

# HOW TO BREAK A TRAUMA BOND IN 11 STEPS

1. Recognize where your trauma bond came from.
2. Realize the depth of your trauma bond.
3. Realize that breaking a trauma bond is an uphill battle.
4. Don't blame yourself for where you are at in the healing process.
5. Confide in a couple of trusted friends.
6. Find a counselor who is experienced in narcissism, codependency, and trauma.
7. Read everything you can find about trauma bonding, narcissism, and codependency.
8. Make sure you are safe as you get ready to leave.
9. Go no contact if possible.
10. Replace unhealthy patterns with new healthy habits.
11. Realize a trauma bond doesn't heal on its own.

