

# ASSESSMENT RECORD

Client Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Session Date: \_\_\_\_\_

Practitioner Name: \_\_\_\_\_ Email: \_\_\_\_\_

Type of breathing habits? ☐ Type 1 habits (breathing is regulated) ☐ Type 2 habits (breathing regulates) ☐ Type 3 habits (symptoms regulate)

What are the principal complaints, symptoms, and/or deficits associated with the breathing habit(s)?

Physiological measurements: ☐ PetCO<sub>2</sub> ☐ EMG ☐ HRV ☐ HR ☐ SpO<sub>2</sub> ☐ Br/min ☐ BP ☐ Other [What did you find?](#)

What emotions and/or thoughts are associated with the breathing habit(s), and/or the physiological changes they mediate?

What are the specific triggers (e.g., places, times, people, tasks, situations, thoughts, emotions) of the breathing habit(s)?

What are the motivations (e.g., fear) and reinforcements (e.g., control) perpetuating the breathing habit(s)?

What kind of breathing challenges (e.g., making a phone call, guided overbreathing) did you implement and what were the outcomes?

What are the history and origins (e.g., asthma as a child, pain issue, pregnancy) of the breathing habit(s)? Provide details.

What are possible interacting organic (e.g., hypertension, neurological disorder) and psychological (e.g., panic) conditions? Provide details.

Are there problematic client beliefs (bigger breaths mean more O<sub>2</sub>) and symptom interpretations (e.g., I'm not getting enough O<sub>2</sub>)?

In formulating a breathing learning plan for your client, what would be the specific learning objectives (e.g., improving attention)?

**ADDITIONAL COMMENTS** (e.g., measurement issues, such as metabolic acidosis and PetCO<sub>2</sub> interpretations)