest to breathe | 0 1 2 3 4 | Poor concentration, mental fatigue, confusion, forgetful, 'spaced out' |
| 0 1 2 3 4 | Erratic breathing e.g. a deep breath every few minutes; rapid breathing spaced with long pauses; breathing without pause | 0 1 2 3 4 | Feeling tense, apprehensive, anxious, panicky, or fearful without reason e.g. fear of stuffy rooms |
| 0 1 2 3 4 | Fast or deep breathing | 0 1 2 3 4 | Short temper, irritable |
| 0 1 2 3 4 | Yawning or sighing | 0 1 2 3 4 | Mild depression |
| 0 1 2 3 4 | Breathing through mouth | 0 1 2 3 4 | Mild obsession in regard to habits, objects or people |
| 0 1 2 3 4 | Difficulty in taking a deep breath | 0 1 2 3 4 | Frequent urination |
| 0 1 2 3 4 | Short of breath, breathless | 0 1 2 3 4 | Nausea, 'butterflies' in stomach |
| 0 1 2 3 4 | Chest tightness or constriction | 0 1 2 3 4 | Bloated abdomen, flatulence or belching |
| 0 1 2 3 4 | Airways are extra-sensitive | 0 1 2 3 4 | Constipation with intermittent diarrhoea |
| 0 1 2 3 4 | Excessive mucus production | 0 1 2 3 4 | Loss of libido |
| 0 1 2 3 4 | Coughing | 0 1 2 3 4 | Impotence |
| 0 1 2 3 4 | Allergies, rhinitis, hay fever | 0 1 2 3 4 | Stiffness in fingers, arms or around the mouth |
| 0 1 2 3 4 | Sneezing | 0 1 2 3 4 | Trembling, tic or twitching |
| 0 1 2 3 4 | Blocked or running nose | 0 1 2 3 4 | Muscle tightness or cramps |
| 0 1 2 3 4 | Reduced sense of smell | 0 1 2 3 4 | Tingling or numbness in fingers, feet or lips |
| 0 1 2 3 4 | Bad breath | 0 1 2 3 4 | Cold hands and feet |
| 0 1 2 3 4 | Dry mouth | 0 1 2 3 4 | Itching, dry skin, eczema or rashes |
| 0 1 2 3 4 | Dental or gum problems | 0 1 2 3 4 | Sweaty palms/feet/armpits or feeling hot all over |
| 0 1 2 3 4 | Throat clearing repeatedly | 0 1 2 3 4 | Hot or cold flushes |
| 0 1 2 3 4 | Ringing in ears | 0 1 2 3 4 | Licking dry lips |
| 0 1 2 3 4 | Light-headed or feeling dizzy | 0 1 2 3 4 | Pains in bones or joints |
| 0 1 2 3 4 | Pounding, rapid or erratic heartbeat | 0 1 2 3 4 | Headaches |
| 0 1 2 3 4 | High blood pressure | 0 1 2 3 4 | Chest pains that are not heart-related |
| 0 1 2 3 4 | Varicose veins, bruising | 0 1 2 3 4 | Lacking stamina, feeling chronically tired or physically exhausted |
| 0 1 2 3 4 | Prone to sickness, eg colds, flu or chest infections | 0 1 2 3 4 | Muscle weakness, 'jelly' legs |
| 0 1 2 3 4 | Visual disturbances e.g. flashes or shadows before the eye, blurred or tunnel vision or impaired night vision, sudden deterioration of vision | 0 1 2 3 4 | Erratic blood sugar levels |
| | | 0 1 2 3 4 | Sleeping badly e.g. insomnia, vivid dreams, nightmares, shuddering in sleep, snoring, waking frequently, grinding teeth or still feeling tired after a long sleep |
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Scoring at least '3' for 6 or more symptoms indicates a tendency towards hyperventilation, which responds favourably to learning the Buteyko Method.

How would you have scored a few years ago?