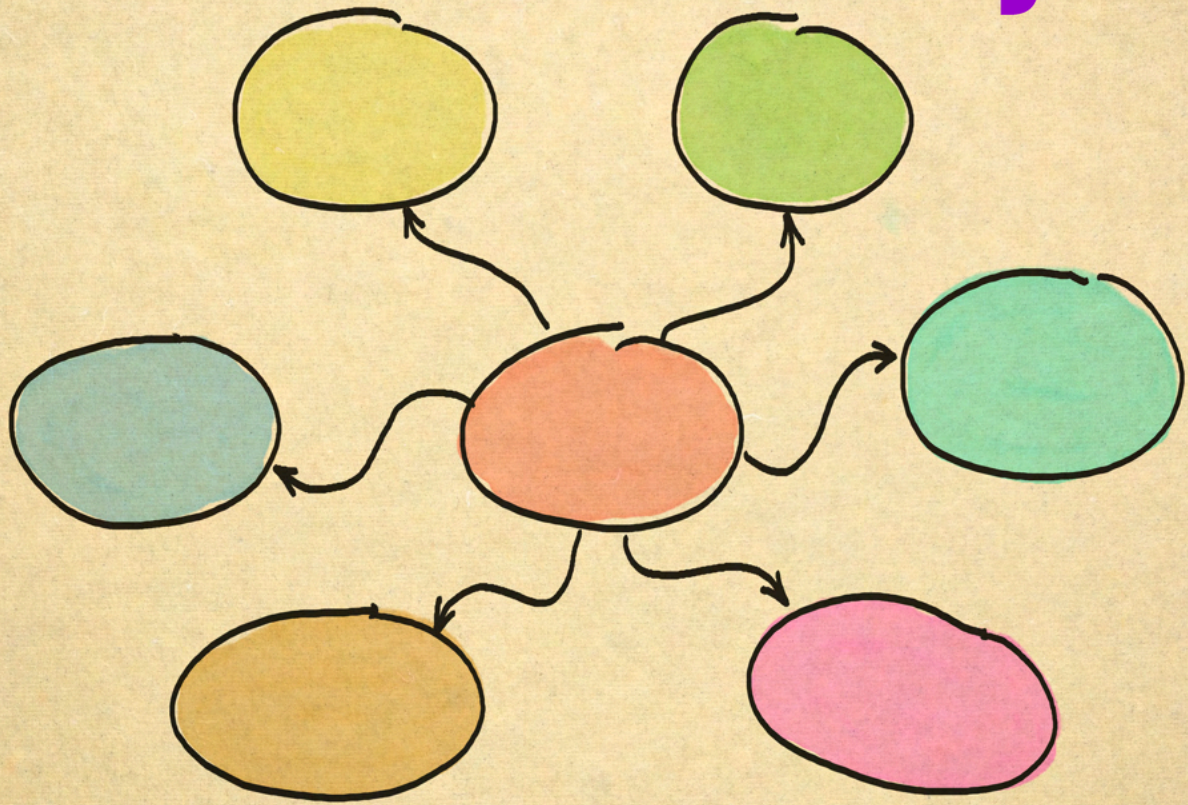




the **jōrni**



Functional Freeze Mind Map

WORKBOOK

Functional Freeze Mind Map Workbook

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Hello!

