



Exploring Your Functional Freeze Journey

WORKBOOK

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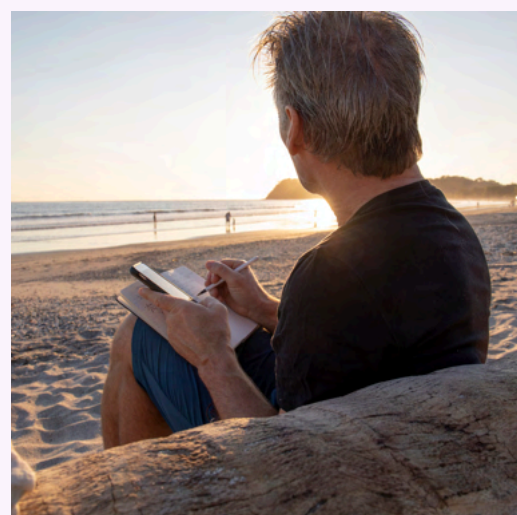


Welcome to your Exploring Your Functional Freeze Journey workbook. This guide is here to help you reflect on your unique story, uncover key moments in your journey, and express yourself in a way that feels safe and meaningful. Whether you're mapping out experiences or preparing to share your story, this workbook is designed to support you every step of the way.

1. Uncover significant moments in your Functional Freeze journey and map your experiences
2. Learn to reflect on your story with curiosity and self-compassion
3. Discover how to organize and express your journey in a meaningful way
4. Build a deeper connection with your own resilience and growth

HOW TO USE THIS WORKBOOK

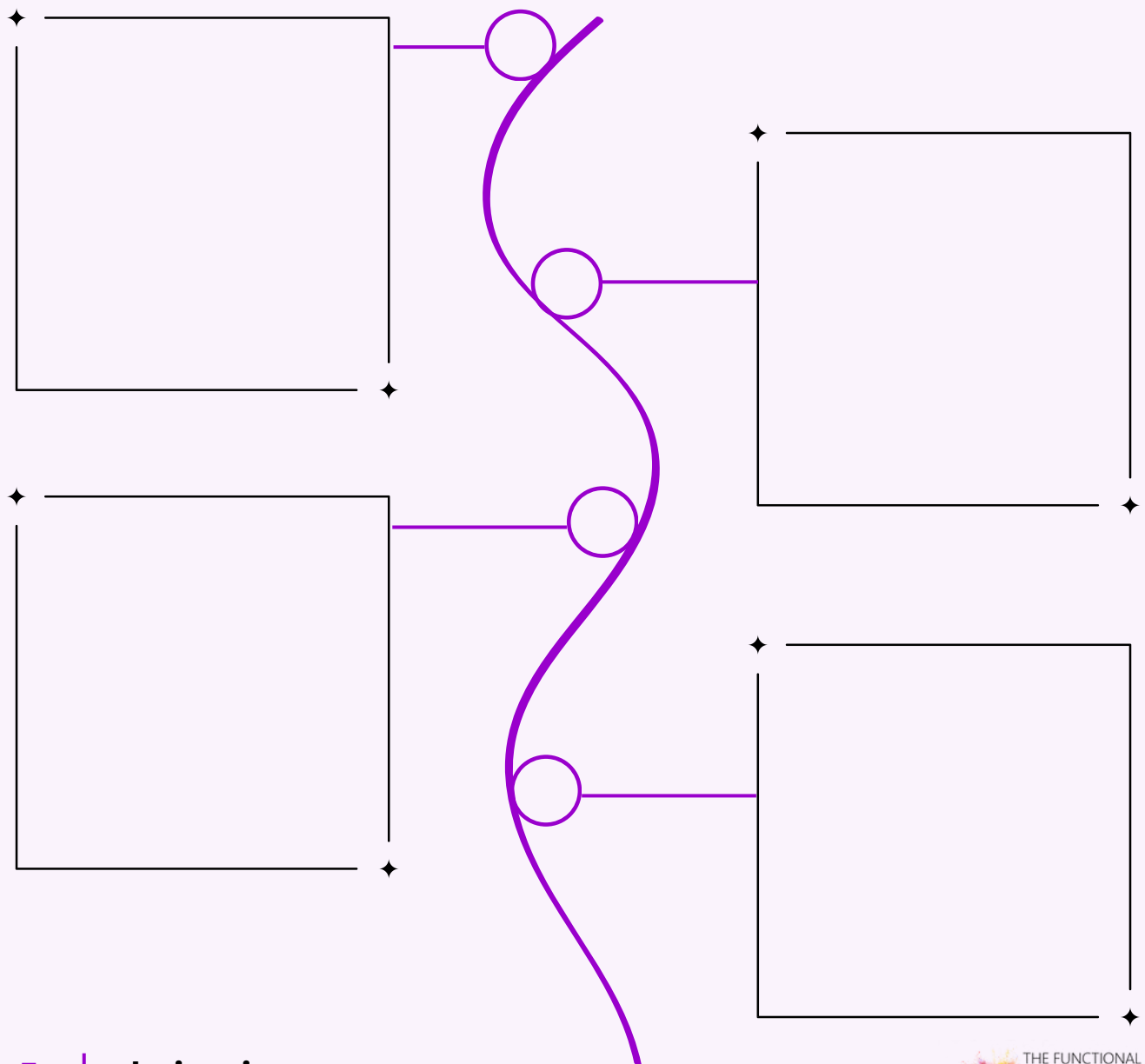
1. Take your time exploring each section, and start wherever feels right for you
2. Use the timeline to map significant moments in your Functional Freeze journey
3. Reflect on the prompts to help guide your storytelling process
4. Write your story in the space provided or in a format that feels comfortable, like a journal or voice recording
5. Revisit the final reflection page to process how this experience has impacted you
6. Pause or take breaks whenever needed—this is your journey, and there is no rush

