

INTERVIEW: BEHAVIOR REPORT

Name: _____

Date: _____

Measurements:

Resting breathing rate: _____ Breathing rate range: _____

Initial PCO₂ level: _____ PCO₂, after two minutes: _____

Range of PCO₂ values during interview: _____

Possible origin of habit _____

Key symptoms:

- Attention deficit, dissociation
- Can't get enough oxygen
- Dizziness, faintness
- Emotion, stress symptoms
- Headache, pain
- Muscle tightness, contraction, pain
- Nausea, hard to swallow
- Numbness, tingling
- Shortness of breath
- Worry about breathing
- Other _____

Dysfunctional breathing behaviors:

- Aborted exhale
- Breath holding
- Accessory muscle breathing
- Effortful breathing
- Forced exhalation
- Gasping, sighing
- Intentional inhale
- Mouth breathing
- No transition time
- Reverse breathing
- Taking deep breaths
- Intentional manipulations _____
- Accessory muscles _____
- Dyspnoea _____
- Other behavior _____

Cognition associated with breathing:

- Breathing is "done" rather than "allowed"
- Disruptive thoughts: _____
- Faulty belief systems about breathing _____
- Misinterpretation of personal symptoms _____
- Self-talk: _____

Observed breathing habit triggers (S^D) during interview:

- Conversational content _____
- Emotions _____
- Memories _____
- Physical discomfort, pain _____
- Postural changes _____
- Tasks _____
- Thoughts _____

Anxiety (CR) triggered by breathing stimuli (CS):

- Allowing the breathing
- Approaching the end of the exhale
- Breathing in the chest
- Breathing in the diaphragm
- Can't take a deep breath
- Fast breathing
- Nose breathing
- Slow breathing
- Slowness of the exhale
- Small breaths
- Transition time (exhale to inhale)
- Changes in body sensations, e.g. HR _____
- Hypocapnic symptoms, e.g., throat tightness _____
- Other _____

Motivations & reinforcements of dysfunctional breathing habits:

- Avoidance of memories
- Avoidance of feelings, emotions
- Avoidance of thoughts
- Confirmation of personal interpretations
- Dissociation, avoidance
- Dissociation, disconnection, alternative sense of self
- Feeling in control
- Feeling of "getting more oxygen"
- Feeling of better self-esteem
- Feeling of being "freer," safer
- Feeling of "deepness in the breath," relaxation
- Reduced sense of vulnerability
- Reduction of air hunger
- Access to emotions, e.g., anger _____
- Access to symptoms, e.g., headache _____
- Access to behaviors, e.g., self-talk _____
- Reduction of fear/anxiety/apprehension _____
- Reduction of pain/discomfort _____
- Familiarity, using favorite muscles _____
- Other _____

Breathing challenges utilized:

- En vivo test _____
- Guided breathing _____
- Imagination, simulation _____
- Mechanics challenge _____
- Task challenge _____

Guided breathing and its effects:

- Emotional shifts _____
- PCO₂ levels _____
- Physical sensations _____
- Emotional responses to symptoms _____
- Thoughts triggered by symptoms _____
- Recovery interventions _____
- Recovery time _____
- Reminds client of places and times _____
- Triggered memories _____