



Functional Freeze Experience Tracker

WORKBOOK

Functional Freeze Experience Tracker

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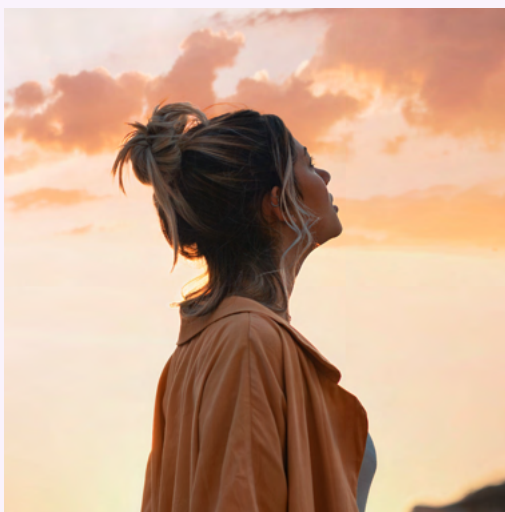


This tracker is designed to help you become more aware of your Functional Freeze experience and how it may fluctuate over time. By consistently recording your experiences, you'll be able to:

1. Identify patterns in your physical, mental, and emotional manifestations and experiences
2. Recognize potential triggers
3. Understand your movement along the Functional Freeze Continuum
4. Gather insights to discuss with healthcare professionals if needed

HOW TO USE THIS TRACKER

1. Each day, take a few minutes to reflect on your experiences.
2. Mark the manifestations you've experienced that day.
3. Note your overall energy level and functionality on the provided scale.
4. In the "Notes" section, briefly describe any significant events, stressors, or observations.
5. At the end of each week, review your entries and reflect on any patterns you notice.
6. After two weeks, use the "Overall Reflection" section to summarize your observations.



DAY 1

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 2

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 3

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 4

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 5

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 6

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 7

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 8

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 9

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 10

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 11

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 12

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 13

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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DAY 14

FUNCTIONAL FREEZE EXPERIENCES

- ☐ Emotional numbness or disconnection
- ☐ Anxiety or restlessness
- ☐ Difficulty concentrating or brain fog
- ☐ Fatigue or low energy
- ☐ Sleep problems (insomnia or oversleeping)
- ☐ Feeling overwhelmed or stuck
- ☐ Physical tension or unexplained aches
- ☐ Social withdrawal or difficulty connecting with others
- ☐ Alternating between hyper-productivity and procrastination

OVERALL ENERGY / FUNCTIONALITY (1-10)

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Reflection

After two weeks of observations, complete a final reflection.
Here are some prompts to get you started.

What patterns did you notice?

How did your manifestations relate to your daily experiences?

Did you notice movement along the Functional Freeze Continuum?

What insights have you gained about your experience?

Thank You

FOR EXPLORING THE FUNCTIONAL FREEZE EXPERIENCE TRACKER

This workbook is just the beginning, a supportive tool to help you explore and track your Functional Freeze experiences with greater awareness, understanding, and self-compassion. 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!