



The Freeze Frame technique gives you a chance to find more efficient options and resolve problems and conflicts that may be depleting your energy. Your ability to think more clearly and objectively is enhanced by the increased coherence you create in your system using the following steps:

**Step 1.** Acknowledge the problem or issue and any attitudes or feelings about it.

**Step 2.** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

**Step 3.** Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Now that you have added more coherence to your system, you can see the issue from a broader, more balanced perspective.

*Now that you have added more coherence to your system, you can see the issue from a broader, more balanced perspective.*

**Step 4.** From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

**Step 5.** Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Once you have become familiar with these steps, use the quick steps:

- 1. Acknowledge**
- 2. Heart-Focused Breathing**
- 3. Activate a positive or renewing feeling**
- 4. Ask**
- 5. Observe and Act**



## Freeze Frame Basics

The Freeze Frame Technique helps you slow down your mental and emotional reactions so you can become more aware of subtle emotions and attitudes that are depleting your system and find ways to handle or respond to these situations.

We use the term “Freeze Frame” because this process is a lot like pressing pause button on a video. The technique helps you stop your “stress movie” for a moment so you can edit the frame and create a different outcome. First take a time-out to identify what you’re thinking and feeling and how you’re reacting. You can see how judgments or other depleting emotions lurk beneath the surface. Next, you bring more coherence to your system by shifting the emotions and attitudes that may be coloring your perceptions and adding to your stress. Once your system is in sync, you increase your awareness and a new intuitive response emerges. You are better able to see the bigger picture and other options.

Write down depleting situations you would like to change and the changes in perception, impressions or ideas you got after you did the Freeze Frame steps:

Depleting Situation	Change in Perception

Additional instructions: \_\_\_\_\_

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**Acknowledge** the problem or issue and any attitudes or feelings about it.

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Notice whether you feel stressed even as you write this down. Breathe through the heart or chest area with a neutral attitude to help you become more detached from the problem.

**Focus** your attention in the area of the heart. Imagine your breathe is flowing in and out of your heart or chest area.

**Activate** a positive or renewing feeling.

**Ask** yourself what would be a more efficient, effective attitude, action or solution.

Now, quietly **observe** any subtle changes in perceptions, attitudes or feelings and sustain as long as you can. Commit to sustaining beneficial attitude shifts and **acting** on new insights.

Write down your coherent response.

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What actions will you take to resolve the issue?

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# Freeze Frame® Personal Practice Log



Consider any stress triggers or potentially depleting reactions you experienced. Write down the situation and what happened.

Date	Situation	Response	Observations

Write down any successes you are having with your practice.

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Write down any challenges you are having with your practice.

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