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FUNCTIONAL FREEZE

SYMPTOM TRACKER

DISCLAIMER

This tracker 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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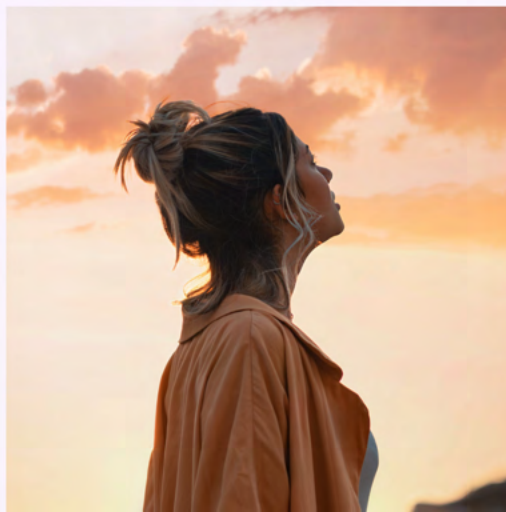
This tracker is designed to help you become more aware of your Functional Freeze symptoms and how they may fluctuate over time. By consistently recording your experiences, you'll be able to:

1. Identify patterns in your symptoms
2. Recognize potential triggers
3. Understand your movement along the Functional Freeze Continuum
4. Gather insights to discuss with healthcare professionals if needed



HOW TO USE THIS TRACKER

1. Each day, take a few minutes to reflect on your experiences.
2. Mark the symptoms you've experienced that day.
3. Note your overall energy level and functionality on the provided scale.
4. In the "Notes" section, briefly describe any significant events, stressors, or observations.
5. At the end of each week, review your entries and reflect on any patterns you notice.
6. After two weeks, use the "Overall Reflection" section to summarize your observations.



DAY 1

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 2

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 3

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 4

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 5

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 6

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 7

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 8

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 9

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 10

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 11

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 12

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 13

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 14

FUNCTIONAL FREEZE SYMPTOMS

- Emotional numbness or disconnection
- Anxiety or restlessness
- Difficulty concentrating or brain fog
- Fatigue or low energy
- Sleep problems (insomnia or oversleeping)
- Feeling overwhelmed or stuck
- Physical tension or unexplained aches
- Social withdrawal or difficulty connecting with others
- Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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