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# Navigating Emotions and Change

WORKBOOK

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## Navigating Emotions and Change

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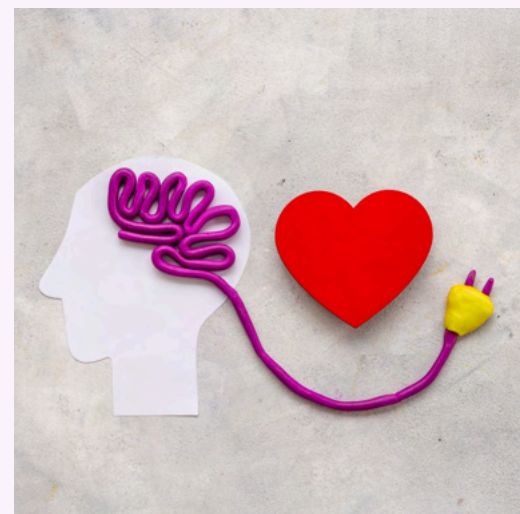
Welcome to your Navigating Emotions and Change Workbook. This workbook was designed as an extension of *The Functional Freeze Formula* to help you reconnect with your emotions, navigate transitions, and take meaningful steps forward.

We understand how challenging it can be to face emotions or embrace change when Functional Freeze has taken hold. That's why this workbook is here to meet you where you are, helping you take small, compassionate steps toward healing and clarity.

1. Recognize and name your emotions, bringing awareness to what you're truly feeling
2. Understand where you are in the process of change and what support you might need
3. Reconnect with your natural energy flows and learn how to shift out of feeling stuck
4. Take small, actionable steps that align with your goals and values, even when life feels overwhelming

# HOW TO USE THIS WORKBOOK

1. Take a moment to pause and check in with yourself—notice how you're feeling and where your energy is at.
2. Explore the Wheel of Emotions to identify what you're experiencing.
3. Refer to the emotions-to-flow table to connect your feelings to the six flows from *The Functional Freeze Formula*.
4. Explore the Stages of Change to reflect on where you are in your healing and growth journey.
5. Revisit the workbook regularly, whether during moments of stress, when you're feeling stuck, or as part of a reflective routine.
6. Let this workbook be a gentle companion as you move forward, offering empowering insights, tools, and space to reconnect with yourself and navigate life's challenges.



## WHAT IS THE WHEEL OF EMOTIONS?

The Wheel of Emotions is a powerful tool for identifying and understanding the wide range of feelings we experience. Originally developed by psychologist Robert Plutchik, the wheel illustrates how core emotions like joy, anger, and fear evolve into more nuanced states depending on their intensity and combination. Over time, this framework has been expanded to reflect a deeper, more layered understanding of our emotional world, making it an invaluable guide for exploring and naming our feelings.

In Functional Freeze, emotions often feel confusing, overwhelming, or even completely inaccessible. Stress and survival mode disconnect us from our feelings, leaving us stuck in patterns of avoidance, reactivity, or numbness. The Wheel of Emotions helps bridge this gap by providing a structured way to name what we are feeling and begin to make sense of it. Naming our emotions is often the first step toward understanding our experiences and creating space for healing.

This expanded version of the wheel explores the subtleties of emotions, showing how states like frustration can build into anger or even hate when left unprocessed. It also highlights positive emotions, like joy and connection, reminding us that healing is not just about working through challenges. It is also about recognizing and nurturing moments of calm, gratitude, and love. These positive states are essential for restoring balance and helping the nervous system regulate.

The Wheel of Emotions connects directly to the principles in *The Functional Freeze Formula*. Functional Freeze often keeps us stuck in certain energy flows, like Freeze, Fright, or Flag, where emotions feel stagnant or heightened in ways that are hard to manage. By using the wheel to identify the emotions you are experiencing, you can start to understand your current flow and discover small shifts to help restore balance.

This tool is especially helpful when you feel stuck, overwhelmed, or unsure of what you are experiencing. It is not about judging or fixing your emotions—it is about building awareness. By learning to recognize and name your feelings, you can create space to move forward with greater clarity and compassion, one step at a time.



## THE WHEEL OF EMOTIONS AND FUNCTIONAL FREEZE

As discussed in *The Functional Freeze Formula*, emotions are energy, each vibrating at a specific frequency that influences how we think, feel, and act. Lower-frequency emotions, like fear, anger, or apathy, tend to anchor us in survival mode, keeping us stuck in patterns of disconnection or overwhelm. Higher-frequency emotions, like joy, love, and gratitude, support the nervous system's ability to regulate and move toward balance.

In Functional Freeze, we often lose access to the full spectrum of our emotions. Instead, we get caught in cycles of lower-frequency states that feel heavy or chaotic. The Wheel of Emotions helps us gently reconnect to this energetic landscape by identifying where we are and giving us the awareness to begin shifting.

Each of the six flows described in *The Functional Freeze Formula* corresponds in many ways to broad emotional states:

- **Freeze Flow:** Associated with numbness or apathy, where energy feels blocked and immobilized.
- **Fight/Flight Flow:** Includes emotions like frustration or anxiety, where energy is reactive but ungrounded.
- **Flag Flow:** Carries emotions like hopelessness or despair, where energy feels heavy and drained.
- **Fright Flow:** Often linked to fear or hypervigilance, where energy feels stuck in a state of high alert.
- **Fluctuating Flow:** Reflects rapid shifts between emotions, such as cycling between excitement and exhaustion, where energy feels unstable and erratic.
- **Freeze to Free Flow:** Tied to balance and healing, where emotions like calm, gratitude, and connection help sustain resilience and alignment.

