

Issue	Yes	No
I have trouble breathing with a mask on.		
I have a belief that I have trouble breathing with a mask on		
My body can get plenty of oxygen with a mask on.		
I am angry about having to wear a mask.		
I fear wearing a mask.		
When I wear a mask, I have a panic attack (or anxiety attack)		
I inherited a program from my ancestors about “not being able to breathe”.		
I am frustrated when having to wear a mask		
These feelings are just my minds way of protecting me		
I am willing to be healed of this anxiety when wearing a mask.		
I believe that I can be healed of this.		
For those that believe in past lives:		
I had a past life where I died from not being able to breathe.		
If yes: I died from a disease where breathing was difficult.		
I died from having my mouth and nose covered.		
I died from drowning.		
I was tortured by someone using the breath as a weapon.		
I tortured someone using the breath as a weapon.		
Extra space to muscle test things for yourself:		

Make a note of the answers for later. While tapping or in meditation one of these might stand out and you can clear it when you are doing those exercises. If you make your own questions, use statements that do NOT contain the word NOT in them. It can get confusing.