

THE ULTIMATE Trauma Healing Workbook

70+ Worksheets to Guide your Healing Journey!

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- My healing goals
- Confidence building
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- Fight or flight checklist
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- Freeze checklist
- Freeze reflection
- Safety checklist
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- My nervous system state cues
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- Identifying triggers
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- and many more!

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

Global Trend Trauma Healing Workbook

Rachel Sandford



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