

How Quickly Can a Trauma Bond Form?

RELATIONSHIP	DAYS	WEEKS	MONTHS	YEARS
Intimate/Couples				
Parent/Other Guardian				
New Friend				
Teacher				
Co-worker				
Leader/Boss/Manager				
New Neighbor				

No trauma bond relationship is set in stone. Depending on the people involved and mannerisms/reactions, the trauma bond can form as quickly as indicated above, or in unusual circumstances that lead to differing relationship issues. The duration does not necessarily last the whole time, but also depends on the emotional maturity of the victim, interest level of the abuser to continue the relationship, or help/healing that either party receives .