

The Freeze Frame® Technique



THE RESILIENT HEART
Trauma-Sensitive HeartMath Certification

Shifting your physiology into a coherent state can help you access your heart's intuition when out-of-the-box solutions or important decisions are needed.

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.

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- Step 1:** Acknowledge the problem or issue and any attitudes or feelings about it.
- Step 2:** Heart-Focused Breathing™
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:** 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.
- 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 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

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

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.

What actions will you take to resolve the issue?
