



the
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Functional Freeze

AUDIO GUIDE

Functional Freeze Audio Guide

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Hello!

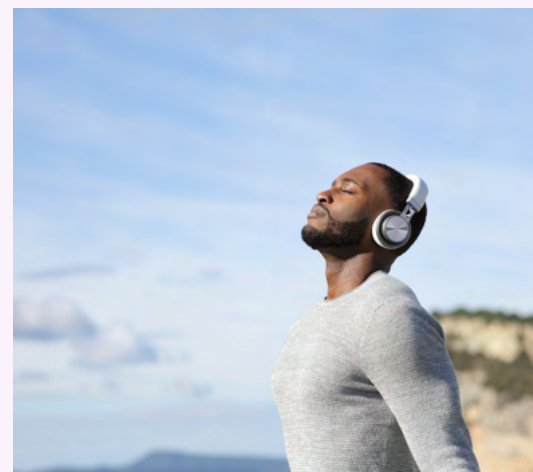
Welcome to your Functional Freeze Audio Guide. This series of five guided sessions is designed to help you recognize and understand signs of Functional Freeze in your daily life.

What is this guide?

This audio series consists of five focused sessions:

1. Introduction to Body Awareness
2. Emotional Check-In
3. Energy and Fatigue Awareness
4. Decision-Making and Mental Clarity
5. Connecting Patterns

Each session guides you through a specific aspect of self-awareness related to Functional Freeze.



1. INTRODUCTION TO BODY AWARENESS

This audio session gently guides you through a full-body scan, helping you reconnect with physical sensations in a calm and supportive way.

You'll be invited to explore how your body feels, noticing areas of tension, numbness, or ease without trying to change anything. By tuning into these subtle signals, you can begin to develop a deeper sense of awareness and connection with your body.

This practice can be a powerful first step in understanding how stress may show up physically and learning to listen with curiosity and compassion.

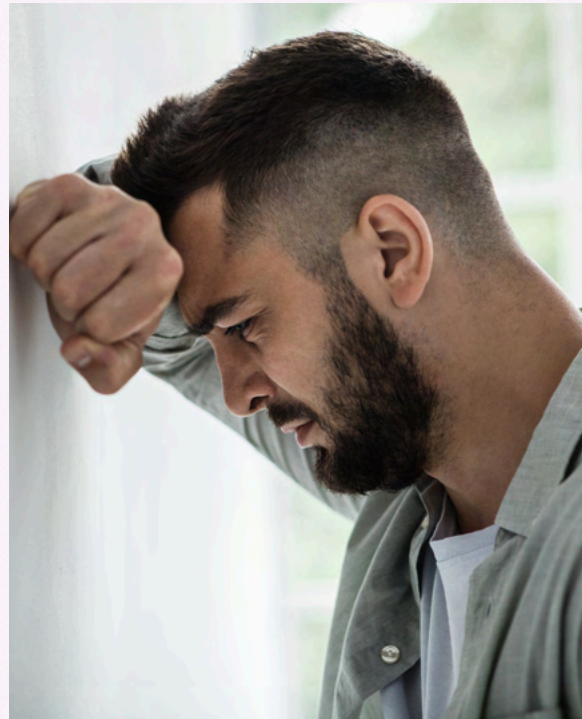


2. EMOTIONAL CHECK-IN

This audio session gently guides you through exploring your emotional landscape with curiosity and compassion.

You'll be invited to notice your current feelings without judgment, whether they feel clear, muted, or even numb. By reflecting on both stressful and positive memories, this practice helps you observe how your emotional responses shift in different situations.

It offers a supportive space to explore patterns of emotional connection or disconnection, helping you become more aware of how stress might be influencing your emotional experience.



3. ENERGY & FATIGUE AWARENESS

This audio session invites you to explore your current energy levels with gentle curiosity, guiding you to notice both physical and mental states of energy or fatigue.

