

Am I Ready for Breathwork?

Use this checklist to reflect on whether you're ready to begin a trauma-informed breathwork journey.

You don't need to check every box perfectly, but it's a helpful way to prepare and self-assess.

- I am open to exploring my emotions through guided breathing.
- I understand that breathwork can bring up strong feelings, and I'm prepared to pause if needed.
- I have no major health conditions (e.g., heart problems, epilepsy, pregnancy) that would interfere with breathwork.
- I have access to a certified or trauma-informed breathwork practitioner, or I am willing to research one.
- I feel emotionally safe or have a therapist to support me if intense emotions arise.
- I can commit to at least a few sessions to experience the full benefits.
- I am ready to complement breathwork with other healing practices like journaling or therapy.