



THEJORNI.COM

MICRO-MOMENTS FOR POSSIBILITY

Workbook

DISCLAIMER

This workbook 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.

© 2024 The Jōrni. All rights reserved. No part of this document may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the copyright owner.



This workbook is your guide to gently rebuilding self-trust through small, meaningful actions. Each section is designed to help you explore, reflect, and celebrate your progress, one step at a time. These practices encourage awareness and growth without pressure, meeting you exactly where you are in your journey.

1. Cultivate greater awareness of the small actions that can build your self-trust
2. Develop a deeper connection to your emotions and sensations in a supportive way
3. Celebrate your progress visually to nurture your confidence and growth
4. Build momentum and joy as you discover new ways to trust yourself

HOW TO USE THIS WORKBOOK

1. Set aside a few quiet moments to work through the pages at your own pace
2. Begin with the section that feels most accessible or interesting to you today
3. Use the *Micro-Moments in Action* to notice and record small actions that build self-trust
4. Reflect on your emotions and sensations with the *Daily Check-In* to deepen your connection to yourself
5. Celebrate your progress visually by filling in *The Path to Self-Trust* as you take steps forward
6. Revisit the workbook and try different tools as your confidence grows and your self-trust evolves



MICRO-MOMENTS IN ACTION

Rebuilding self-trust happens in the smallest of steps. Each time you take action, no matter how small, you are showing yourself that trust is something you can nurture, one moment at a time.

This section is here to help you notice, reflect on, and learn from those moments. Record the situations where you took a step toward self-trust, what you did, how it felt afterward, and what it taught you about yourself. There is no need to aim for perfection or big leaps. Instead, focus on what feels possible today, and let each step build on the one before it. Over time, these small actions create a foundation for the trust you are working to restore.

You can use the template in this workbook, or adapt it to fit your needs. Whether it is a journal, a notebook, digital format, or even voice notes, choose what feels most natural for you. The goal is to build awareness of your actions and the insights they bring in a way that works for you.

EXAMPLE

Date January 10, 2025

Situation

"I spoke up in a meeting" or "I decided what to eat without overthinking"

Action Taken

"I followed through even though I felt unsure"

How did I feel afterward?

"Nervous but also proud"

What did I learn about myself?

"I can trust myself to handle small choices"

MICRO-MOMENTS IN ACTION

Date

Situation

Action Taken

How did I feel afterward?

What did I learn about myself?

Date

Situation

Action Taken

How did I feel afterward?

What did I learn about myself?

MICRO-MOMENTS IN ACTION

Date

Situation

Action Taken

How did I feel afterward?

What did I learn about myself?

Date

Situation

Action Taken

How did I feel afterward?

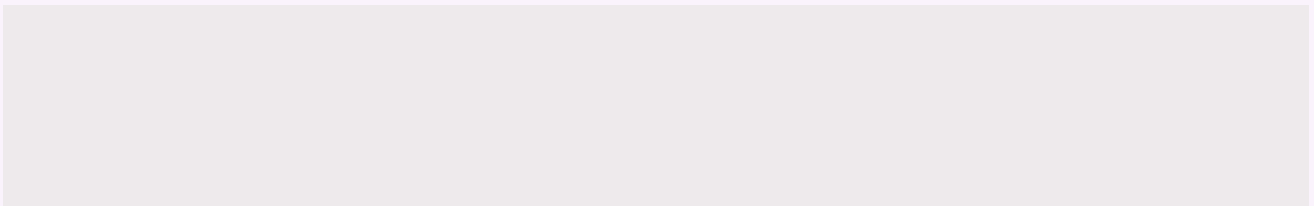
What did I learn about myself?