The Wheel of Emotions highlights the dynamic nature of feelings. Emotions are not static—they shift and evolve as we respond to life's challenges. For example, sadness may transform into anger, or worry may grow into overwhelm. Recognizing these transitions helps us understand how our energy moves and where it might need gentle support to shift toward balance.

# THE WHEEL OF EMOTIONS



## EMOTIONS TO FLOW

Emotions are a direct expression of energy, and understanding how they align with the six flows in The Functional Freeze Formula can provide valuable insights into your current state. Each flow represents a unique energy pattern, and the emotions associated with it offer clues about where your energy might feel stuck or imbalanced.

This table is not meant to be exact or definitive—it's a flexible guide based on experience and observations of how Functional Freeze tends to manifest in real life. Some emotions may resonate with more than one flow, and that's okay. The goal is not to force a perfect match but to give you a starting point for exploration and understanding.

By recognizing the connection between your emotions and flows, you can begin to use the tools from the book to shift your energy, release tension, and gently move toward balance. Take what feels helpful and let it guide you as you navigate your own journey out of Functional Freeze.

### FLUCTUATING

Silly, Free, Inspired, Moved, In Awe, Curious, Manic, Challenged,  
Motivated, Bored, Unmotivated, Busy, Overwhelmed

### FREEZE

Skeptical, Suspicious, Tense, Fragile, Vulnerable, Insecure, Unsafe,  
Surprised, Taken Advantage Of, Threatened



## EMOTIONS TO FLOW

### FIGHT / FLIGHT

Anger, Resentful, Envious, Armored Up, Defensive, Frustrated, Irritated, Mad, Furious, Aggressive, Violent, Hateful, Uncontrollable, Addicted, Judgmental, Jealous, Disapproval

### FRIGHT

Fear, Worried, Anxious, Terrified, Insignificant, Imposter Syndrome, Disgust, Not Good Enough, Ashamed, Embarrassed, Humiliated, Guilty, Uncomfortable, Self-Conscious, Not "Normal"

### FLAG

Sad, Left Out, Hurt, Disappointed, Depressed, Loss, Heartbroken, Tired, Exhausted, Numb, Burnt Out, Lonely, Isolated, Lost, Purposeless

### FREEZE TO FREE

Joy, Connected, Seen, Present, Grounded, Calm, Grateful, Intimate, Tender, Safe, Belonging, Care, Love, Acceptance, Kindness, Genius, Proud, Interested, Confident, Brave, Focused, In Flow, Creative, Passionate, Empowered, Protective, Loyal

## HOW AND WHEN TO USE THE WHEEL

The Wheel of Emotions is a powerful resource for navigating Functional Freeze. When chronic stress overwhelms the nervous system, emotions can feel confusing, overwhelming, or even completely out of reach. Functional Freeze disconnects us from our feelings, leaving us stuck in patterns of avoidance, reactivity, or shutdown.

You might use the Wheel when you're feeling stuck or disconnected, unsure of what's happening inside. Start by pausing, taking a breath, and checking in with your body. Notice any sensations or areas of tension. Then, look at the Wheel and see which emotions resonate. You may find one that feels right or a cluster that reflects your experience.

The Wheel also helps you understand where emotions come from and how they relate to Functional Freeze. For example, feeling ashamed might be tied to disgust, a root emotion that can emerge when we're overly self-critical or disconnected from our self-worth. By tracing an emotion back to its origins, you gain insights into what might be fueling your current state and how to begin shifting it.

Using the Wheel regularly can also reveal patterns in how Functional Freeze shows up for you. Do you frequently experience emotions tied to the Flag Flow, like exhaustion or numbness? Or do you notice emotions linked to the Fright Flow, like self-consciousness or anxiety? These patterns can guide you toward the lows that best support your journey out of Functional Freeze.

Finally, the Wheel reminds us that emotions are energy in motion. In Functional Freeze, this energy can feel trapped or stagnant, but the Wheel helps you see the possibility for movement and transformation. It's not about solving or fixing. It's about noticing and understanding, creating the space to move forward one small step at a time.

Whether you're reconnecting with your emotions, tracing their roots, or finding clarity in a tough moment, the Wheel is a flexible resource you can turn to as you navigate your healing journey. Over time, it can deepen your relationship with yourself and help you move out of Functional Freeze into a state of balance and resilience.

## FROM AWARENESS TO ACTION

As you've explored the Wheel of Emotions, you've taken an important step toward understanding your emotional energy and how it moves through the six flows of Functional Freeze. This awareness is a foundation for healing, recognizing what you're feeling, where those emotions come from, and how they influence your state.

But awareness is just the beginning. Coming out of Functional Freeze isn't just about noticing where you are. It's about finding a way forward. This is where the Stages of Change come in. While the Wheel helps you connect with your present state, the Stages of Change can guide you in moving through the process of transformation.

The Stages of Change reflect the natural phases we move through as we work toward meaningful shifts in our lives. Whether you're beginning to see the need for change, actively working on new habits, or reflecting on progress, these stages provide a roadmap for growth.

