

THE FUNCTIONAL FREEZE FORMULA

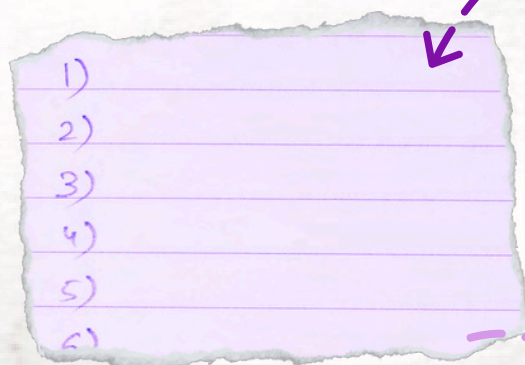


FUNCTIONAL FREEZE

In Functional Freeze, your nervous system is both activated and shut down, leaving you stuck on the inside while appearing functional on the outside.

THE FUNCTIONAL FREEZE CONTINUUM

The Functional Freeze Continuum is a framework to explore how Functional Freeze could work on a spectrum rather than in set categories.



THE MASTER LIST

The Master List helps you identify physical, emotional, mental, and energetic factors keeping you stuck in Functional Freeze.

THE FLOWS

The Flows are the practical tool to help you shift energy, regulate your nervous system, and reconnect with yourself.



THE MISSING LINK

Self-trust is the Missing Link that allows you to take small, meaningful steps toward greater awareness and healing.

BEYOND FUNCTIONAL FREEZE

The Functional Freeze Formula combines awareness and tools in a holistic approach, offering a supportive way to navigate Functional Freeze and work toward sustainable wellness.

