

THE ULTIMATE Trauma Healing Workbook

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- My healing goals
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- Freeze reflection
- Safety checklist
- Safety reflection
- My nervous system state cues
- My home state
- Identifying triggers
- Triggers and your emotions
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- 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
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- Validation and anchoring
- Thought reframing
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- My attachment style
- Relationship values
- Boundaries
- My fears
- Conquering "what ifs?"
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Minjie Lin



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