

THEJORNI.COM

# FUNCTIONAL FREEZE


Mind Map

# DISCLAIMER

This mind map is a self-reflection tool designed to promote awareness and understanding of functional freeze patterns and stress responses. 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!

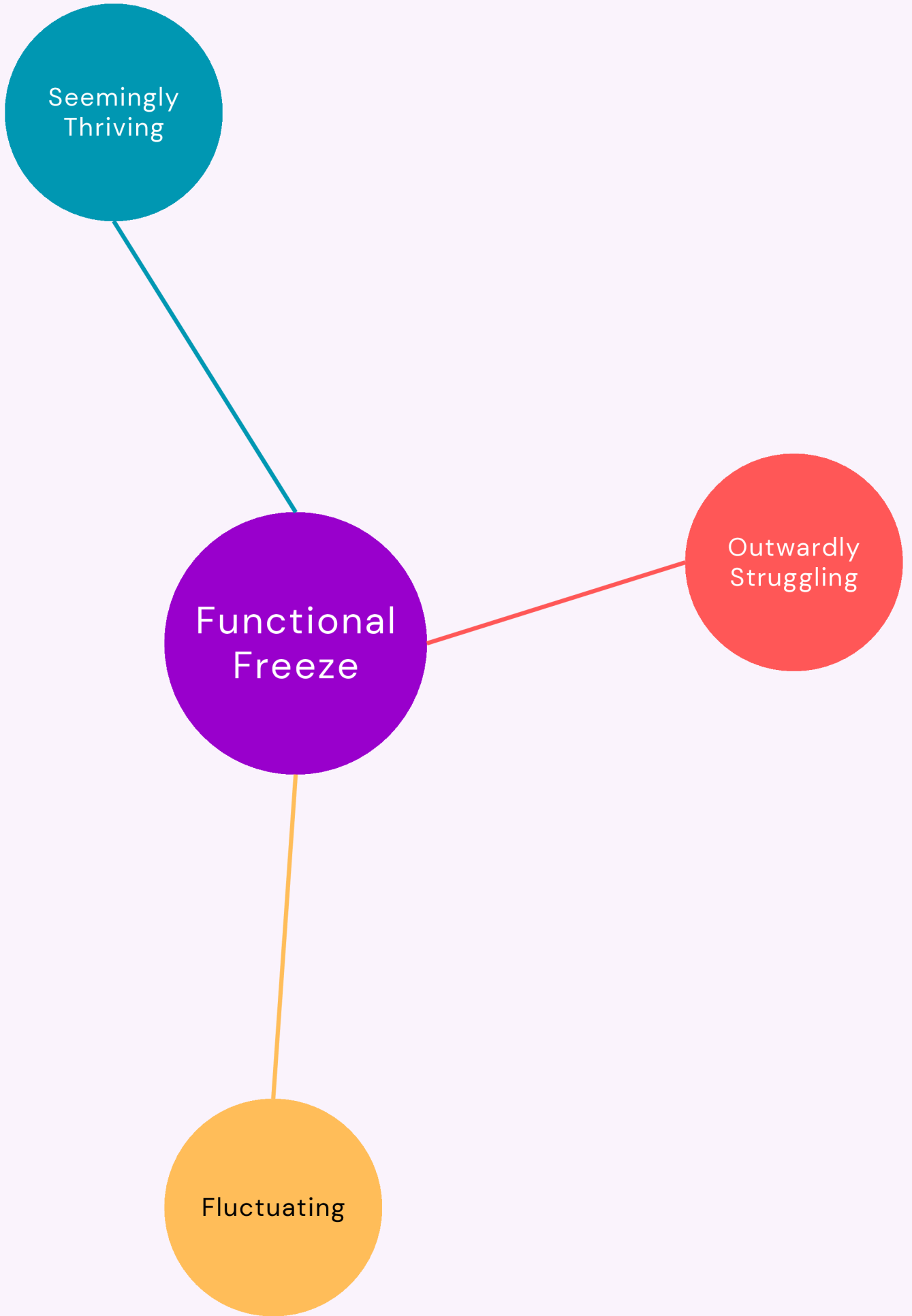
The Functional Freeze Mind Map is a powerful tool for organizing and understanding your personal experience with Functional Freeze. This exercise will help you:

1. Visualize the different aspects of Functional Freeze in your life
2. Identify connections between symptoms, triggers, and experiences
3. Gain a clearer understanding of your position on the Functional Freeze Continuum
4. Recognize patterns and potential areas for intervention or support

# HOW TO CREATE YOUR MIND MAP

1. Start with the center circle labeled "Functional Freeze"
2. Notice the three main branches: "Seemingly Thriving," "Fluctuating," and "Outwardly Struggling"
3. For each branch, add your own sub-branches to represent:
  - Symptoms you experience in this state
  - Situations that trigger this state
  - How this state affects different areas of your life (work, relationships, self-care)
4. Add as many or as few branches as feel relevant to you. There's no right or wrong way to do this. We've also added one page for each state, in case you run out of room.
5. After completing your map, take a moment to reflect:
  - What patterns do you notice?
  - Which state do you find yourself in most often?
  - Are there any connections between different branches?

Remember, this is your personal map. It's meant to help you understand your unique experience with Functional Freeze. Use it as a tool for self-reflection and to gain insights into your own patterns and experiences.



Seemingly  
Thriving


Functional  
Freeze

Outwardly  
Struggling


Fluctuating



Seemingly  
Thriving



Fluctuating



Outwardly  
Struggling



