**THE BREATH TECHNIQUE**

**List of General Psychological Issues**

1. Pick a Psychological Issue, whether it be general or specific issue.

2. Say or think of the issue. ***"The fear of..."   or  "The anxiety of..."***

3. Take a breath in and out twice.

4. Your muscle test will now be strong for that issue. Then do the same for the next issue.

Balance as many issues as your intuition allows you at one time, probably the average is 7-17 per day. You can continue the next day. Use your intuition to guide you if you need a little more of a break before continuing.

Check them off the list as you do them.

**ISSUES**

Go through this List of General Psychological Issues twice, once for each of the following:

***The fear of….***

***The anxiety of….***

General Psychological List of Issues

1. Living
2. Dying
3. Deserving to live
4. Wishing for death
5. Being happy
6. Being unhappy
7. Liking myself
8. Not liking myself
9. Accepting myself
10. Being healthy
11. Being sick
12. Success
13. Failure
14. Being helpless
15. Loss of interest in things
16. Faith in God
17. Loss of faith in God
18. Past
19. Present
20. Future
21. Not having friends
22. My friends not liking me
23. Work/school
24. Being loved
25. Not being loved
26. Relationships
27. Falling in love
28. Being manipulated/controlled
29. Anger
30. Hatred
31. Jealousy
32. Depression
33. Being sad
34. Being happy
35. Insecurity
36. Losing control
37. Not being acknowledged
38. Not being heard
39. Listening to others
40. No one caring
41. In denial
42. Deceiving myself
43. Being honest
44. Being true to myself
45. Having integrity
46. Forgiving myself
47. Being forgiven
48. Disliking my physical appearance
49. Being sexy
50. Hating myself
51. Change itself
52. Making positive change
53. Negative thoughts
54. Being trusted
55. Not being trusted
56. Trusting others
57. Not trusting others
58. Not trusting myself
59. Trusting myself
60. Being misunderstood
61. Being threatened
62. Threatening others
63. Not caring
64. Caring too much
65. Affection
66. Loss
67. Being nurtured
68. Being social
69. Withdrawing
70. Being frustrated
71. Being angry
72. Being lonely
73. Being confused
74. Being smart
75. Feeling stupid
76. Making a fool of myself
77. Not being good enough
78. Being ignored
79. Being reckless
80. Being loyal
81. Being untruthful
82. Obsessing over things
83. Being good
84. Being bad
85. Being compulsive
86. Getting a break
87. Crying
88. Not being able to cry
89. Being competent
90. Being incompetent
91. Being confused
92. Being clear headed
93. Believing in myself
94. Learning
95. Not being able to learn
96. Getting sick
97. Being healed
98. Emotional pain
99. Not being able to bear the pain
100. Desperation
101. Harming myself
102. Loving myself
103. Being at peace
104. Connecting with my spirit
105. Losing my spirit
106. Finding my soul’s purpose
107. Starting all over again
108. Being a failure
109. Rejection
110. Being gentle with myself
111. Asking for help
112. Being accountable
113. Loss of all hope
114. Being hopeful
115. Closing myself off
116. Protecting myself
117. Darkness
118. Being destroyed
119. Opening my heart
120. Having a strong will
121. Having a weak will
122. Allowing others to love me
123. Being betrayed
124. Being the betrayer
125. Being empty
126. Being fulfilled
127. Getting a job
128. Losing my job
129. Hating my job
130. Liking my job
131. Making sacrifices
132. Being nervous
133. Being confident
134. Being stressed
135. Having patience
136. Being lost
137. Finding myself
138. Having a panic attack
139. Being judged
140. Judging others
141. Being strong
142. Being weak
143. Being resentful
144. Being guilty
145. Being scared
146. Being brave
147. Being responsible
148. Being irresponsible
149. Being thankful
150. Being grateful
151. Having lack
152. Being humble
153. Seeking direction & guidance
154. Making a mistake
155. Having good honor
156. Broken dreams
157. Creating new dreams
158. Letting go of the past
159. Embracing a future
160. Living in the moment
161. Doing hard work
162. Taking the easy road
163. Being powerless
164. Being powerful
165. Being critical
166. Being criticized
167. Having compassion
168. Feeling love
169. Life being meaningless
170. Life being meaningful

Check out the other Lists on the website under Energy Balancing...

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