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GUIDED VISUALIZATION

for Understanding Functional Freeze

DISCLAIMER

This guided visualization 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.

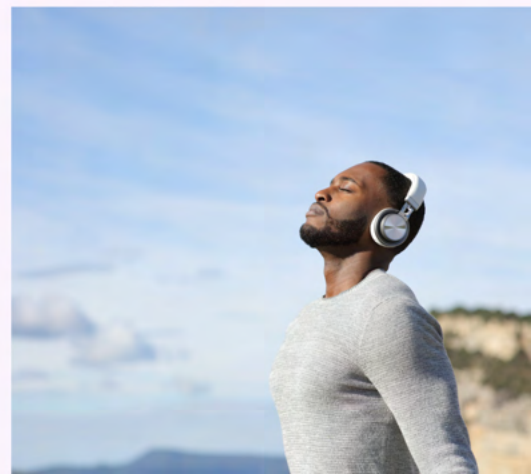
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Hello!

Welcome to your Guided Visualization for Understanding Functional Freeze. This audio exercise guides you through a visualization to explore your experience with Functional Freeze.

What is this visualization?

This guided visualization is a meditative journey designed to help you explore and understand your personal experience with Functional Freeze. It uses imagery and introspection to connect you with different aspects of your stress response and daily functioning.





How to use this guide

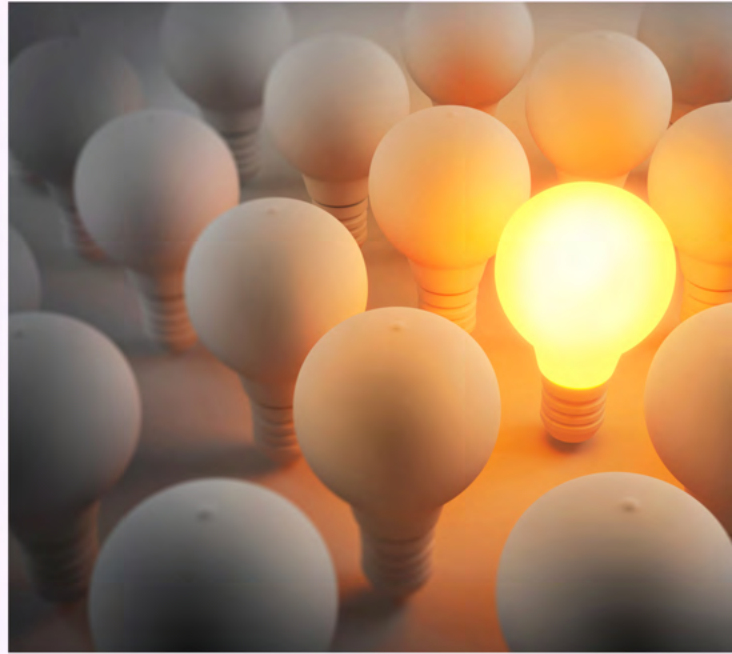
- Find a quiet, comfortable space where you won't be disturbed for about 15-20 minutes.
- Close your eyes, take deep breaths, and allow yourself to fully engage with the imagery and prompts provided.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.

Getting the most out of your experience

- Approach each session with an open mind.
- There are no right or wrong experiences.
- Pay attention to any physical sensations, emotions, or thoughts that arise during the exercise.
- After completing the visualization, take some time to reflect on your experience and jot down any insights or observations.



What this guide can help you with



- Gain deeper insight into your stress responses
- Identify patterns in your behavior and emotions
- Recognize where you might be on the Functional Freeze continuum
- Develop greater self-awareness and compassion for your experiences
- Identify areas where you might need additional support or changes in your life

Remember, this audio track is a tool for self-discovery and understanding. Your experiences during this exercise are unique to you and valuable for your journey towards healing and balance. Consider repeating this visualization periodically to track changes in your perceptions and experiences over time.

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