

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
- My home state
- Identifying triggers
- Triggers and your emotions
- Trigger diary
- Trigger scale
- 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
- Boundaries
- My fears
- Conquering "what ifs?"
- Breaking patterns of behavior
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- Shame spiral reflection
- Shame spiral diary
- and many more!

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

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VM Jensen



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Enjoying the Track of Appearance: An Emotional Symphony within **Trauma Healing Workbook Complete Workbook**

In a global eaten by monitors and the ceaseless chatter of fast conversation, the melodic splendor and emotional symphony developed by the prepared term frequently diminish into the back ground, eclipsed by the relentless noise and disturbances that permeate our lives. But, situated within the pages of **Trauma Healing Workbook Complete Workbook** a stunning literary value filled with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this charming masterpiece conducts readers on a mental trip, well unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the touching analysis, we can discover the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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