

# THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

- Healing planner/tracker
- My healing goals
- Confidence building
- Noticing signs of dysregulation
- Dysregulation and the body
- Noticing signs of safety
- Safety and the body
- Fight or flight checklist
- Fight or flight reflection
- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
- Triggers and your emotions
- Trigger diary
- Trigger scale
- Triggers and your body
- Triggers and the nervous system
- Communicating my triggers
- My window of tolerance
- My current coping skills
- My new coping skills
- Reacting vs. responding
- My reactions
- My response plan
- My safety plan
- My trigger tracker
- Who is your inner child?
- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
- Me vs. my inner child
- Validation and anchoring
- Thought reframing
- Dear inner child
- My attachment style
- Relationship values
- Boundaries
- My fears
- Conquering "what ifs?"
- Breaking patterns of behavior
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- Roots of the shame spiral
- Shame spiral reflection
- Shame spiral diary
- and many more!

**Nervous System Regulation | Triggers | Inner Child | Attachment | Shame Spirals | Post-Traumatic Growth**

# Practice Workbook Trauma Healing Workbook

**Katrin Zwirgmaier**



**Practice Workbook Trauma Healing Workbook:**

## Enjoying the Beat of Term: An Emotional Symphony within **Practice Workbook Trauma Healing Workbook**

In a global taken by monitors and the ceaseless chatter of fast interaction, the melodic splendor and psychological symphony developed by the published term usually diminish in to the back ground, eclipsed by the relentless sound and distractions that permeate our lives. However, set within the pages of **Practice Workbook Trauma Healing Workbook** a stunning fictional treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this interesting masterpiece conducts readers on a psychological journey, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the touching review, we will discover the book is central harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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