

THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

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- My healing goals
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- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
- Triggers and your emotions
- Trigger diary
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- 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
- Who is your inner child?
- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
- Me vs. my inner child
- Validation and anchoring
- Thought reframing
- Dear inner child
- My attachment style
- Relationship values
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- Conquering "what ifs?"
- Breaking patterns of behavior
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Illustrated Guide Trauma Healing Workbook

Tanis Allen, LMSW, ACSW



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