

UNIT 7: **Decision-Making****FREEZE FRAME® TECHNIQUE OVERVIEW**

You make decisions about lots of things, such as relationships at school and home, schoolwork, homework, sports and social media.

Here are some common ways people help their brains think more clearly about the decisions they make: quieting down the noise in their brains, talking to people, physical activity such as sports, playing with their pets; and especially by taking the drama out of things that happen to them and around them.

Making smart decisions often is a process of trial and error, but you can jump-start the process with the Freeze Frame Technique. Freeze Frame can help to shut down some of the monkey chatter rattling around your brain so you can get a clearer sense of the right/smart/wise decision to make.

Freeze Frame is a tool that can help you become a better decision-maker. With practice, it can help quiet down any emotional drama inside your brain so your calm brain can make better decisions.

Very shortly, you will identify a decision that you think has a medium level of stress. (Not one that has lots of stress.)

But first, let's review the Freeze Frame Technique steps:

Freeze Frame® Technique steps

1. Identify a problem or decision that is causing stress for you and the thoughts and feelings you have about it.
2. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual. *Sometimes, it helps to count to four or five as you breathe in and again as you breathe out.*
3. Make a sincere attempt to experience a positive feeling such as appreciation or care for something or someone.
4. Ask yourself: "What is the best choice or way to handle the situation?"
5. Quietly observe any changes in thoughts, feelings or attitudes that add clarity and act on them.

Now, review one example of a Freeze Frame worksheet where a student writes and draws to show how he used the technique to help him make a smarter decision.

UNIT 7: Decision-Making

A FREEZE FRAME® WORKSHEET EXAMPLE

Use Step 1 of the Freeze Frame Technique

Step 1. Identify a problem or decision that is causing stress for you and the thoughts and feelings you have about it.

- Write down or draw the problem or decision.



An argument with my best friend.



- Describe or draw the thoughts and feelings you have about it.

I am angry about what he said.



Use Steps 2, 3, 4 and 5 of the Freeze Frame Technique

Step 2. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual. *Sometimes, it helps to count to four or five as you breathe in and again as you breathe out.*

Step 3. Make a sincere attempt to experience a positive feeling such as appreciation or care for something or someone.

Step 4. Ask yourself: "What is the best choice or way to handle the situation?"

Step 5. Quietly observe any changes in thoughts, feelings or attitudes that add clarity and act on them.

- Write down or draw any ideas you thought of for handling this problem or decision.

Take out the drama.
Both of us messed up.
We will talk. Things will be ok.



- Were you able to notice a difference in how you felt about the problem or decision after using the Freeze Frame Technique? Yes _____ No _____

FREEZE FRAME® WORKSHEET (DRAWING ACTIVITY)

Use Step 1 of the Freeze Frame Technique

Step 1. Identify a problem or decision that is causing stress for you and the thoughts and feelings you have about it.

- Write down or draw the problem or decision.



- Describe or draw the thoughts and feelings you have about it.

Use Steps 2, 3, 4 and 5 of the Freeze Frame Technique

Step 2. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual. *Sometimes, it helps to count to four or five as you breathe in and again as you breathe out.*

Step 3. Make a sincere attempt to experience a positive feeling such as appreciation or care for something or someone.

Step 4. Ask yourself: "What is the best choice or way to handle the situation?"

Step 5. Quietly observe any changes in thoughts, feelings or attitudes that add clarity and act on them.

- Write down or draw any ideas you thought of for handling this problem or decision.

Were you able to notice a difference in how you felt about the problem or decision after using the Freeze Frame Technique? Yes ____ No ____