

# THE ULTIMATE Trauma Healing Workbook

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- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
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- Trigger diary
- Trigger scale
- Triggers and your body
- Triggers and the nervous system
- Communicating my triggers
- My window of tolerance
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- My new coping skills
- Reacting vs. responding
- My reactions
- My response plan
- My safety plan
- My trigger tracker
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- Exploring your inner child
- Exploring caregivers
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- and many more!

**Nervous System Regulation | Triggers | Inner Child | Attachment | Shame Spirals | Post-Traumatic Growth**

# Trauma Healing Workbook Complete Workbook

**Sabine Zange**



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