

“Freeze” Mindfulness

Freeze

- Hyper alert but can't move
- Hide
- Stiffen up
- Feel paralyzed



What happens when you imagine feeling hyperalert but not able to move, or when you imagine freezing, or hiding?

Mindful execution of the defense

Try slowly and mindfully tightening your muscles and be very alert, but do not move, as if you are paralyzed or hiding. Say to yourself: “My muscles are tight. I am small and still.” Or anything else that best describes what you are consciously aware of in this moment. Stay focused on this action and describe what it feels like to mindfully execute “freeze” actions. Stay focused on your body sensations and movement and put any images, thoughts, memories, or emotions aside.

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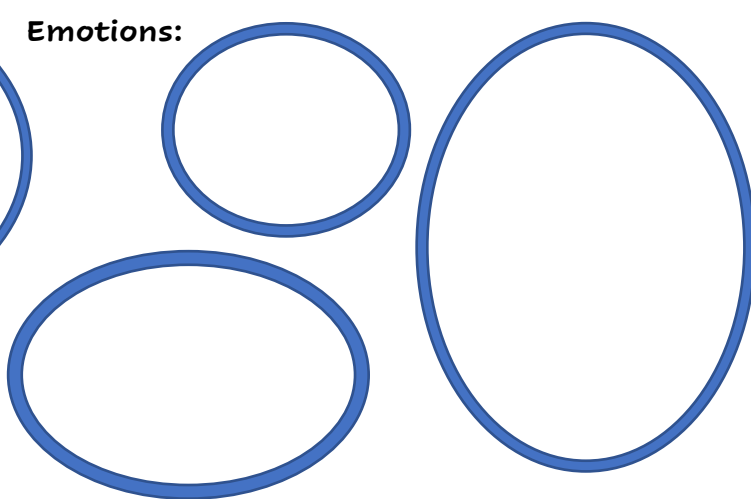
Purpose: To identify the emotions that correspond to the freeze defense, reflect on situations in which you have experienced these emotions, assess your behavior at those times, and consider resources you could use when these emotions emerge in the future.

Directions: Reflect on the freeze defense below and identify emotions that correspond to it in the circles. Then describe a situation in which you have experienced freeze and accompanying emotions and reacted in a way you later regretted (e.g., “freeze” was driven by terror, leading to not moving when you wanted to).

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Emotions:



Situation: _____

Behavior: _____

Feelings/sensations: _____

What belief explains why you feel this way? _____

Do these thoughts/feelings make more sense in the present or in the past? _____

What resources would help you regulate these emotions so that you could take the action of your choice rather than behaving in a way you might later regret?

(cognitive, imaginal, somatic, relational, etc.)