By combining emotional awareness with the Stages of Change, you can better understand not just how you feel but also where you are on your healing journey. Together, these tools help you navigate Functional Freeze with clarity and compassion, empowering you to take small, intentional steps toward balance and resilience.

Let's explore the Stages of Change and how they can guide you on this path.





## WHAT ARE THE STAGES OF CHANGE?

The Stages of Change offer a way to think about how we move toward growth and transformation. Originally developed by psychologists James Prochaska and Carlo DiClemente, this framework was designed to explain how people create lasting changes in their lives, whether that's overcoming challenges, building new habits, or stepping into a new chapter.

These stages aren't a straight line, they're more like a cycle, where you might revisit certain steps as you grow and adapt. Each stage reflects a unique part of the process, from first becoming aware of the need for change to taking action and maintaining progress.

When it comes to Functional Freeze, the Stages of Change become most relevant after you've done the foundational work of regulating your nervous system. It's almost impossible to focus on growth or the future when you're stuck in survival mode. Once you've used the flows to stabilize and reconnect with yourself, the Stages of Change provide a roadmap for moving forward.

This part of the workbook is designed to help you explore what stage you're in, reflect on where you'd like to go, and find tools to support you along the way. Whether you're just starting to imagine change or actively building new habits, the Stages of Change can guide you on this journey.

As you read through this section, remember that change doesn't have to happen all at once. The journey is yours to take at your own pace, one step at a time. And sometimes the journey looks more like a nest of spaghetti noodles than a straight path forward.



## FINDING BALANCE

As we discuss in *The Functional Freeze Formula*, healing from Functional Freeze isn't about eliminating stress or never feeling overwhelmed again. That's simply not realistic. Life will always bring challenges, and stress is a natural part of being human. The goal isn't to avoid stress entirely but to heal and strengthen the nervous system so it can manage stress more effectively. This means cultivating greater flexibility in your responses, releasing trauma and emotions, expanding your Window of Tolerance, and building resilience over time.

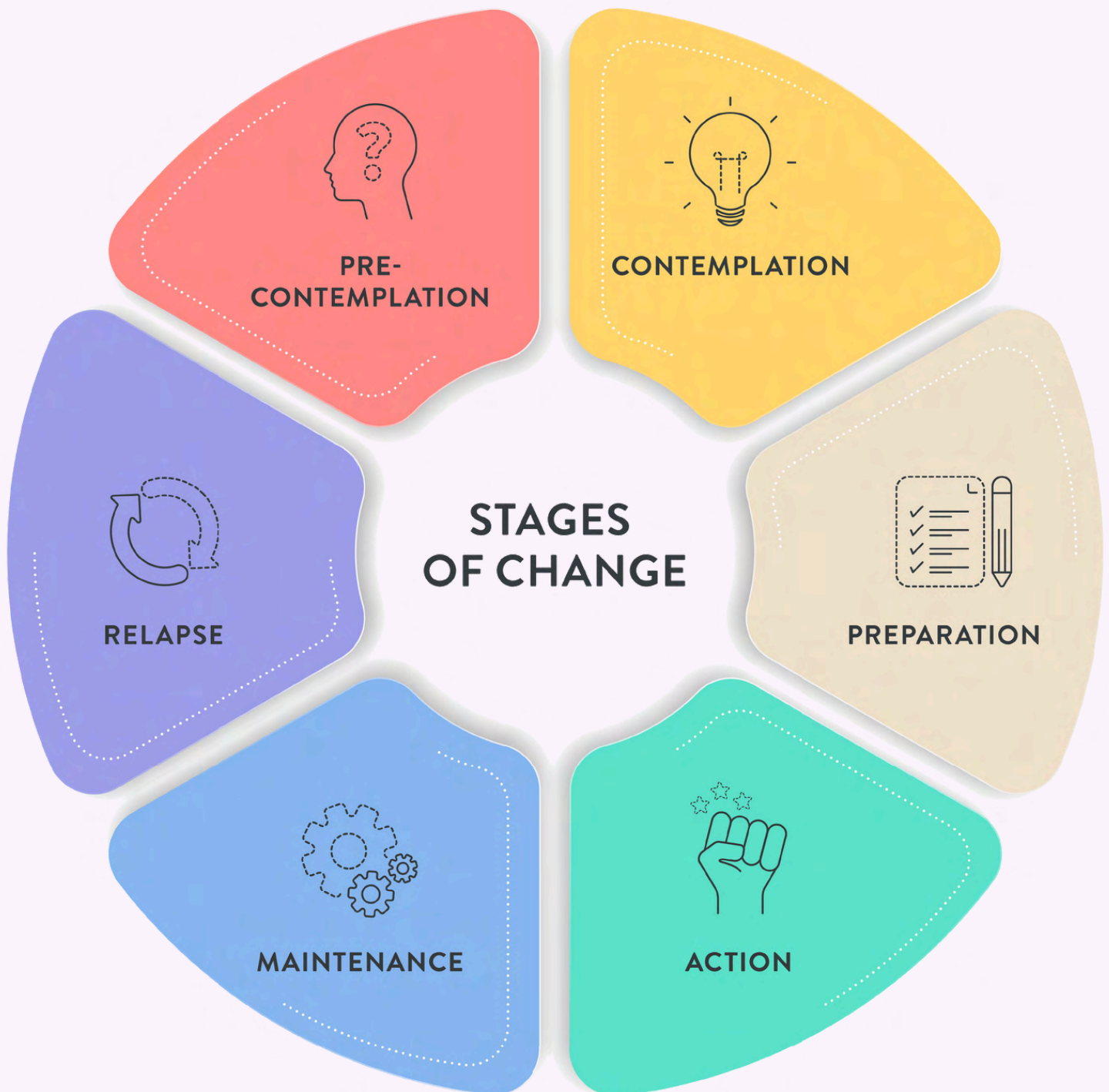
When we're stuck in Functional Freeze, dreaming about the future or making big changes feels impossible. The nervous system is locked in survival mode, focused on just getting through the moment. Trying to force yourself into change when you're in this state often leads to more shutdown, as the effort becomes too overwhelming.

