

# 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 reflection
- Freeze checklist
- Freeze reflection
- Safety checklist
- Safety reflection
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- My home state
- Identifying triggers
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- My window of tolerance
- My current coping skills
- My new coping skills
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- 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
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- My attachment style
- Relationship values
- Boundaries
- My fears
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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**

# Award Winning Trauma Healing Workbook

**Aphrodite Matsakis**



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