

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.

Freeze Frame Technique steps are adapted from the original version © 1995 HeartMath Institute

Freeze Frame® Worksheet

» Write down in a few words a problem or decision that you are experiencing and any thoughts and feelings you have about it.

» Next do the Freeze Frame Steps 2, 3, 4, and 5.

» Write down any ideas you thought of for handling this problem or decision. What action or attitude will help you?
