

THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

- Healing planner/tracker
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- 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
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- My new coping skills
- Reacting vs. responding
- My reactions
- My response plan
- My safety plan
- My trigger tracker
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- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
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- Thought reframing
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- Boundaries
- My fears
- Conquering "what ifs?"
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 $2 \text{ H}_2 \text{ (g)} + \text{C}_2\text{H}_6 \text{ (g)} \rightarrow \Delta h = 94.5 \text{ kJ}$
 $\text{H}_2\text{O (g)} + \text{H}_2 \text{ (g)} \rightarrow \frac{1}{2} \text{O}_2 \text{ (g)}$ $\Delta h = 71.2 \text{ kJ}$
 $\text{C}_2\text{H}_6 \text{ (g)} + \frac{7}{2} \text{O}_2 \text{ (g)} \rightarrow 2 \text{ CO}_2 \text{ (g)} + 3 \text{ H}_2\text{O (g)}$ $\Delta h = 283 \text{ kJ}$
1 $\text{C}_2\text{H}_6 \text{ (g)}$

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web thus for reaction 9 2 in which 1 mole of h_3o^+ and 1 mole of oh^- combine to form 2 moles of h_2o h 55.8 kj as shown note that the enthalpy change $h_{products} - h_{reactants}$ is positive if heat is absorbed that is if $h_{products} > h_{reactants}$

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