This is why the work of healing must come first. As we discuss in the book, using the flows from *The Functional Freeze Formula* helps create the balance and stability needed to move forward. As your nervous system begins to regulate and you feel more grounded, you'll naturally start to have more capacity. This is when you can begin to explore what's next, not as a leap into the unknown, but as a series of small, manageable steps.

The Stages of Change can be a helpful tool for this part of the journey. They help you approach change in a way that feels supportive, not overwhelming. It's not about diving headfirst into big transformations but about finding a pace that works for you, one that aligns with the capacity you've built through your healing work.

Think of this as the next chapter. You've done the foundational work to balance your nervous system, and now you're ready to gently explore what's possible. This is a process of profound discovery, and it's one you can shape in a way that feels right for you.

## THE STAGES OF CHANGE





## MAPPING THE STAGES

The Stages of Change provide a framework for understanding the natural phases we go through when working toward growth and transformation. As we discuss in *The Functional Freeze Formula*, creating meaningful change starts with healing the nervous system and building enough capacity to take small, intentional steps forward.

Let's take a closer look at each stage and how it connects to your journey out of Functional Freeze:

### **1. Precontemplation: "I don't see the problem yet."**

In this stage, you may not yet recognize the impact Functional Freeze is having on your life. You might feel stuck, but the idea of change isn't on your radar. This is where awareness begins, when something prompts you to consider that things could be different.

### **2. Contemplation: "Maybe I need to change."**

This stage is about considering the possibility of change. You're starting to connect the dots between what you're experiencing and what might need to shift, but taking action still feels uncertain or overwhelming. This is often when the tools in *The Functional Freeze Formula* first come into focus, offering gentle ways to stabilize and explore.

### **3. Preparation: "I'm ready to start small."**

Here, you're starting to feel ready to take steps forward. It might be as simple as creating space in your day for one of the flows or identifying a specific area where you'd like to create change. In *The Functional Freeze Formula*, this is where balancing your energy becomes key through taking small, sustainable actions that don't overwhelm your nervous system.

### **4. Action: "I'm actively making changes."**

In this stage, you're putting plans into motion. You might be using the flows regularly, building new habits, or focusing on areas where you've wanted to see growth. This is where the work you've done to regulate your nervous system pays off, allowing you to handle challenges with greater resilience.

## MAPPING THE STAGES

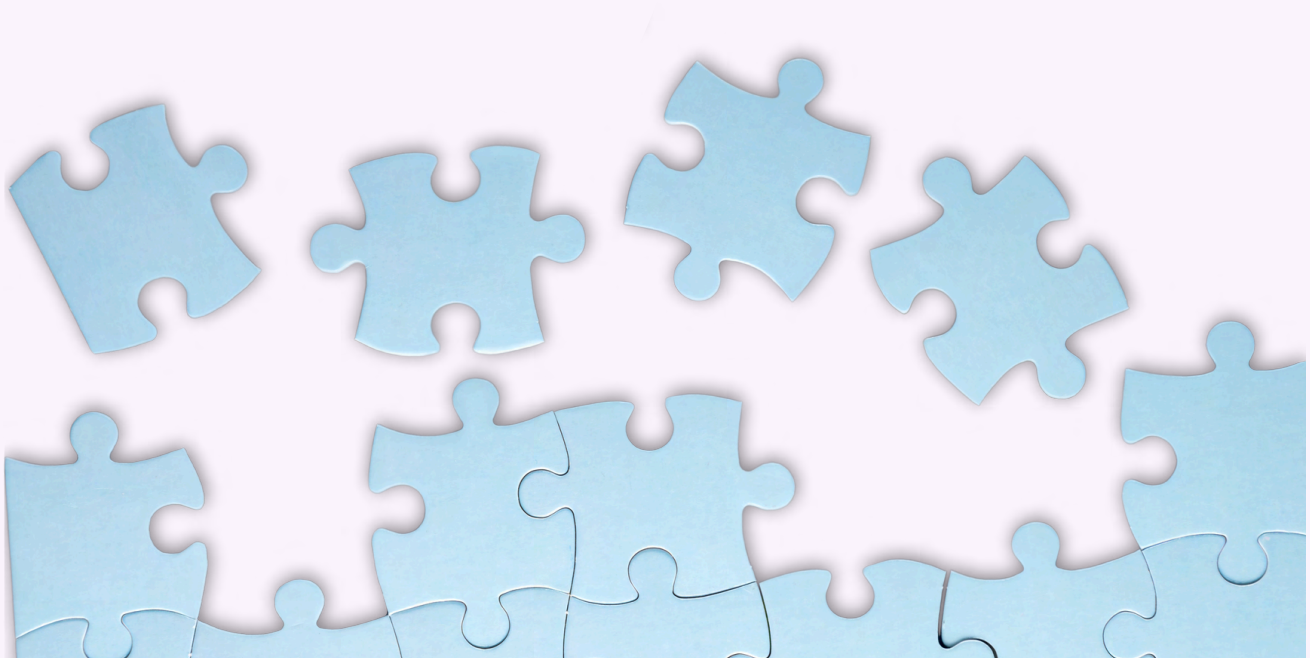
### 5. Maintenance: "I want to keep this going."

