

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
- Who is your inner child?
- 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!

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Illustrated Guide Trauma Healing Workbook

R Barnett



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web jacob and esau make peace 33 then jacob looked up and saw esau coming with his 400 men so he divided the children

among leah rachel and his two servant wives 2 he put the servant wives and their children at the front leah and her children next and rachel and joseph last 3 then jacob went on ahead as he approached his brother he bowed

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web 11 his head is buried near jacob the fates of esau and jacob merged even at death jacob passed on in egypt and his body was taken by his sons to be buried in the cave of machpelah in the land of canaan to their consternation however there was esau laying dubious claims to the last remaining plot in the cave

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web 33 jacob looked up and there was esau coming with his four hundred men so he divided the children among leah rachel and the two female servants 2 he put the female servants and their children in front leah and her children next and rachel and joseph in the rear 3 he himself went on ahead and bowed down to the ground seven times as he appr

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web he was the first of the two sons of jacob and rachel jacob s twelfth named child and eleventh son he is the founder of the israelite tribe of joseph his story functions as an explanation for israel s residence in egypt

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web according to the hebrew bible esau is the progenitor of the edomites and the elder brother of jacob the patriarch of the israelites 8 jacob and esau were the sons of isaac and rebecca and the grandsons of abraham and sarah of the twins esau was the first to be born with jacob following holding his heel

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web the story focuses on esau s loss of his birthright to jacob and the conflict that ensued between their descendant nations because of jacob s deception of their aged and blind father isaac in order to receive esau s birthright blessing from isaac

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web the lord wanted jacob to have the birthright blessing because esau was not worthy of it jacob asked esau to trade him the birthright for some food esau agreed and traded his birthright to jacob genesis 25 23 29 34 hebrews 11 20 image rebekah and isaac rebekah and isaac wanted what was best for their children

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