

Breaking the Bond as an Adult

- You must implement well-placed boundaries.
- Going no-contact is tricky but still could be necessary.
- You must recognize the signs of trauma bonding.
- You must break the trauma bond with the help of counselors, friends, etc.
- You must learn ways to become emotionally healthy.

How to Break a Trauma Bond With a Parent

Breaking the Bond Under 18 Years Old

- Must avoid feeling hopelessly trapped.
- Must discover ways you are trauma bonded.
- Find creative ways to break the trauma bond while still in the home.
- Possibly find ways to stay outside of the home.
- Grow in emotional health during and after the trauma bond.