Here, you're focused on sustaining the progress you've made. This stage is about reinforcing the changes that are working for you, using the tools from the book to stay balanced and adapt to life's ongoing challenges.

### 6. Relapse/Reflection: "I've hit a roadblock."

Relapse isn't failure. It's a natural part of the process. In this stage, you might find yourself revisiting old patterns or feeling stuck again. This is a chance to reflect, reassess, and use the tools you've built to get back on track. Functional Freeze is not something you "fix" overnight, and returning to earlier stages is a normal part of growth.

As we touched on, you will likely not experience these in any set order or straight line. Each time you revisit a stage, it's an opportunity to deepen your understanding of yourself and your journey. Progress often comes in layers. What felt impossible before might feel manageable now because of the healing and capacity you've built. Every small step matters, and even when it feels like you're backtracking, you're still moving forward in ways that might not yet be visible.



## HOW TO USE THE STAGES MOVING FORWARD

The Stages of Change are a tool to help you navigate growth with clarity and self-compassion. When you've spent so much time in survival mode, the idea of change can feel overwhelming, even paralyzing. The Stages of Change help you break that process down into smaller, more manageable steps, showing you that change is possible and that it's okay to take it at your own pace.

Here's how this framework can benefit you:

- **Understanding where you are reduces overwhelm:** Sometimes, the hardest part of healing is not knowing where to start. Identifying your stage helps you focus on what feels achievable right now instead of worrying about the whole journey at once. For example, if you're in the contemplation stage, your next step might be gathering information or reflecting on what changes feel important, not jumping straight into action.
- **Helps you set realistic expectations:** Knowing your stage allows you to align your actions with your current capacity. You're not expected to sprint toward change if you're still building stability and balance. This approach protects you from burnout and makes the process feel more sustainable.
- **Builds self-awareness and self-compassion:** Understanding your stage encourages you to meet yourself where you are, without judgment. If you're in relapse or reflection, for example, this framework reminds you that setbacks are normal and part of growth, not failures.
- **Gives you direction:** The Stages of Change provide a roadmap when things feel uncertain. Instead of feeling stuck or lost, you can ask yourself, "What's one small step I can take from where I am?" Each stage offers clues about what might be realistic for you in the moment.
- **Keeps the process flexible:** Healing is rarely linear, and the Stages of Change acknowledge that you may revisit earlier stages or experience multiple stages at once. This flexibility helps you adapt to life's challenges while continuing to move forward in ways that feel supportive.

By reflecting on your stage and the tools available to you, the Stages of Change empower you to make progress that aligns with your needs and capacity.

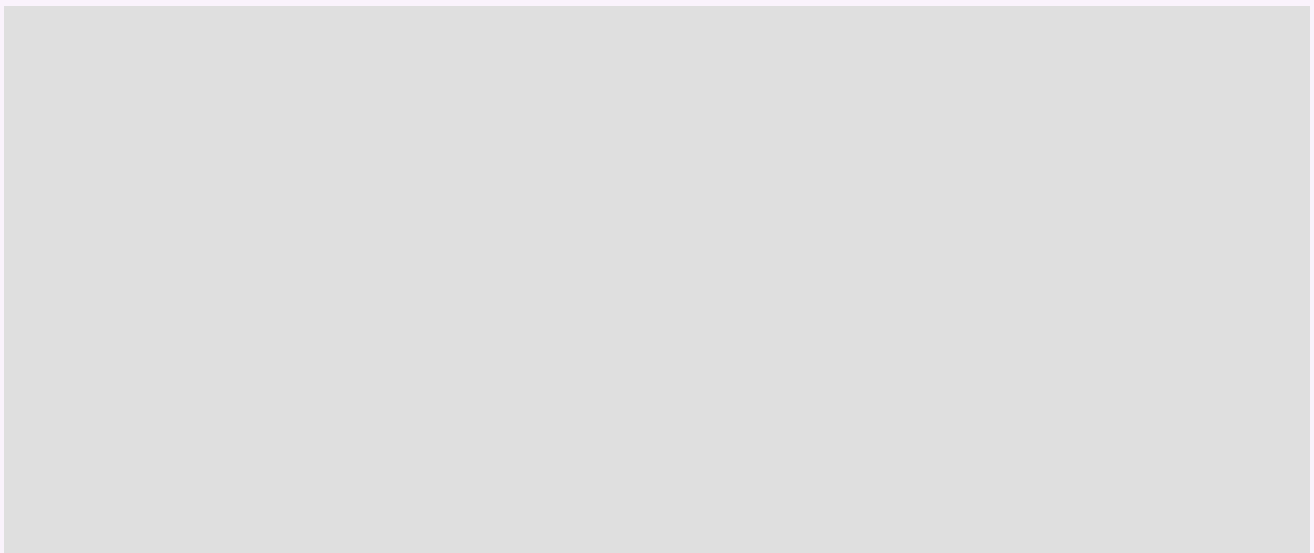


## REFLECTION PROMPTS FOR THE STAGES OF CHANGE

The Stages of Change offer a way to reflect on where you are in your journey and what feels most important right now. These prompts are designed to help you think more deeply about your experiences, explore what's holding you back, and identify the next small steps that feel possible. Take your time as you work through them, and remember that there's no right or wrong way to engage with this process.

