

Rules for using TheBREATHESystem

1. **Always use good posture, so the BREATHE response will be available to you every time you need it.**

- A Unlock your knees,
- B Level your pelvis,
- C Tuck your tummy/pull your bellybutton back to your spine,
- D Raise your rib cage,
- E Relax your neck and shoulder muscles keeping your shoulders back/down.
- F Head up/chin back.

2. **BREATHE twice and focus on your goals and your attitude every time you are asked and every time you begin to feel out of control. (Don't attribute any emotional power to the triggering event. You have a choice in how you respond. The event does not control you.)**

- Inhale through your nose, fill lungs, hold for 5 secs,
- Blow out through your mouth under pressure for 6 secs. Empty your lungs.
- Check your emotions and your actions to be sure that you are being consistent with your goals and looking to the future.
- Make the choice to share a positive attitude within yourself and with the rest of the world. Smile!**

3. **Work to make BREATHE part of your daily habit routine. Practice the BREATHE response every day.**

Attach the BREATHE response to all the habit patterns in your life.

- Before you brush your teeth, BREATHE.
- When you pick up a pencil, BREATHE.
- As you put the key in the door, BREATHE.
- Each time you sit down, BREATHE.
- Every time the phone rings, BREATHE.
- While watching TV, BREATHE, etc.

Make the BREATHE response your automatic preconditioned response.

If you do, the BREATHE response will be available to you **whenever you need it** without you having to think about it first.

4. **Maintain your positive attitude as you . BREATHE Remain CALM! Let Love Ring.**

While others make comments to “pull you down” practice the BREATHE response.

Stay on goal as you use BREATHE.

Be prepared to say:

“Thank you for noticing...

I am working on my breathing.”

I am working on my posture.”

I am working on how I sound.”

I am working on controlling my emotions.”

I am working on controlling my actions.”

I am working on controlling what I say.”

I am working on my listening behaviors.”

www.TheBREATHESystem.com Copyright Ralph E. Hillman, 2001