

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
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- Challenging negative self-beliefs
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- 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

Trauma Healing Workbook Complete Workbook

Glenn R. Schiraldi



Trauma Healing Workbook Complete Workbook:

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