



THE TRAUMA BOND RECOVERY GUIDE

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LOTUS BABE



I was in a trauma bond that stripped me of my voice, my joy, and my sense of self. I kept holding on, thinking it was love, when really, it was the wound in me clinging to the wound in him. I lost myself trying to prove I was worthy of being chosen. But the real healing came when I finally chose me. This guide was born from my own unraveling, the dark nights, the heartbreak, the rage, the release. I created it for anyone who's still in the thick of it, still waiting on a text, still questioning if they're crazy. You're not. You're waking up. And I want to walk with you as you break free, because you deserve a love that doesn't hurt to hold.

Whitney Chatelle

THE FIRST INSIGHT



WHAT IS A TRAUMA BOND?

A trauma bond is an intense emotional attachment formed through repeated cycles of inconsistency, pain, and temporary relief. It often develops in toxic relationships where love is used as a reward and withheld as punishment. Over time, the nervous system becomes addicted to this cycle.



Signs You're in a **TRAUMA BOND:**

- You feel anxious more than at peace.
- You keep making excuses for their behavior.
- You chase validation from someone who keeps hurting you.
- You feel like you're addicted to the highs and devastated by the lows.
- You have trouble letting go, even when you know it's unhealthy.
- You feel guilt, shame, or fear about setting boundaries or walking away.
- You're hoping they'll change or see your worth "someday."



Reflective JOURNAL PROMPTS:

1. When did I first start tolerating inconsistency as normal?

2. How do I feel in my body when this person ignores or abandons me?

3. What fantasy am I holding onto about who they could be?



Breakup to Breakthrough

ROAD MAP

1. Name the Truth

Be radically honest about how this relationship is hurting you. Awareness is the first step to freedom.

2. Create Distance

Cut the cords that keep you energetically connected. Space is sacred, it protects your healing.

3. Prepare for the Withdrawal

Trauma bonds mimic addiction. Ride the waves with grounding tools, not reattachment.

4. Feel + Release

Let it move through you, journal, cry, shake, scream. Expression is liberation.

5. Return to Your Body

Reconnect through breath, movement, and nature. Your body is your anchor.

6. Redefine Your Standards

Set boundaries that reflect your healing. Let pain teach you what you truly deserve.





Nervous System

HEALING TOOLS:

- **Vagal Breathing:** Inhale for 4, hold for 4, exhale for 8 (repeat 5x).
- **Shake it out:** Trauma is stored in the body. Shake your arms/legs.
- **EFT Tapping:** Tap on meridian points while repeating: "I am safe to let go."
- **Soothing Mantras:**
 1. "If it costs me my peace, it's not worth it."
 2. "I release the need to be chosen by someone who doesn't choose me."
 3. "I am reclaiming my energy now."



Invitation to Join The Sacred Alchemy of Love & Liberation Course

This a self-paced healing journey designed to help you break free from karmic patterns, rewrite your story, and call in conscious love. Through guided meditations, soulwork, video lessons, and spiritual tools, you'll learn how to release what no longer serves and embody the version of you who knows their worth, their truth, and their sacred standards.

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