

THE ULTIMATE Trauma Healing Workbook

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- Noticing signs of safety
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- Fight or flight reflection
- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
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- Triggers and the nervous system
- Communicating my triggers
- My window of tolerance
- My current coping skills
- My new coping skills
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- My reactions
- My response plan
- My safety plan
- My trigger tracker
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- Exploring your inner child
- Exploring caregivers
- Challenging negative self-beliefs
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- Thought reframing
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- My attachment style
- Relationship values
- Boundaries
- My fears
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- Shame spiral reflection
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Practice Workbook Trauma Healing Workbook

Howard Zehr, Barb Toews



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