

## **Am I Living in a Freeze State?**

### *A self-inquiry for recognising silent survival responses*

This isn't a checklist for what's wrong with you; it's a reflection of what your system may have done to survive. When life becomes too much for too long, the body doesn't always shout. Sometimes it withdraws quietly, conserving energy by slipping into stillness that isn't restful and silence that isn't peace.

Only tick the boxes that feel familiar. You don't need to understand why — just recognise what resonates.

#### **1. Energy & Motivation**

- ☐ I wake up tired, even after a full night's sleep
- ☐ I move through the day, but feel like I'm not fully present
- ☐ I operate on obligation more than genuine drive
- ☐ I get overwhelmed easily and often shut down instead of pushing through
- ☐ I delay starting things I care about because the effort feels too great

#### **2. Decision-Making & Focus**

- ☐ I put off decisions, hoping they'll resolve on their own
- ☐ I lose interest or momentum in projects, even ones I want to finish
- ☐ I feel mentally foggy, forgetful, or slow to process
- ☐ I often lose track of time without realising it
- ☐ I spend more time researching or waiting for clarity than taking action

#### **3. Body & Physical Symptoms**

- ☐ I carry tension in my jaw, shoulders, gut, or hips
- ☐ I feel heavy, numb, or disconnected from my body
- ☐ My digestion, hormones, or immune system feel off with no clear explanation
- ☐ I developed chronic symptoms after a period of high stress
- ☐ I feel physically wiped out after everyday activities or social events

#### **4. Sexuality & Pleasure**

- ☐ My libido feels flat or absent
- ☐ Intimacy feels like a task, not a connection
- ☐ I mentally check out or dissociate during sex
- ☐ I can't remember the last time I felt genuine desire or deep pleasure
- ☐ Pleasure feels distant, like something I'm supposed to perform rather than feel

#### **5. Emotions & Expression**

- ☐ I rarely cry, even when I feel like I need to
- ☐ My emotional landscape feels flat or distant
- ☐ I struggle to name or communicate what I feel
- ☐ I smile or deflect, even when something is hurting
- ☐ I hide my feelings to avoid being misunderstood or dismissed

#### **6. Relationships & Connection**

- ☐ I keep people at a distance, even when I long for closeness

- ☐ I go quiet or withdraw when things get overwhelming
- ☐ I let relationships fade instead of addressing conflict
- ☐ I say "I'm fine" when I'm not, and carry resentment afterward
- ☐ I worry about being a burden, so I tend to deal with things alone

## **7. Time, Future & Hope**

- ☐ I find it difficult to imagine what next year might look like
- ☐ I struggle to feel hopeful or excited about the future
- ☐ I feel stuck in the past, even though I want to move forward
- ☐ When good things happen, I expect them to disappear
- ☐ I delay plans because I never feel fully ready



## **Understanding Your Results**

### **0–10 ticks**

You may be experiencing fatigue or emotional strain, but your system is still largely responsive. Use this moment to deepen your awareness and support your body before chronic patterns take hold.

### **11–20 ticks**

This points to a functional freeze state — a survival adaptation where you may appear capable and composed, but underneath, your system is operating on conservation mode. You're not broken — you've just adapted. Now you have the opportunity to support your system as it begins to thaw.

### **21+ ticks**

This suggests a deeply entrenched freeze pattern, where the body has shifted into long-term shutdown to cope. Joy may feel out of reach, and connection or momentum may feel almost impossible to generate. You haven't failed — your body has simply been protecting you. The next step is learning how to return, slowly and safely.



## **Final Thoughts**

There's no perfect score, no diagnosis to chase. What matters is that you're asking questions most people never stop to ask. That's the beginning of the repair.

Freeze is wisdom under pressure. But once the pressure passes, that wisdom deserves an update, one where your safety, energy, and presence become possible again.

You don't need to thaw all at once. Just enough to begin feeling yourself again.