



Relationship Trauma

UNDERSTANDING • HEALING • REBUILDING • MOVING FORWARD

You Are Not Alone.
HEALING IS POSSIBLE.

What Is Relationship Trauma?

Relationship trauma occurs when a person experiences harm, betrayal, manipulation, or ongoing emotional pain within a significant relationship. It can happen in romantic relationships, family relationships, friendships, or other close connections. When trust, safety, and emotional security are repeatedly violated, it can have a deep and lasting impact on your emotional, physical, and psychological well-being.

It Can Impact Many Areas of Your Life



Emotional Well-Being

Anxiety, sadness, anger, numbness



Mental Health

Depression, PTSD, difficulty trusting



Self-Esteem & Identity

Feeling "not enough," loss of self



Relationships

Fear of rejection, difficulty connecting



Sense of Safety & Trust

Feeling unsafe, hypervigilant, always on edge

Common Examples

- Emotional abuse or manipulation
- Betrayal or infidelity
- Gaslighting or deception
- Controlling or possessive behavior
- Chronic criticism or humiliation
- Inconsistent affection or rejection
- Boundary violations
- Abandonment or sudden loss
- Neglect or lack of emotional support

Signs You May Be Experiencing Relationship Trauma

- Anxiety, fear, or constant worry
- Difficulty trusting others
- Feeling "on edge" or hypervigilant
- People-pleasing or ignoring your own needs
- Difficulty setting or maintaining boundaries
- Confusion, self-blame, or questioning your reality
- Emotional numbness or feeling disconnected
- Difficulty in relationships, even safe ones
- Changes in sleep, appetite, or concentration
- Feeling like you've lost yourself

The Healing Process

1

Acknowledge

Recognize what happened. It was real, and it mattered.

2

Process

Explore and safely express your emotions.

3

Rebuild Safety

Calm your nervous system and create a sense of safety in your life.

4

Restore Self-Trust

Reconnect with your values, boundaries, and inner voice.

5

Move Forward

Create a life aligned with who you are and what you deserve.

Strategies for Healing



Practice Self-Compassion

Be kind to yourself. Healing is not linear.



Regulate Your Nervous System

Use grounding, breath work, mindfulness, or time in nature.



Process Your Emotions

Journal, talk with a trusted support, or work with a therapist.



Set and Maintain Boundaries

Protect your emotional well-being and honor your needs.



Challenge Harmful Beliefs

You are not to blame. Your feelings are valid.



Reconnect With What Brings You Joy

Engage in activities, relationships, and values that help you feel like yourself again.

Reflection Worksheet

What am I feeling most right now?

What patterns do I notice in my past or current relationships?

What do I need to feel safe and supported?

What boundaries will help me moving forward?

What does a healthy relationship look and feel like for me?

One small step I can take this week toward healing:

Remember

- What happened to you is not your fault.
- Your feelings are valid.
- It is possible to heal and trust again.
- You can create healthy, safe, and fulfilling relationships.
- Healing is about reclaiming your sense of self and building a life that feels aligned, authentic, and meaningful.

*"Healing is not about forgetting the past—
it's about creating a future where you feel safe, valued, and free to be yourself again."*



480-772-6965



www.ehtraumacounseling.com

Encouraging Hand Trauma Counseling, PLLC.

If experiencing a mental health emergency, dial 911 or 988 (or *988 where available).