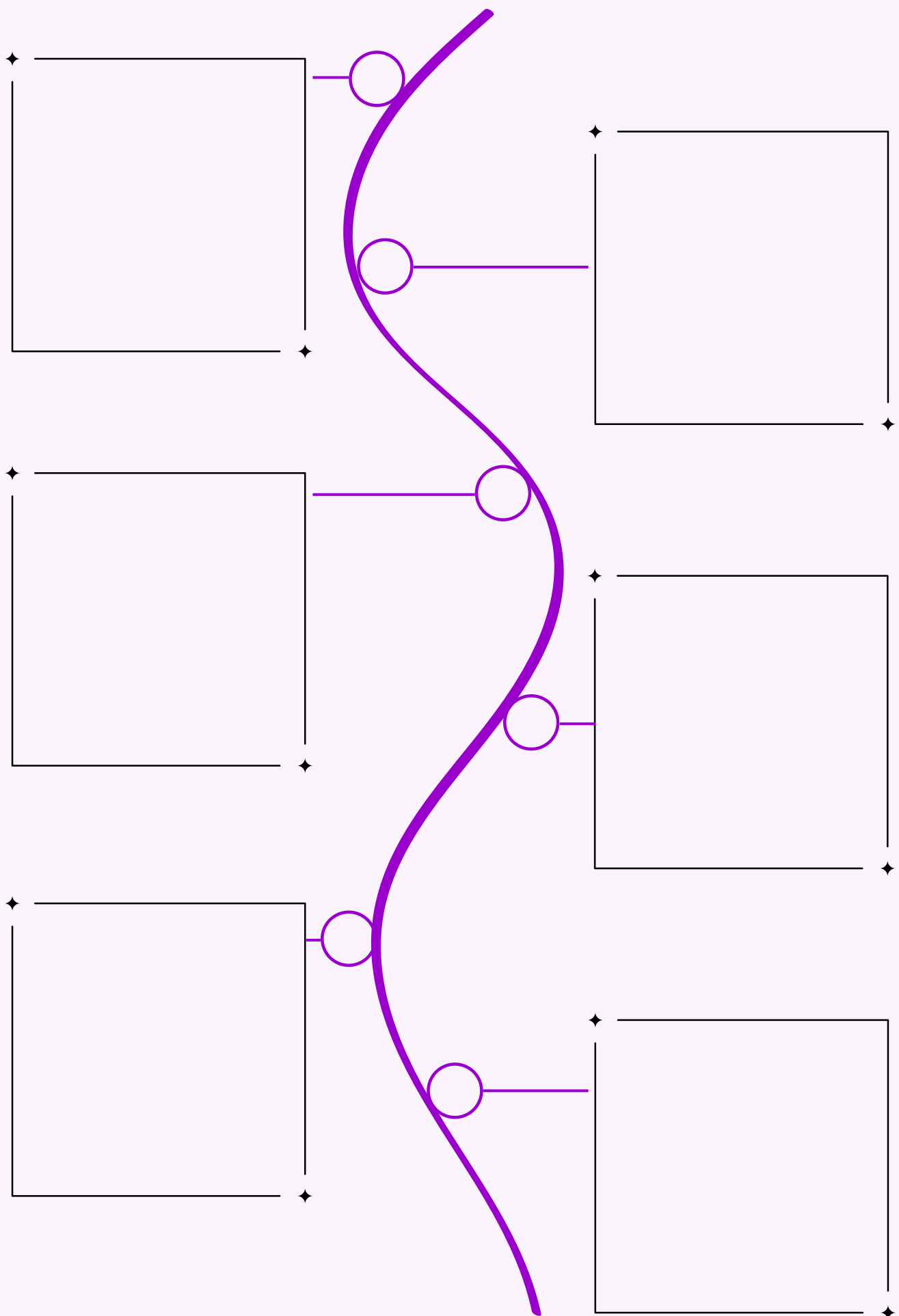


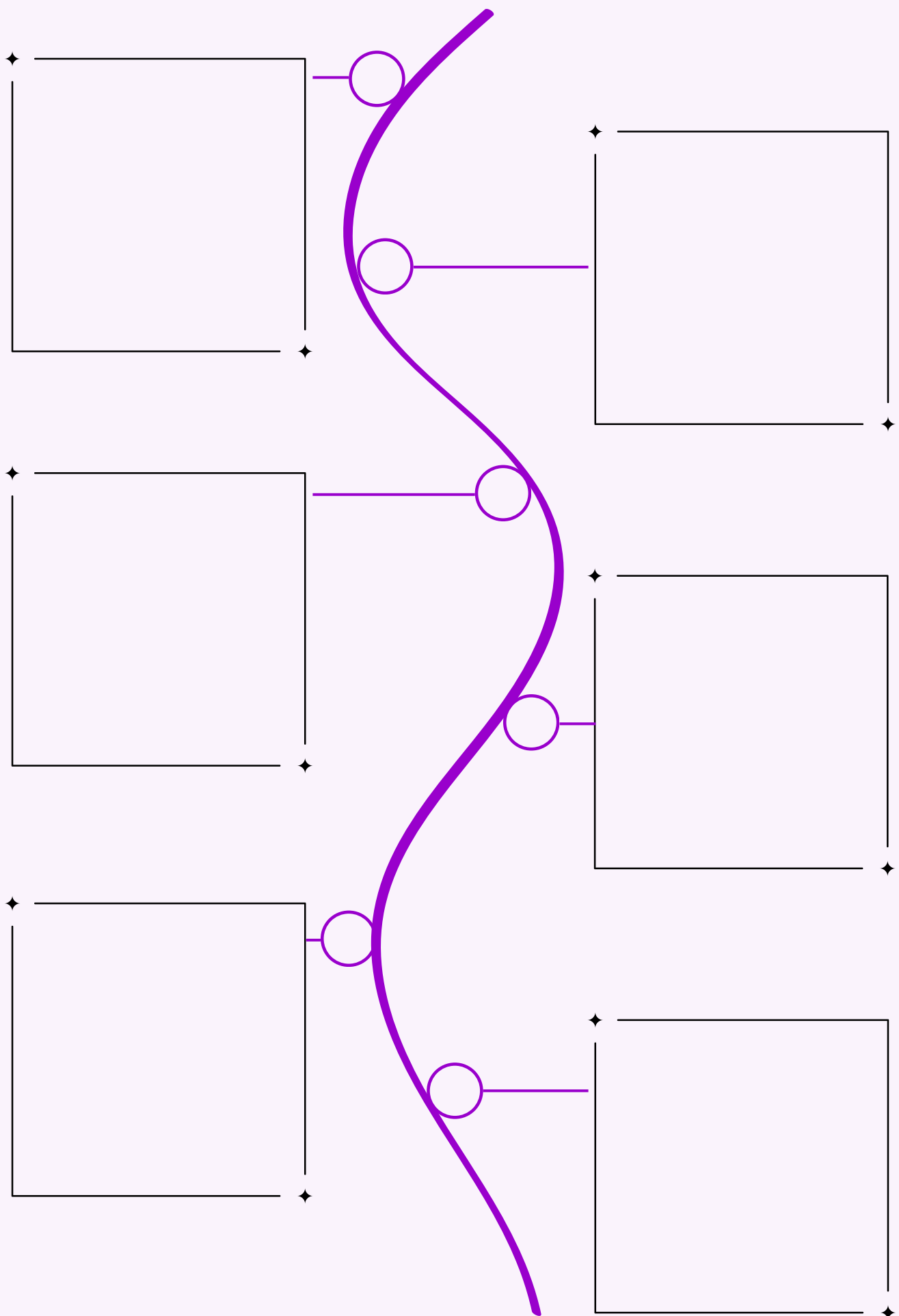
MAPPING YOUR FUNCTIONAL FREEZE JOURNEY

This timeline is a tool to help you organize and reflect on key moments in your journey with Functional Freeze. Choose a time period that feels meaningful to you. It could be the past few years, a specific phase of your life, or even your whole life if that feels right.

