

12-Month Trauma-Informed Workbook (Cognitive + Polyvagal + Scripture)

This workbook is designed for daily use to reduce stress, anxiety, and allostatic load through cognitive restructuring, Scripture, and nervous system regulation.

April 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

May 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

June 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

July 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

August 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:
What did I release today?

September 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:
'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:
What did I release today?

October 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

November 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

December 2026

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?

January 2027

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:
What did I release today?

February 2027

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:
'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:
What did I release today?

March 2027

Daily Practice:

1. What stressed me today?

2. Automatic thought:

3. Emotion:

4. Truth replacement:

Scripture Reflection:

'Be still and know that I am God.' (Psalm 46:10)

Polyvagal Exercise:

- Slow breathing (inhale 4, exhale 6)
- Grounding: name 5 things you see
- Body release: unclench jaw, relax shoulders

End of Day Reflection:

What did I release today?
