

THE ULTIMATE Trauma Healing Workbook

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- My healing goals
- Confidence building
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- Dysregulation and the body
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- 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
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- My new coping skills
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- My reactions
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- My safety plan
- My trigger tracker
- Who is your inner child?
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- Exploring caregivers
- Challenging negative self-beliefs
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- My attachment style
- Relationship values
- Boundaries
- My fears
- Conquering "what ifs?"
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- Shame spiral reflection
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- and many more!

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

Trauma Healing Workbook 2025 Edition

Michael Brown



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