Mark moments when you noticed stress becoming overwhelming or when Functional Freeze might have played a role. These could be events, transitions, or realizations about your experiences. There is no need to get everything down perfectly. This is simply a way to see your story unfold visually. Start wherever feels natural and take your time.







TELL YOUR STORY

Now that you've mapped key moments in your journey, it's time to turn those moments into your story. Storytelling can be a powerful way to connect with your experiences, process emotions, and create meaning. It's also a way to reclaim your narrative—seeing your journey as part of who you are, while creating space for healing and growth.

Storytelling is a big part of healing. When you take the time to reflect and express your story, you're giving yourself the opportunity to acknowledge what you've been through, how it's shaped you, and where you are now. This process can help you release some of the emotional weight of your experiences and begin to move forward with greater clarity and self-compassion.

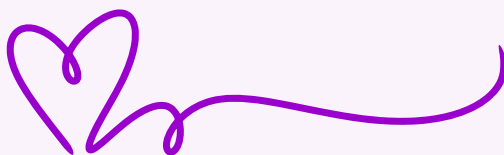
There is no one way to tell your story, and it's important to find an approach that feels safe and comfortable for you. Here are a few ways to get started:

- Write it in this workbook or a notebook
- Type it on your phone, computer, or any electronic device
- Record your story as a voice note or a video on your phone

Once you've expressed your story, take a moment to decide what feels right for you. You might:

- Keep it somewhere private as a record of your healing journey
- Write a blog post or book about it
- Burn it or delete it as a symbolic act of letting go
- Share it with someone you trust, or even within a safe community, if that feels supportive and aligned

This process is about what feels meaningful to you. You are in control of your story and how you choose to tell it. Take your time, and remember that you can pause or stop at any point if you need to.



TO GET YOU STARTED

Storytelling is deeply personal, and it's okay to start small. These prompts are here to spark your curiosity and help you begin reflecting on your journey. Write as much or as little as you feel comfortable with. This is your story, and there is no right or wrong way to tell it.

Use these questions as a starting point. Let your story unfold naturally, and remember, you can come back to this at any time.

- What feels most important to share about your journey?
- When did you first notice patterns of stress or Functional Freeze in your life?
- What life events or experiences stand out as significant moments in your journey?
- How have your experiences shaped who you are today?
- What strengths or resources have you discovered along the way?
- What lessons have you learned from navigating Functional Freeze?
- Can you recall a moment when you felt proud of yourself for moving through a challenging experience?
- What would you say has helped you feel more grounded or resilient?
- If you could thank yourself for one thing during this journey, what would it be?
- What are you most proud of as you reflect on your story?
- How has telling your story changed the way you view your journey?
- What do you hope someone reading or hearing your story would take away from it?



YOUR STORY

REFLECTING ON YOUR STORYTELLING JOURNEY

Telling your story can be a deeply emotional and challenging process. Whether you wrote a little, a lot, or just thought about your journey, that's perfectly okay. This process is unique to you, and it's all part of your healing. There's no timeline or expectation here—only what feels right for you.

Here is some food for thought about your story and your journey for you to work with, if you so choose.

- If you were able to tell even a small part of your story, how does it feel now that you've expressed it?
- Do you feel lighter, more seen, or more connected to yourself?
- If you chose not to write yet, what do you think might feel supportive in helping you approach this process in the future?
- What has this process revealed to you about your strength or resilience?
- How might you use what you've learned from this experience to take a small step forward in your journey?

Wherever you are in this process, know that your journey is valid, and so are you. This is one step among many, and every small effort you make is meaningful. Celebrate the courage it took to even open this workbook, and remember that healing happens in its own time.

If you feel called to share your story, we would love to hear from you in our online community. Sharing can be a powerful way to connect with others and feel seen, but only if it feels safe and supportive for you. Whatever you choose, trust that this process is uniquely yours, and it's enough just as it is.



Thank You

FOR EXPLORING THE EXPLORING YOUR FUNCTIONAL FREEZE JOURNEY WORKBOOK

This workbook is just the beginning, a supportive space to help you explore your unique Functional Freeze journey with curiosity and self-compassion. As you reflect on your experiences and uncover meaningful moments, may it guide you toward deeper self-understanding and personal growth. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!