

FREEZE-FRAME WORKSHEET

Institute of HeartMath

Describe the situation at hand:

Briefly describe your 'head reaction' – thoughts and feelings both:

FREEZE FRAME

The Five Steps of the Freeze-Frame Technique

1. Recognize the stress, and choose to take a time-out.
2. Shift your inner focus from racing mind or disturbed emotions to the area around your heart. 'Breathe through your heart' for at least ten seconds.
3. Recall a positive, fun feeling or time and re-experience it; don't just 'remember' it – recapture its energy.
4. While immersed in that positive feeling, ask your heart for guidance to the most efficient response to the situation at hand – one that will minimize present and future stress.
5. Listen to the intuitive guidance you receive, and bring it gently into the present moment.

Briefly describe the input you received from your heart intelligence:

Appreciate the awareness, the willingness, the ability you have to live a more stress-free life.