### 1. Precontemplation: "I don't see the problem yet."

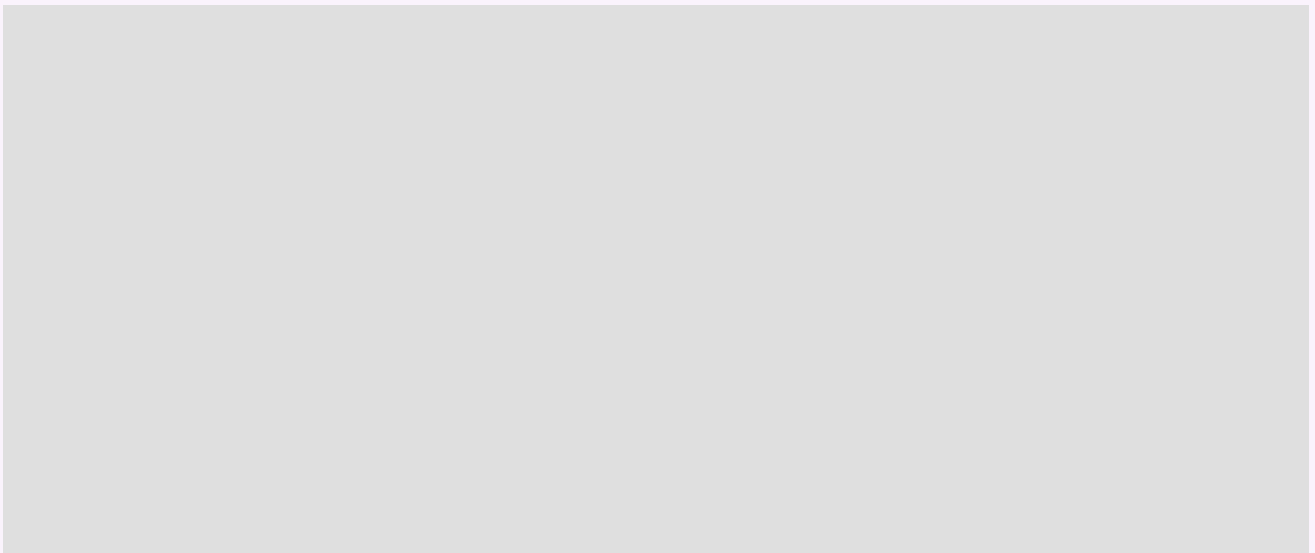
- What areas of your life feel harder or more overwhelming than you'd like?
- Are there parts of your day that drain your energy more than they should?
- What emotions or sensations come up when you think about change?
- If someone you trust reflected on your situation, what might they say?
- What would your life look like if things stayed exactly as they are now?



# REFLECTION PROMPTS FOR THE STAGES OF CHANGE

## 2. Contemplation: "Maybe I need to change."

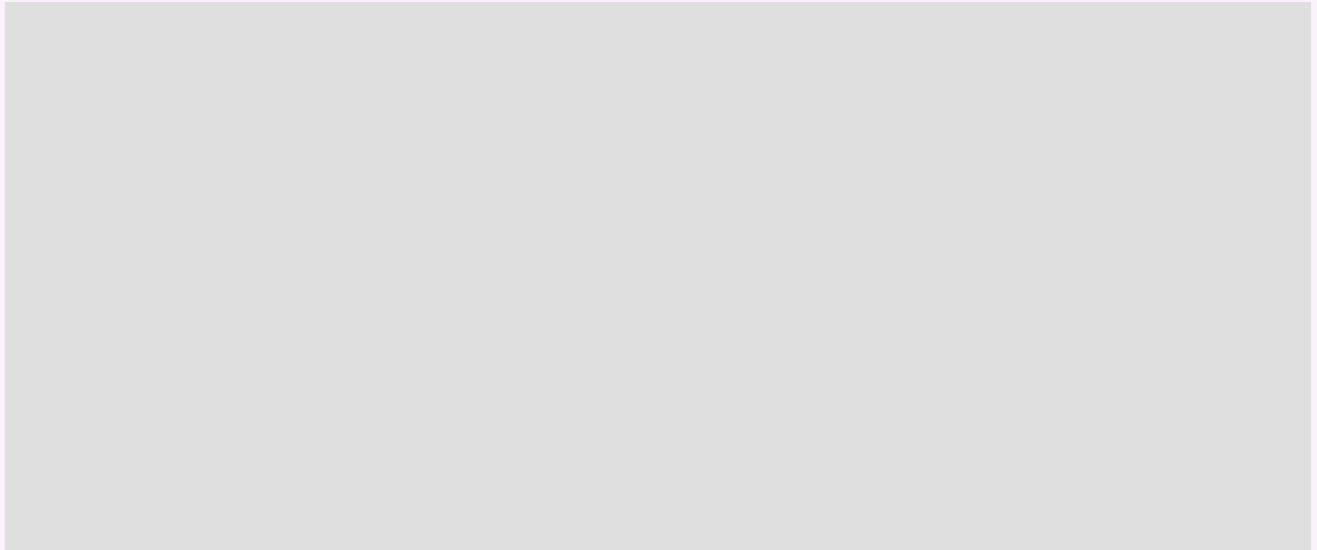
- What is one area of your life where you're starting to notice the need for change?
- What benefits could come from making a shift?
- What fears or doubts arise when you think about change?
- What do you imagine might happen if you chose not to make any changes?
- How could even a small change make a difference in how you feel or live?



