

Freeze Recovery Micro-Practice

Gently return from freeze without force.

When this might help:

- You're numb, stuck, or can't initiate
- You're coming out of shutdown and don't want to force it

The practice:

Wiggle fingers or toes.

- Shift gaze side to side
- Say: "I'm not rushing you. I'm staying with you."
- Turn on warm water. Let that be enough.

Gentle fallback: One finger wiggling counts. You can stay there as long as you need.