

THE ULTIMATE Trauma Healing Workbook

NERVOUS SYSTEM | TRIGGERS | INNER CHILD | SHAME SPIRALS | ATTACHMENT |
POST-TRAUMATIC GROWTH

MY REACTIONS

FREEZE CHECKLIST

VALIDATION & ANCHORING

HOW TO STOP THE SHAME SPIRAL

MY TRIGGER TR.

TRIGGER SCALE

MY SAFETY PLAN

IN THE BODY

CORE WOUNDS

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COMMUNICATING MY TRIGGERS

101+
PAGES!

CONFIDENCE BUILDING

EXPLORING INNER

Created by a Trauma Specialist

Healing Trauma Guide Complete Workbook

Charma Dudley

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