

## Am I in a Trauma Bond?

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For the following exercise, take a moment to reflect on a relationship where your primary connection (past or present) seemed to be built on toxicity or an abuse cycle. Being compassionate with yourself and remaining curious and exploratory, answer “yes” or “no” for each of the following:

- Do you feel a strong emotional attachment to someone who has hurt or mistreated you?
- Do you make excuses for the person’s behavior or minimize the abuse?
- Do you feel a sense of fear or anxiety when you think about leaving the person or the situation?
- Do you feel a sense of hopelessness or helplessness in relation to the person or the situation?
- Do you feel a sense of shame or guilt about the abuse or the relationship?
- Do you feel like you are “walking on eggshells” around the person in order to avoid conflict or abuse?
- Do you feel like you have lost touch with your own needs and desires due to the person or the situation?
- Do you feel you have lost touch with your own needs and desires due to the person or the situation?
- Do you feel like you have lost touch with your own sense of self-worth in relation to the person or the situation?
- Do you feel like you have lost touch with your own sense of safety in relation to the person or the situation?

If you answered “yes” to four or more questions, it may be indicative of a trauma bond. It is important to note that this is not a substitute for a professional evaluation by a licensed therapist or counselor. They will be able to provide more in-depth assessment and support to help you process and overcome the potential trauma bond. It’s also important to note that trauma bonding is a complex phenomenon, and it is not always easy to identify, and professional help is always recommended.