## REFLECTION PROMPTS FOR THE STAGES OF CHANGE

### 3. Preparation: "I'm ready to start small."

- What is one specific action you feel ready to take?
- What resources or tools do you already have that could help you start?
- Who could support you as you take this first step?
- What can you do to make this step feel less overwhelming?
- How will you know when you're ready to take the next step?

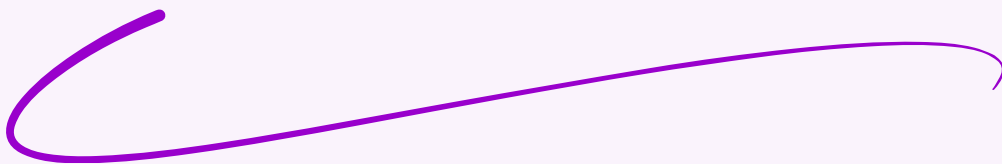
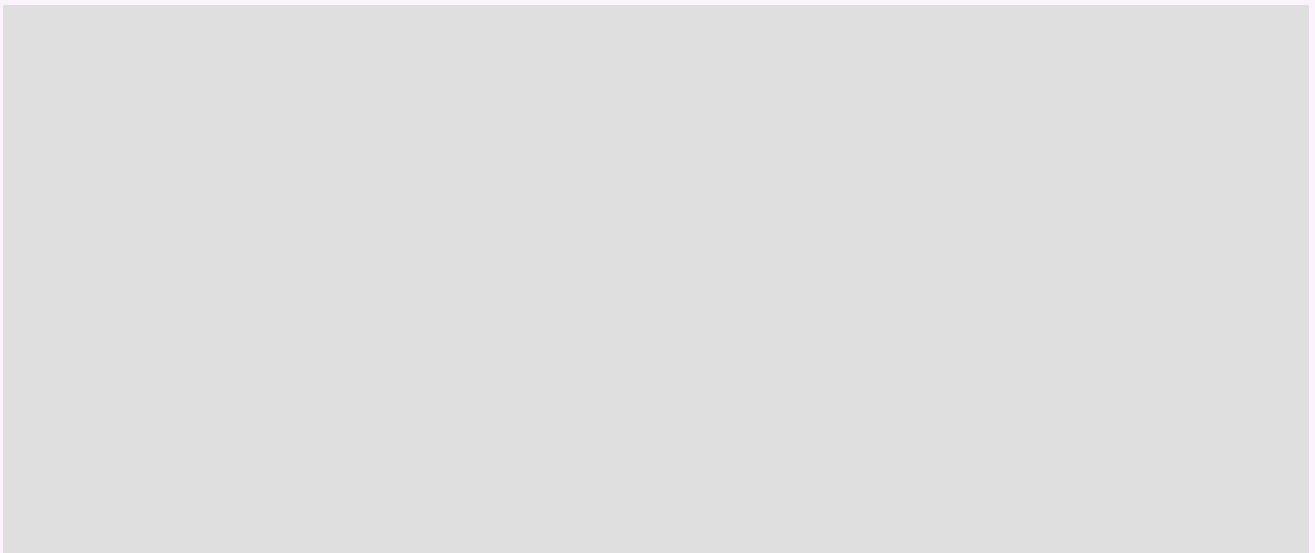




## REFLECTION PROMPTS FOR THE STAGES OF CHANGE

### 4. Action: "I'm actively making changes."

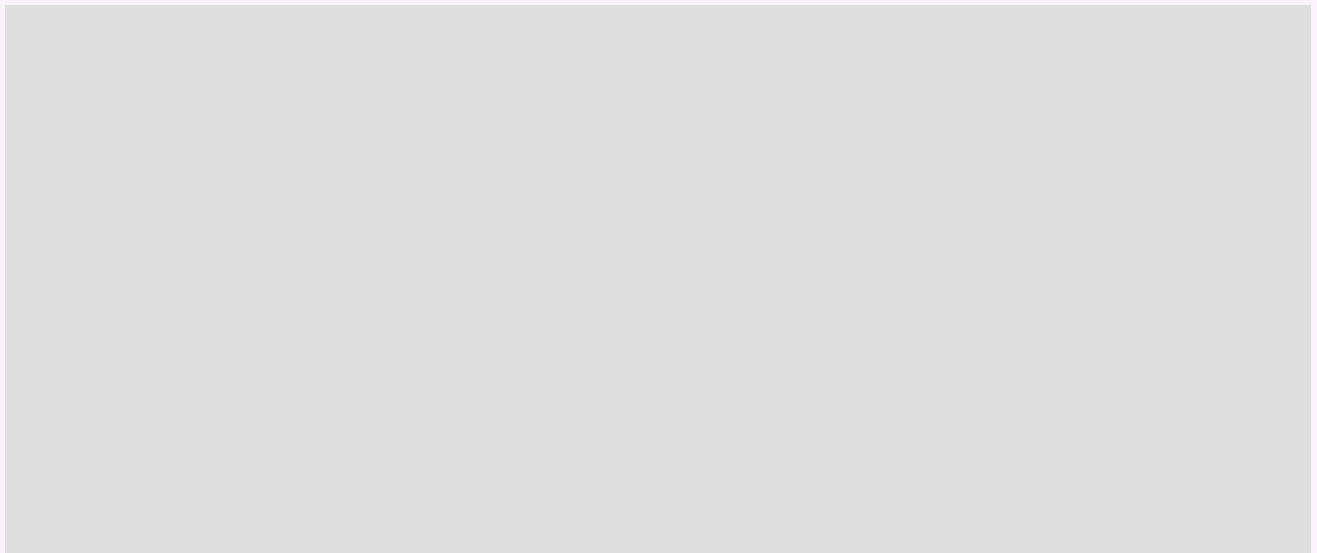
- What actions have you already started taking, and how do they feel?
- What challenges are you encountering, and how are you navigating them?
- What's one thing you can do to build momentum as you continue?
- How can you celebrate the progress you've made, no matter how small?
- Are there areas where you feel stuck, and what might help you move forward?