You'll be encouraged to observe whether your body and mind feel in sync or if they present conflicting signals, such as physical exhaustion paired with mental restlessness.

By reflecting on patterns throughout your day, this practice helps you become more aware of how stress and Functional Freeze can create imbalances in your energy. It offers a compassionate space to deepen your self-awareness and begin noticing subtle shifts over time.

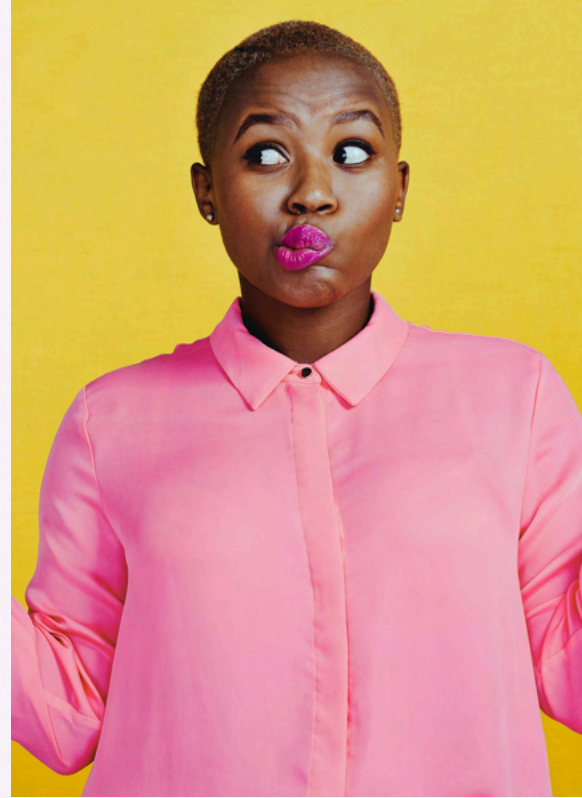


4. DECISION-MAKING & MENTAL CLARITY

This audio session gently explores your thought processes around decision-making, helping you notice how clarity—or the lack of it—shows up in your mind.

You'll be guided to reflect on both simple and slightly more significant decisions, observing whether you feel clear, overwhelmed, or disengaged. By bringing awareness to patterns like mental fog, avoidance, or autopilot decision-making, this practice helps you better understand how Functional Freeze can affect cognitive clarity.

It offers a supportive space to explore these experiences with compassion, reminding you that these challenges are not personal failings but signals from your nervous system.



5. CONNECTING PATTERNS

In this final session, you'll be guided to reflect on the insights gathered throughout the entire audio series, bringing together your observations about body awareness, emotional patterns, energy levels, and mental clarity.

You'll revisit the practices from previous sessions, noticing any shifts or patterns that have emerged over time. This gentle exploration encourages you to recognize how different aspects of your experience may be interconnected, offering deeper self-awareness around Functional Freeze.

By identifying these connections, you're already taking meaningful steps toward greater balance and self-understanding.





Getting the most out of your experience

- Approach each session with an open mind.
- Don't judge your experiences—simply observe and note them.
- Be consistent—try to do the sessions at the same time each day.
- Review your notes regularly to identify patterns.

How to use this guide

- Find a quiet, comfortable space where you won't be disturbed.
- Listen to one session per day for five consecutive days.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.



What this guide can help you with

- Increase your body awareness
- Improve your emotional intelligence
- Help you recognize signs of Functional Freeze
- Provide insights into your stress responses
- Empower you to take proactive steps in managing your wellbeing



Remember, awareness is the first step towards change. By regularly practicing these guided sessions, you're taking an important step in understanding and addressing Functional Freeze in your life.

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

Thank You

FOR EXPLORING THE FUNCTIONAL FREEZE AUDIO GUIDE

This audio guide is just the beginning, a supportive resource to help you explore key aspects of self-awareness as you navigate your experience with Functional Freeze. 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!