

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
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- Identifying triggers
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- Shame and emotions
- Roots of the shame spiral
- Shame spiral reflection
- Shame spiral diary
- and many more!

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2026 Guide Trauma Healing Workbook

David Baud



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