

RELATIONSHIP RECOVERY

*UNDERSTANDING
TRAUMA BOND
RELATIONSHIPS*



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**“You desire truth in the
inward parts.”
Psalm 51:6 (NIV)**

*A compilation of information to help understand
the truth about trauma bond relationships*

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Are you reeling?

Understanding a problem is
70% of solving a problem!

If you are experiencing a great
deal of confusion over this
relationship it is
probably because it was very
confusing.

Putting concrete facts to the
experience will help you move
forward.

Trauma Bond:

A trauma bond relationship refers to a deep emotional attachment that develops between an individual and their abuser, often in the context of a cycle of abuse. This bond is characterized by a complex mix of intense feelings, including love, fear, and dependency, which can make it difficult for the victim to leave the relationship. The bond is often strengthened through intermittent reinforcement, where periods of abuse are followed by affection or apologies, creating a confusing pattern that keeps the victim emotionally invested. This psychological phenomenon can occur in various types of relationships, including romantic partnerships, familial connections, or even friendships. Understanding and recognizing a trauma bond is crucial for breaking free from such toxic dynamics and seeking healthier relationships.

Simple Definition of a Trauma Bond

“I am loyal, even supportive to a person
who is manipulative, exploitative,
abusive or toxic.”

*Patrick Carnes, author of
“The Betrayal Bond” has given Dr.
Trudy permission to use information
about trauma bonds.*

The Betrayal Bond

Trauma bonds have
eight components in
the relationship:

1. Betrayal
2. Abandonment
3. Loyalty
4. Lack of Safety
5. Shame
6. Secrets
7. Destructive
Behaviors
8. Addictions

TRUTH **REFLECTION**

Did this relationship
have any of the 8
components?

Betrayal?
Abandonment?
Your Loyalty?
Lack of Safety?
Shameful?
Secrets you kept?
Destructive Behaviors?
Addictions?

Give your honest assessment.

Characteristics of a Trauma Bond Relationship:

- > Agreements are ill-defined, unclear or tentative.
- > Feelings are anxious and intense.
- > Trust depends often on exaggerated or unreal promises.
- > Rewards are in the future and often conditional.
- > Risk is often one-sided.
- > Feelings from the other person are absent and rewards are minimal.

Traumatic

Trauma bonds are characterized by betrayals that are so purposeful and self-serving it moves to the realm of trauma.

Trauma bonds create chains of trust that link a person to someone who is exploitive, dangerous, abusive and/or toxic.

IMPACT

PHYSICAL:

- > Loathing of body: “my body is bad.”
- > “My body is all I have control of.”
 - eating disorders

MENTAL:

- >”I stay in control with:
Fight, Flight or Numbing

EMOTIONS:

- >My most important goal in this relationship is safety so I push away scary emotions.

LIES:

- >”I am fundamentally flawed. the very core of my being is not worthy of unconditional love.”

CONFUSION

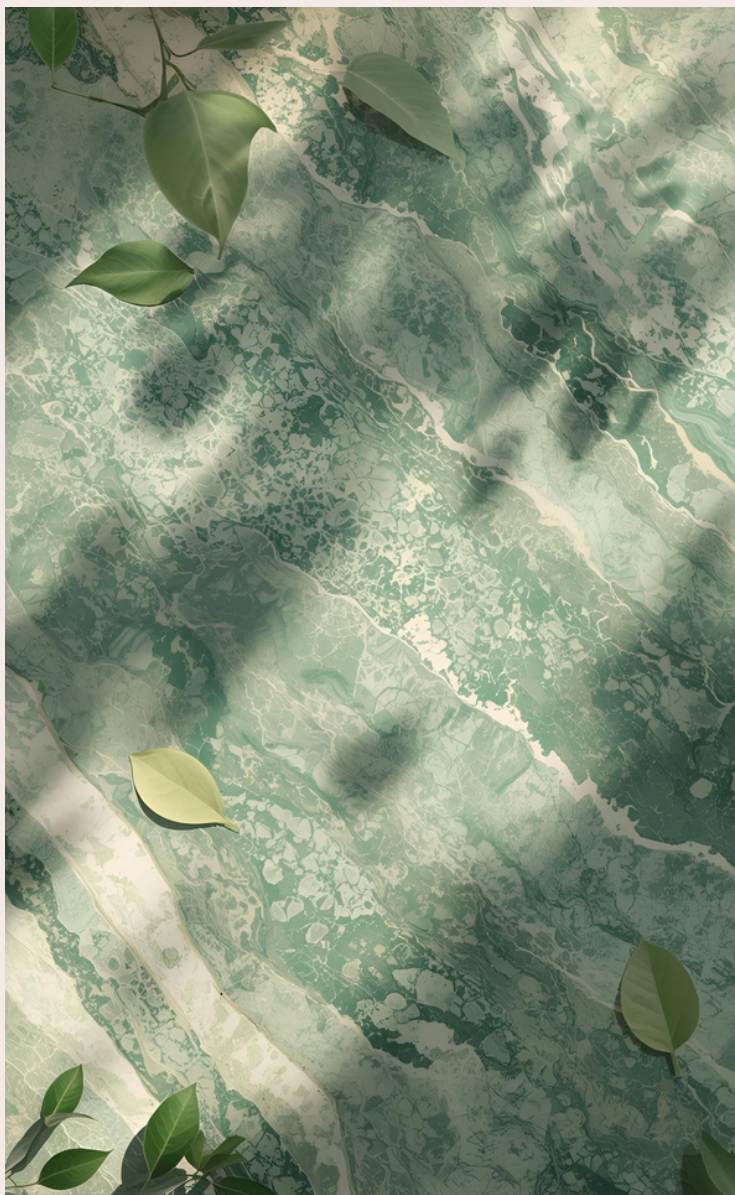
The most prominent emotion felt in a trauma bond relationship is confusion.

Trauma Bonds are confusing because between the terrorizing moments are times of love bombing.

Healing

If you are in a trauma
bond relationship or
are trying to recover,
know there is help
and hope!

Seek help from professionals
who know how to help you
grieve, process the damage and
move on. Not all therapists are
familiar with the aspects of
trauma bond healing so be sure
to go to someone who can give
you expert help.



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