

Functional Freeze

AUDIO GUIDE



THEJORNI.COM

DISCLAIMER

This audio guide is a self-reflection tool designed to promote awareness and understanding of functional freeze patterns. It is not a diagnostic instrument and should not be used as a substitute for professional mental health advice, diagnosis, or treatment.

If you are concerned about your stress levels or mental health, please consult with a qualified healthcare provider. The insights gained from this exercise are meant to support your personal growth and understanding of Functional Freeze.

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Hello!

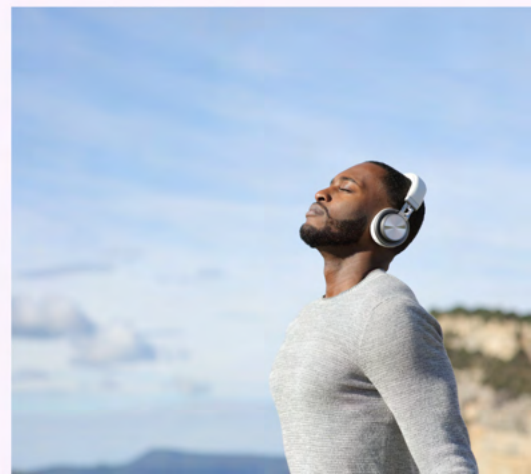
Welcome to your Functional Freeze Audio Guide. This series of five guided sessions is designed to help you recognize and understand signs of Functional Freeze in your daily life.

What is this guide?

This audio series consists of five focused sessions:

1. Introduction to Body Awareness
2. Emotional Check-In
3. Energy and Fatigue Awareness
4. Decision-Making and Mental Clarity
5. Connecting Patterns

Each session guides you through a specific aspect of self-awareness related to Functional Freeze.





Getting the most out of your experience

- Approach each session with an open mind.
- Don't judge your experiences – simply observe and note them.
- Be consistent – try to do the sessions at the same time each day.
- Review your notes regularly to identify patterns.

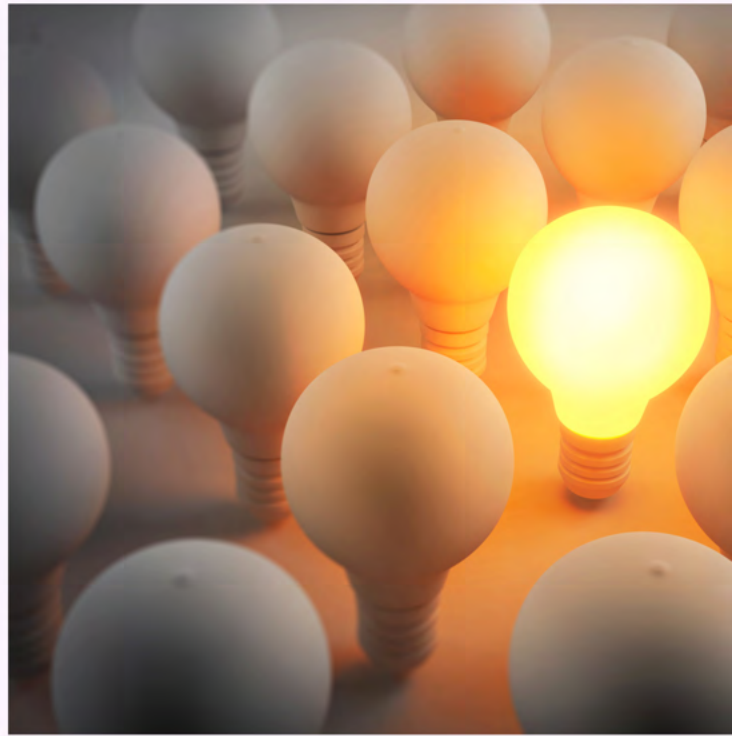
How to use this guide

- Find a quiet, comfortable space where you won't be disturbed.
- Listen to one session per day for five consecutive days.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.



What this guide can help you with

- Increase your body awareness
- Improve your emotional intelligence
- Help you recognize signs of Functional Freeze
- Provide insights into your stress responses
- Empower you to take proactive steps in managing your wellbeing



Remember, awareness is the first step towards change. By regularly practicing these guided sessions, you're taking an important step in understanding and addressing Functional Freeze in your life.

If you find that these sessions bring up difficult emotions or realizations, please reach out to a loved one or friend for support.