## REFLECTION PROMPTS FOR THE STAGES OF CHANGE

### 5. Maintenance: "I want to keep this going."

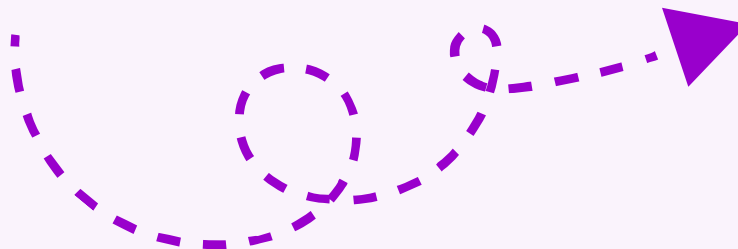
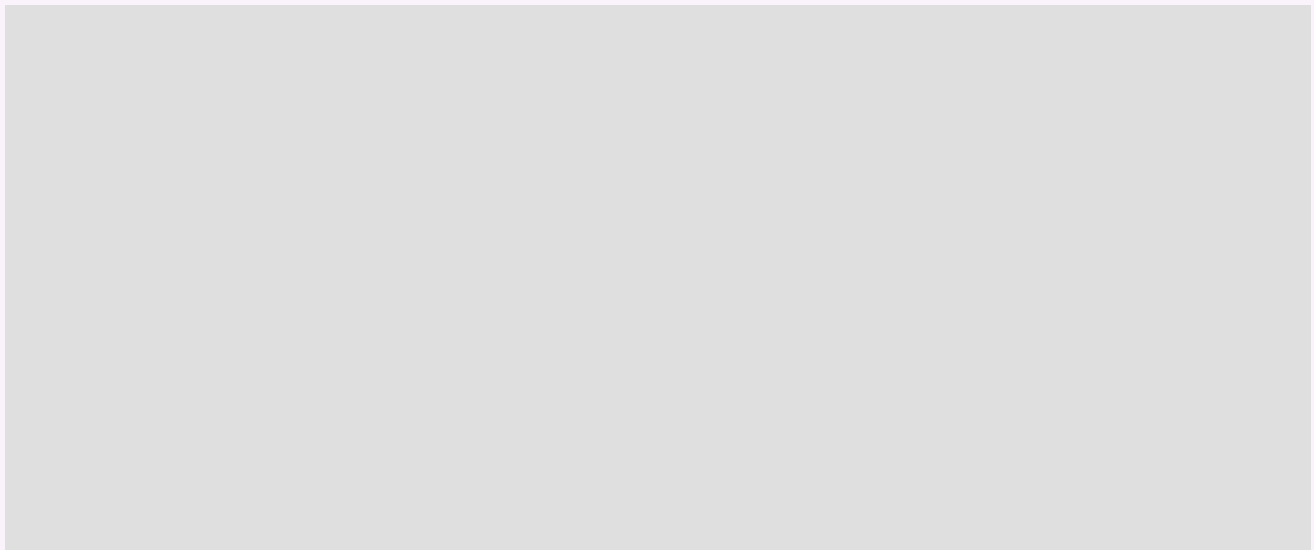
- What habits or tools are helping you maintain your progress?
- How do you remind yourself of the reasons you started this journey?
- What challenges have come up, and how have you handled them?
- What's one thing you can adjust or refine to make this process more sustainable?
- How do you celebrate the changes you've sustained so far?



## REFLECTION PROMPTS FOR THE STAGES OF CHANGE

### 6. Relapse/Reflection: "I've hit a roadblock."

- What specific event or challenge led to this setback?
- How does this experience help you better understand your needs or limits?
- What lessons can you take from this moment that will help you moving forward?
- What tools or practices can you revisit to help you regain balance?
- What's one small step you can take right now to reconnect with your progress?



# Thank You

## FOR EXPLORING THE NAVIGATING EMOTIONS AND CHANGE WORKBOOK

This workbook is just the beginning, a powerful way to reconnect with your emotions, navigate transitions, and take meaningful steps toward healing. If you've found these tools helpful, we invite you to continue exploring this transformative journey.

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!