

Unbalanced Dysfunctional Breathing (UDB) Assessment

Become familiar with the conditions below that seem to fit your situation. Our breathing tests show that as breathing volume, depth, balance and ease decrease, there is a much higher correlation of diagnosed illnesses.

This UDB check sheet is an alert to increase your awareness related to health conditions in life that are directly and indirectly impacted by the quality of how well you breathe.

Before you begin: Close your eyes; go within, inhale and exhale deeply 2 – 3 times. Open your eyes and reflect on whether you (now or often) experience any of these issues. Write score on the line provided. Scale of 0-5 with least concern - 0 and most concern - 5. Be honest with yourself.

Life skills: Check ones you want more of.

- 1. Acting on authentic self
- 2. Alignment between inner drives and outer expression
- 3. Being a self starter
- 4. Better decision making
- 5. Comfort with personal expression
- 6. Contribute to the greater good
- 7. Expanded options
- 8. Focused thinking
- 9. Greater enthusiasm
- 10. Greater motivation
- 11. Greater sense of belonging
- 12. Improved creativity
- 13. Improved inner strength
- 14. Increased productivity
- 15. Increased self understanding
- 16. Longevity wanted
- 17. More comfortable with change
- 18. More stamina
- 19. More joy
- 20. New concepts readily integrated
- 21. Opening to the state of ease and flow
- 22. Peace of mind
- 23. Personal power
- 24. Public speaking
- 25. Releasing mental ruts
- 26. Self awareness
- 27. Spiritual growth
- 28. Sports performance

Problems...

Check ones you want less of.

- 1. Addiction
- 2. Air hunger
- 3. Allergies
- 4. Altitude make breathing harder
- 5. Anger
- 6. Anxiety
- 7. Apathy
- 8. Attention problems
- 9. Back pain: low mid upper (circle)
- 10. Bluish cast to lips, nail beds
- 11. Bowel or rectum disorder
- 12. Blood sugar swings
- 13. Breathing is one or more of: (Circle): shortness of breath, smooth, choppy, stuck, too fast, too slow, easy, hard, an effort, bounces back and forth from chest to belly or belly to chest, shallow, deep strong weak
- 14. Breathing feels like a series of events, instead of one smooth coordinated continuous flow
- 15. Breathing Problems: asthma bronchitis emphysema COPD other _____ (circle)

- 16. Can't catch breath or deep breathing curtailed
- 17. Can't feel breath in nostrils
- 18. Can't meditate
- 19. Can't relax
- 20. Can't sleep on back
- 21. Can't walk and easily talk at the same time
- 22. Chest is large and stiff
- 23. Chest pain
- 24. Chest sunken
- 25. Chest tightness after surgery
- 26. Chest wall defects (faults)
- 27. Chest wall tenderness
- 28. Chronic cough
- 29. Chronic pain
- 30. Cold hands or sweaty palms
- 31. Cold temp bothers breathing
- 32. Confrontations make your voice pitch go up
- 33. Confused or sense of loosing normal contact with surroundings
- 34. Constant fatigue
- 35. Constipation
- 36. Cramps in abdomen or below sternum, or side stitches
- 37. Depression
- 38. Digestion poor
- 39. Diaphragmatic impairment
- 40. Dizzy when excited/anxious
- 41. Do you often PRESS your tongue to the roof of your mouth?
- 42. Dry mouth
- 43. Exercise induced asthma
- 44. Fanny sticks out in rear
- 45. Fall asleep watching TV or at theater when you would rather watch the program
- 46. Fear excessively
- 47. Feel a hitch, bump, or lump right below your breastbone when you try to take a deep breath
- 48. Feelings of suffocation
- 49. Finish other's sentences for them
- 50. Forget to breathe
- 51. Fragmented speech
- 52. Furrows brow often
- 53. Gasping or breath heaving
- 54. Get drowsy from driving a vehicle
- 55. Grind or clench teeth
- 56. Headaches
- 57. Heart condition or attack
- 58. High Chest Breather (eg. Superman Syndrome)
- 59. Hormonal fluctuations
- 60. Heavy breathing
- 61. High blood pressure
- 62. History of lung disease
- 63. History of abuse or trauma
- 64. Hold breath a lot

- 65. Hot flashes
- 66. Hyperventilation, over-breathing
- 67. Hypoglycemia
- 68. Irregular heartbeats
- 69. Irregularly formed rib cage (Can you see it in a mirror?)
- 70. Jaw tension
- 71. Jet lag
- 72. Look in a mirror and breathe as deeply as you can. Do your neck muscles bulge out? Do your shoulders or collar bones rise?
- 73. Lump in throat
- 74. Migraines
- 75. Mouth breather
- 76. Nightmares
- 77. Nodules
- 78. Obese
- 79. Often catch yourself not breathing
- 80. Often shift weight from side to side while standing
- 81. Panic attacks
- 82. People have difficulty hearing you & you are not partly deaf
- 83. Phobic
- 84. Poor boundaries
- 85. Poor posture
- 86. Pregnant
- 87. Perfectionist
- 88. Pulsing or stabbing feeling around ribs
- 89. Reduced pain tolerance
- 90. Reflux
- 91. Repetitive strain injury
- 92. Ribs flair outward at bottom during inhale
- 93. Sallow complexion
- 94. Scoliosis or abdominal curvature of the spine
- 95. Seizures
- 96. Self esteem poor
- 97. Shortened stride
- 98. Shoulders rounded downward
- 99. Sigh or yawn often
- 100. Singing improvement: can't at all, amateur, professional
- 101. Sleep problems
- 102. Smoking
- 103. Snore
- 104. Soreness or pain in throat with "prolonged" vocal use
- 105. Sore deep pain that feels like a band across your chest
- 106. Speech problems
- 107. Stiff neck
- 108. Stressed out
- 109. Stomach tense while unaware or unable to relax it
- 110. Stroke

- 111. Swallowing difficulty
- 112. Swim-can't as well as you use to or tried and get short of breath
- 113. Talking on the phone makes you short of breath
- 114. Tension around the eyes
- 115. Tense overall feeling (hypertension)
- 116. Thoughts rum amuck
- 117. Ticklish
- 118. Tightness around mouth
- 119. Tightness, soreness or pressure in chest or below breast bone
- 120. Type "A" personality
- 121. Upset stomach or irritable bowel syndrome
- 122. Vertigo
- 123. Vision blurred or eyesight better in AM than PM
- 124. Use a mechanical breathing device while sleeping.
- 125. Voice is: (Circle) labored, held back, strained, thin, weak,, dynamic, heavy, clears throat often, chest, whispery, stutters, quiver, squeaky, restricted, choppy, laryngitis, hoarse, crackly, disconnected, raspy, broken, breathy, erratic, monotone, tentative, breathlessness, nasal, throaty, mumbles, nervous, slurred speech, spasmodic dysphonia
- 126. Wake from sleep suddenly not breathing = Apnea
- 127. Washboard abs
- 128. Wake up tired a lot
- 129. Wheezing
- 130. Works night shift
- 131. My breathing mainly: _____

SH=Shallow; **L**=Labored;
F=Fast; **SL**=Slow; **D**=Deep;
B=Belly; **HC**=High chest;
CO=Cough; **HB**=Hold breath;
E=Erratic; **EA**=Easy **R**=Raspy;
SM=Smooth; **FO**=Forced;
HO=Hoarse; **O**=Other