

## Freeze Frame® Technique

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. Find an easy rhythm that's comfortable.

**Step 3.** As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

**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.

### Freeze Frame Applications:

- When making decisions or planning
- To enhance creativity
- To gain insight on how to handle a situation
- While working with your clients

### Freeze Frame Applications:

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

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## Freeze Frame<sup>®</sup> Technique

Freeze Frame is a multipurpose technique that can be used in the moment for gain-ing clarity and stopping energy drains. It also helps balance your mind and emo-tions so you can think more creatively and make better choices. Freeze Frame helps you gain a clear and balanced perspective by accessing your intuitive intelligence.

The Freeze Frame Technique allows you to use more of your smart-thinking brain, which can get jammed up and out-of-sync when you are stressed. It's a helpful technique to use when you have to make quick decisions or when out-of-the-box solutions are needed.

The term “Freeze Frame” is used 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.

Having a genuine desire helps bring in a determined, proactive feeling to ignite the right approach and attitude, especially in more challenging situations.

Clarity or insight might not come right away. This could have a lot to do with the complexity of the issue, past history and the intensity of any emotions that may or may not be related to the issue or situation. That's OK. Be patient with yourself. Repeat the process later or the next day. It will begin to feel more natural with prac-tice. Often, solutions are inspired through communication or input from others. Be sure also to notice any subtle shift in the way you feel. Shifting from feeling anxious about an issue to feeling calm is significant! You not only plugged an energy leak, but you also opened the door for a solution to emerge at another time.

## Freeze Frame® Technique

The Freeze Frame Technique is designed to use regardless of whether or not stress is present. By bringing heart qualities to the forefront, it can help with mental clarity, decision-making and creativity.

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

The problem or issue is: \_\_\_\_\_  
\_\_\_\_\_

My attitude or feelings about the situation or issue before practicing the Freeze Frame Technique are: \_\_\_\_\_  
\_\_\_\_\_

**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. Find an easy rhythm that's comfortable.

**Step 3.** As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

**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.

Write down the first thing that comes to you.

\_\_\_\_\_  
\_\_\_\_\_

My attitude or feelings about it **after** practicing the Freeze Frame Technique:

\_\_\_\_\_

What actions will you take to sustain beneficial attitude shifts and act on new insights?

\_\_\_\_\_