

# THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

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- Freeze reflection
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- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
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- 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
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- 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
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- My fears
- Conquering "what ifs?"
- Breaking patterns of behavior
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- 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 Training Guide

**Christina Hoffert**



## **Trauma Healing Workbook Training Guide:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Trauma Healing Workbook Training Guide**

In some sort of inundated with monitors and the cacophony of quick interaction, the profound energy and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the regular assault of noise and distractions. However, located within the lyrical pages of **Trauma Healing Workbook Training Guide**, a interesting function of literary splendor that pulses with fresh thoughts, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus courses visitors on a mental odyssey, lightly revealing the latent potential and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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