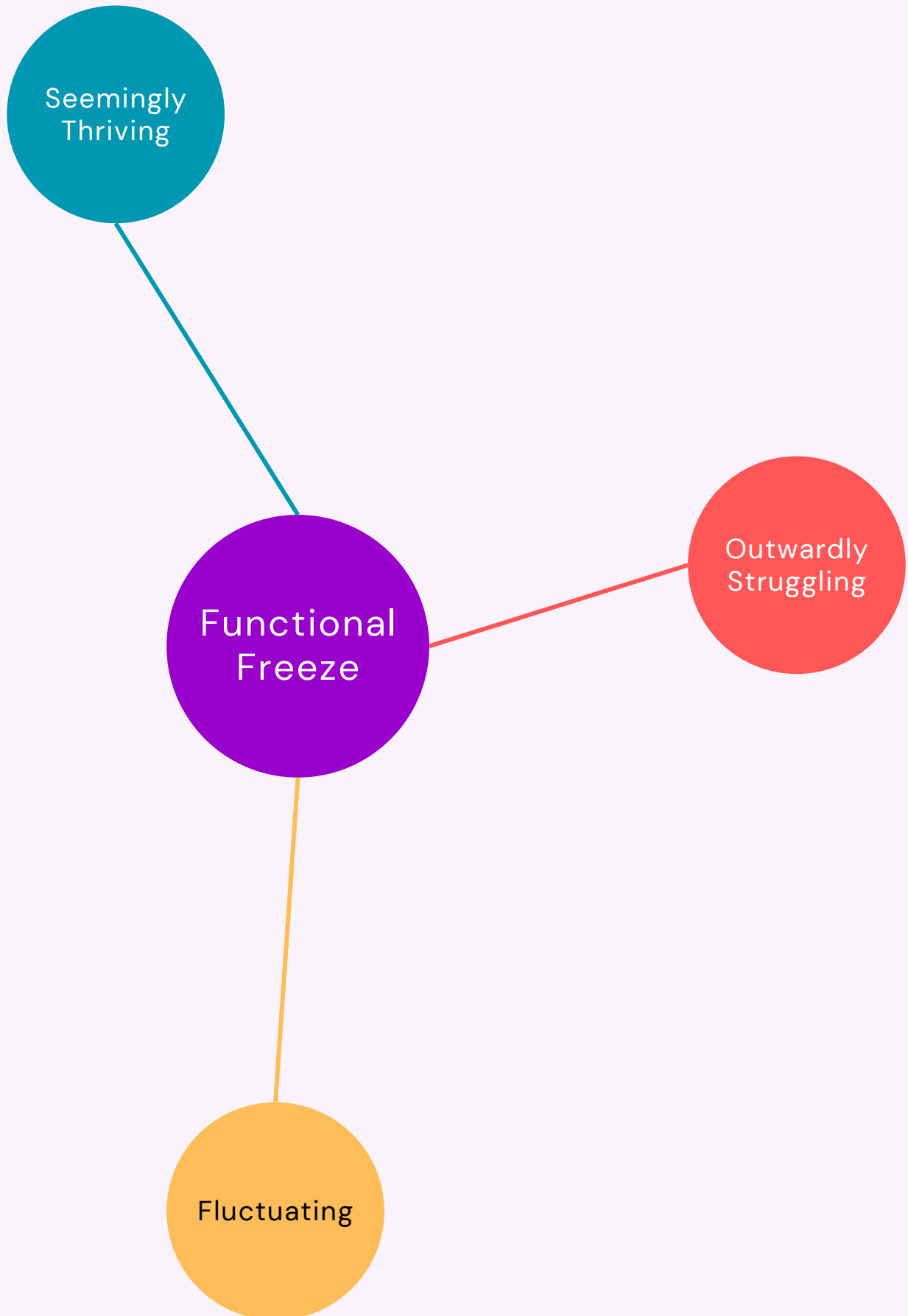
The Functional Freeze Mind Map is a powerful tool for organizing and understanding your personal experience with Functional Freeze. This exercise will help you:

1. Visualize the different aspects of Functional Freeze in your life
2. Identify connections between symptoms, triggers, and experiences
3. Gain a clearer understanding of your position on the Functional Freeze Continuum
4. Recognize patterns and potential areas for intervention or support

HOW TO CREATE YOUR MIND MAP

1. Start with the center circle labeled "Functional Freeze"
2. Notice the three main branches: "Seemingly Thriving," "Fluctuating," and "Outwardly Struggling"
3. For each branch, add your own sub-branches to represent:
 - Symptoms you experience in this state
 - Situations that trigger this state
 - How this state affects different areas of your life (work, relationships, self-care)
4. Add as many or as few branches as feel relevant to you. There's no right or wrong way to do this. We've also added one page for each state, in case you run out of room.
5. After completing your map, take a moment to reflect:
 - What patterns do you notice?
 - Which state do you find yourself in most often?
 - Are there any connections between different branches?

Remember, this is your personal map. It's meant to help you understand your unique experience with Functional Freeze. Use it as a tool for self-reflection and to gain insights into your own patterns and experiences.



Seemingly
Thriving

Fluctuating

Outwardly
Struggling

Reflection

What patterns did you notice?

Which state do you find yourself in most often?

Are there any connections between different branches?

Thank You

FOR EXPLORING THE FUNCTIONAL FREEZE MIND MAP WORKBOOK

This workbook is just the beginning, a powerful tool to help you visualize and better understand your unique experience with Functional Freeze, fostering clarity and self-awareness. 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!