

Reflective Worksheet 9

Breathwork

Breathwork can help calm the nervous system, reduce urges and reconnect you with your body, especially when identity-related stress or discrimination has left you feeling overwhelmed. This worksheet offers space to explore how breathwork can support your recovery and affirm your LGBTQ+ identity. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Body

What happens in your body when you feel stressed, dysphoric or unsafe?



Urges

How does your breathing change during moments of gambling urges?



Grounded

Which breathwork techniques have helped you feel grounded or present?



Emotions

What emotions come up when you slow down and breathe intentionally?



Support

How might breathwork support you during identity-related stress?



Goal

When could you build a short breathwork practice into your day?
