

# 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**

# Trauma Healing Workbook Primer

**A Loxley**



## **Trauma Healing Workbook Primer:**

## Embracing the Track of Phrase: An Emotional Symphony within **Trauma Healing Workbook Primer**

In a world taken by monitors and the ceaseless chatter of fast conversation, the melodic splendor and psychological symphony developed by the written word often disappear into the background, eclipsed by the persistent sound and disturbances that permeate our lives. But, nestled within the pages of **Trauma Healing Workbook Primer** a wonderful fictional value full of organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this fascinating masterpiece conducts visitors on a psychological journey, skillfully unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional examination, we will examine the book's central harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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