

## INTENSE FEELINGS: DEFUSE THEM

A concentrated three-breath pattern to defuse intense emotions.

Choose a breath pattern to match your physical breathing capacity.

1. 10 counts to inhale  
    Hold 5 counts  
    10 counts to exhale  
    Breathe normal

Repeat x 3

2. 7 counts to inhale  
    Hold 4 counts  
    7 counts to exhale  
    Breathe normal

Repeat x 3

3. 5 counts to inhale  
    Hold 3 counts  
    5 counts to exhale  
    Breathe normal

Repeat 3 x

Concentration to do this will shift your emotion to less intensity/or gone