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70+ Worksheets to Guide your Healing Journey!

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- Noticing signs of dysregulation
- Dysregulation and the body
- Noticing signs of safety
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- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
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- Identifying triggers
- Triggers and your emotions
- Trigger diary
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- Communicating my triggers
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- Conquering "what ifs?"
- Breaking patterns of behavior
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Nervous System Regulation | Triggers | Inner Child | Attachment | Shame Spirals | Post-Traumatic Growth

Global Trend Trauma Healing Workbook

G Thomas



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