

MODULE 1. REFLECTION QUIZ

Are you Ready to move on to Module 2?

The purpose of this reflection is to ensure that you have **understood and integrated** the foundational principles of Module 1 - not intellectually (cause that comes with time and going deeper into the next modules), but **within yourself**.

There are no 'right' or 'wrong' answers. This is not a test of knowledge.

It is a **check-in on awareness, honesty, and responsibility**.

Answer as precisely and truthfully as you can.

When you notice yourself going into your head looking for the 'right' answer, pause - and ask your body what it is sensing.

1. YOU & YOUR BREATH

1. When you observe your natural breathing, what do you most often notice?

(Briefly - e.g. pace, depth, tension, absence, control, unconsciousness)

2. Which breathing pattern do you recognize most in your everyday life?

(e.g. chest breathing / solar plexus, shallow, held, fast, calm, restless)

3. In which situations in your life do you notice your breathing changing most clearly?

(stress, responsibility, relationships, performance, conflict, fatigue, control)

2. REGULATION & WINDOW OF TOLERANCE

4. How do you experience your current window of tolerance?

(Does it feel wide, narrow, stable, fluctuating?)

5. What are your personal signs that you are moving outside your window of tolerance?

(e.g. overactivation, restlessness, emotional shutdown, racing thoughts, dissociation)

6. What helps you regulate yourself most effectively when you notice imbalance?

(breath, pauses, movement, stillness, grounding, relationships)

3. YOU AS A FACILITATOR (BEFORE HOLDING SPACE)

7. How easy or difficult is it for you to stop when something becomes intense?

(In yourself - not in others)

8. What does 'to be selfishness in a healthy way' mean to you in the role of a facilitator?

(Why is it not selfish to take responsibility for your own regulation?)

9. What do you honestly believe may be your greatest challenge when holding space for others?

(e.g. boundaries, responsibility, control, empathy, wanting to 'help', staying neutral)

10. How do you know when you should not facilitate, but instead take care of yourself?

(Describe at least one clear sign)

11. What do you experience as your most important learning from Module 1?

(Not theoretical - but in relation to yourself)

4. YOUR WHY (BEFORE MODULE 2)

12. What has breathwork concretely given you so far in your own life?

(What has changed - in your body, relationships, awareness, or regulation?)

13. What is the most important discovery you have made about yourself so far through breathwork?

(Something you may not have seen before)

14. What awakens your curiosity about breathwork - not as a method, but as a path?

(What are you longing to understand, explore, or deepen?)

15. Why do you choose this path - even when it requires responsibility, boundaries, and self-regulation?

(What calls you beyond fascination or experience?)

16. What do you commit to in your own practice before guiding others?

(Choose one concrete focus or discipline)

FINAL STATEMENT (YES / NO)

17. Can you stand by the following statement?

'I understand that my most important tool as a breathwork facilitator is my own nervous system, my own regulation, and my ability to remain in conscious contact with myself.'

- ☐ Yes
 - ☐ No (If no: what do you need before moving on?)
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WHY DO WE ASK THESE QUESTIONS..?

This reflection is not a formality. It is a **prerequisite**.

You cannot guide others deeper than you are willing to meet yourself.

You cannot create safety if you do not know your own boundaries.

And you cannot hold space for others if you cannot first hold yourself.