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- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
- Triggers and your emotions
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- My new coping skills
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- My safety plan
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- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
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- Validation and anchoring
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# Trauma Healing Workbook 2026 Guide

**Thomas Griffiths**



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