DAILY CHECK-IN

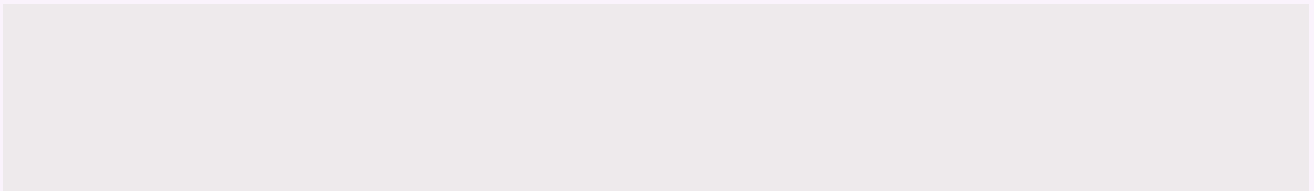
These prompts are here to help you pause and check in with yourself. Take a moment to notice how you are feeling and what is going on inside. Use this space to reflect and connect with your emotions and sensations.

Just like with the previous exercise, you do not have to use this workbook to reflect. You can use a journal, a notebook, a digital format, or even voice notes. Choose the approach that feels most natural and supportive for you.

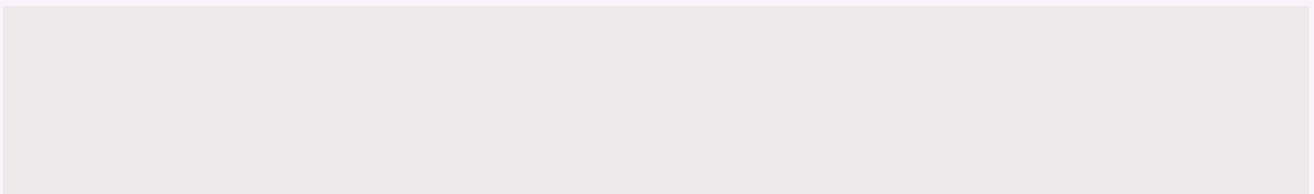
What emotions or sensations am I noticing in my body right now?



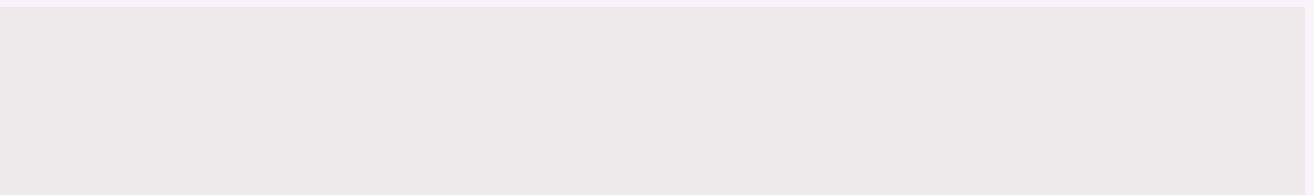
What helped me feel more connected to myself today?



What felt challenging or difficult for me today?



If I could offer myself one kind word or gesture, what would it be?



THE PATH TO SELF-TRUST

Each step you take toward self-trust matters. As you notice and acknowledge your progress, this path becomes a reminder of the journey you are on.

Use the stepping stones to mark each action or moment that strengthens your self-trust. You can color in, fill in, or mark a stone for every micro moment you take, no matter how small it seems. Watch your path grow as you move forward, step by step, toward greater trust in yourself.



SELF-TRUST BINGO

Let's have some fun and celebrate your progress! Each square contains a small action inspired by the tools and ideas you've explored in the chapter practices. Mark off a square when you complete an action. You can go for a full row, column, diagonal, or even the whole board. If a square does not feel right for you, feel free to swap it with another self-trust action that fits your needs.

There is no right or wrong way to do this. Enjoy the process and trust yourself to choose what feels right.

Tried a new workbook practice	Picked the first option I thought of	Took a deep breath	Said something kind to myself	Checked in with my feelings
Listened to <i>The Missing Link</i>	Noticed a small win today	Colored in a step on my trust path	Let myself rest for five minutes	Asked for help with something
Took a small step	Gave myself permission to pause	Noticed how I felt after an action	Did something just for fun	Focused on one small task
Smiled or laughed at something	Took care of my body	Celebrated a moment of self-trust	Decided without overthinking	Made time for something I enjoy
Took a moment to reflect on progress	Followed through on a decision	Did something imperfectly	Spoke up for myself	Finished something I started