

# THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

- Healing planner/tracker
- My healing goals
- Confidence building
- Noticing signs of dysregulation
- Dysregulation and the body
- Noticing signs of safety
- 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
- Communicating my triggers
- My window of tolerance
- My current coping skills
- 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
- Boundaries
- My fears
- Conquering "what ifs?"
- Breaking patterns of behavior
- Shame and emotions
- 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**

# Global Trend Trauma Healing Workbook

**Amir H. Dorafshar, Eduardo D  
Rodriguez, Paul N Manson**



## **Global Trend Trauma Healing Workbook:**

## Whispering the Strategies of Language: An Psychological Quest through **Global Trend Trauma Healing Workbook**

In a digitally-driven world where screens reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words frequently move unheard. Yet, set within the pages of **Global Trend Trauma Healing Workbook** a interesting literary value pulsing with organic emotions, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the mental depths of this touching review, we can embark upon a honest exploration of the book is primary subjects, dissect their interesting publishing type, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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