

THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

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- My healing goals
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- Noticing signs of safety
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- 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
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- Communicating my triggers
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- My new coping skills
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- 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

2026 Guide Trauma Healing Workbook

Kathleen Armour



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