

THE ULTIMATE Trauma Healing Workbook

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

MY REACTIONS

Validation and Anchoring

How to Stop the Shame Spiral

MY TRIGGER TR...

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EXPLORING INNER C...

COMMUNICATING MY TRIGGERS

101+ PAGES!

Created by a Trauma Specialist

Trauma Healing Fan Favorite

Thomas Griffiths



Trauma Healing Fan Favorite:

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