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- Noticing signs of safety
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- 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
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- 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
- Who is your inner child?
- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
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- Thought reframing
- Dear inner child
- My attachment style
- Relationship values
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- My fears
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# Collection Trauma Healing Workbook

**DJ Losen**



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