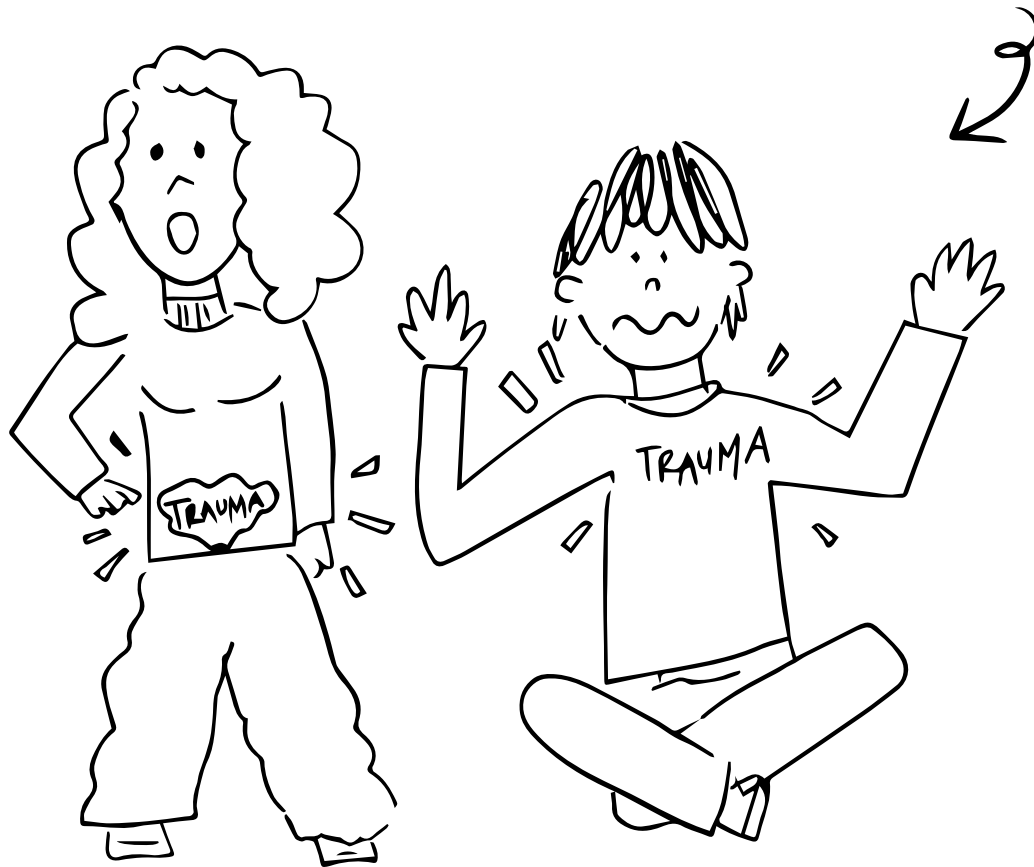


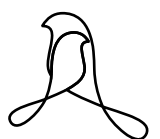
SOUL BIRD CONSULTING
5 CONVICTIONS

Coloring
Worksheets

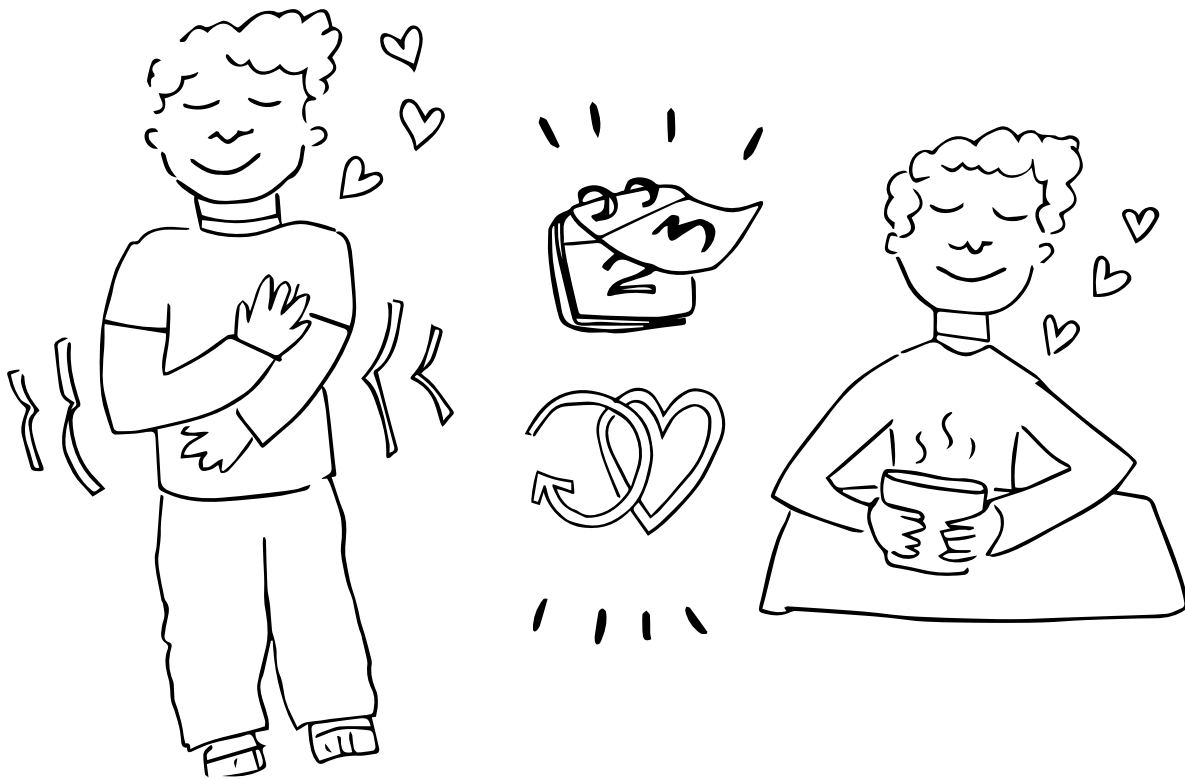


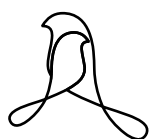
1. Trauma is stored in the body





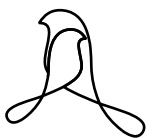
2. Regulation is a practice





3. Perceived threat and real threat feel the same in the body





4. Trauma Symptoms are Survival Strategies





5. Healing Happens in Relationship

