

25 Signs of Trauma Bonding

1. Trauma bonding covers up and excuses abuse.
2. Trauma bonding isolates helpers from the victim.
3. Trauma bonding usually involves the victim blaming themselves.
4. People stay trauma bonded because they fear they won't land on their feet.
5. Trauma bond victims don't leave because they keep waiting for things to get better.
6. Trauma bond victims give their abusers the benefit of the doubt--just in case.
7. Trauma bond victims stay for even the smallest love and attention.
8. Trauma bond victims feel too trapped to leave.
9. Trauma bond victims likely have physical issues stemming from the trauma.
10. Trauma bonded victims have trouble trusting their own instincts anymore.
11. Trauma bond victims lose their motivation.
12. Trauma bond victims easily accept the blame because it is easier than defending themselves.
13. Trauma bond victims are afraid to say no.
14. Trauma bond victims are very careful to not "out their abuser" because they will end up paying for it.
15. Trauma bond victims give the relationship everything they've got and it's still not enough.
16. Trauma bond victims almost always put their abuser's needs above their own.
17. Trauma bond victims make their friends and family think everything is fine.
18. Trauma bond victims feel invisible.
19. Trauma bond victims have panic attacks.
20. Trauma bond victims have nightmares.
21. Trauma bond victims may have symptoms of PTSD or C-PTSD.
22. Trauma bond victims are always trying to fix everything.
23. Trauma bond victims lose their sense of reality.
24. Trauma bond victims are afraid to criticize their abuser.
25. Trauma bond victims have great sympathy for their abusers.

