

# THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

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- My healing goals
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- Fight or flight reflection
- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
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- My home state
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- 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 current coping skills
- My new coping skills
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- 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
- Me vs. my inner child
- Validation and anchoring
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- Relationship values
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- Shame spiral reflection
- Shame spiral diary
- and many more!

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

# Framework Trauma Healing Workbook

**Tobias Bleicker**



## **Framework Trauma Healing Workbook:**

## Embracing the Track of Appearance: An Psychological Symphony within **Framework Trauma Healing Workbook**

In a world taken by monitors and the ceaseless chatter of instant communication, the melodic elegance and emotional symphony created by the written word often disappear into the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. But, located within the pages of **Framework Trauma Healing Workbook** a marvelous literary prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that interesting masterpiece conducts readers on a mental trip, well unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths with this poignant assessment, we will investigate the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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