

# TRAUMA BONDS



## TRAUMA BONDS STRENGTHEN WHEN . . .

1. trauma cycles are repeated
2. the victim believes in his or her uniqueness
3. the victim mistakes intensity for intimacy
4. the trauma endures over time
5. there are increasing amounts of fear
6. the fear-induced neurochemical reactions occur earlier in life and affect the organic development of the brain
7. the trauma is preceded by earlier victimization
8. the victim is surrounded by reactivity and extreme responses
9. the betrayal of power relationships is greater
10. the betrayal of trusted relationships is greater

## TRAUMA BONDS ARE *DISRUPTED* WHEN . . .

1. healthy bonds are available
2. a group or community can debrief or re-role the victim
3. the victim can identify
  - (a) cycles of abuse
  - (b) roles of victim, victimizer, and rescuer
4. the victim learns
  - (a) how to psychologically distance from intensity
  - (b) boundary-setting strategies
5. metaphors (images) exist for the victim to use in the moment
6. the victim can reframe interactions of trauma
7. the victim understands the role of carried shame
8. the victim accepts trauma bond's systematic nature (avoiding blame)