

I'm not a bot





























Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You must have to comply with the license elements of the public domain waiver your use is permitted. No warranty The license may not give you all the permissions necessary for your intended use. For example, your rights such as publicity, privacy, or moral rights may limit how you use the material. Trauma bonding is the attachment an abused person feels for their abuser, specifically in a relationship with a cyclical pattern of abuse. Contrary to the widely popularized use of the term, trauma bonding does not mean the two people are bonding over shared trauma. A true trauma bond is created due to a cycle of abuse and positive reinforcement. After each circumstance of abuse, the abuser professes love, regret, and otherwise tries to make the relationship feel safe and needed for the abused person. Ivy Kwong LMFT, a therapist who specializes in healing trauma explains, "A trauma bond develops in relationships where there is a power imbalance and a cycle of reward and punishment. The abuser is in a position of power over the person being abused and alternates between hurting and soothing them." Trauma bonding is one reason that leaving an abusive situation can feel confusing and overwhelming. It involves positive and/or loving feelings for an abuser, making the abused person feel attached to and dependent on the abuser. undervivuals / Getty Images Because not all abusive situations result in trauma bonding, you may be unsure if this term applies to you. So, what are signs of trauma bonding? They include the following: An abuse victim covers up or makes excuses to others for an abuser's behaviorAn abuse victim lies to friends or family about the abuseA victim doesn't feel comfortable with or able to leave the abusive situationAn abuse victim thinks the abuser is their faultThe abuse follows a cycle (i.e., the abuser tries to make up for an abusive incident)The abuser promises they'll change but they never doThe abuser controls the victim (i.e., manipulation or gaslighting)The abuser isolates the victim from friends and familyThe abuser gets friends and family on their sideThe victim continues to trust the abuser You may have heard of the seven stages of trauma bonding. Though each trauma bond is unique, they often involve a version of the common patterns listed below: Denial of the abuseTrust in the abuserManipulationResignationLove bombing (where a person overwhelms the victim with an excessive display of affection) They might seem like extravagant displays of affection, but they're all you get from the abuser. Psychologists note that narcissists and sociopaths may engage in love bombing to gain the other person's trust. An abuser may perform specific actions in order to be considered trustworthy. If you doubt their trustworthiness, they'll make you become offended though you would doubt them in the first place. An abuser often criticizes the victim to the point where the victim even blames themselves. In many cases, the victim comes to believe they deserve the criticism even when they've done nothing wrong. Abusers defend their own behavior by manipulating their victims. When a victim tries to speak out against unfair treatment, the abuser might gaslight them by saying, "You're imagining it," or "You're exaggerating." They may even convince the victim that the abuse is normal and there's nothing wrong with it. Often known as the fawn response to trauma, after repeated incidents of abuse, a victim often resigns to going along with the abusive behavior. They acquiesce to what the abuser wants. The fawn response is often referred to as people-pleasing. However, it's also a coping mechanism for survival. A victim experiences severe psychological distress as a result of abuse; unfortunately, during this stage, they may also experience emotional numbness, feeling as though they've lost who they are, withdrawing from people and activities, and even suicidal ideation. Unfortunately, the cycle of abuse is characterized by its repetition. After an abusive incident, an abuser often begins the stages of trauma bonding all over again by love bombing the victim and regaining their trust. The victim may make excuses for the abuser's behavior. Things may seem like they're returning to "normal," until another incident of abuse occurs. The cycle of abuse can be broken. Though it may seem impossible at times, many people go on to end abusive relationships and find safety in healthy relationships. Trauma bonding can occur in any situation of abuse, no matter how long or short an amount of time it lasts. That said, it is most likely to happen in a situation where the abuser makes a point of expressing love to the person they are abusing, and when they act as if the abuse will not happen again and the impact that it has. This combination of praise and positive reinforcement that creates the trauma bond is the abused that the abuser doesn't all there. There are many types of abusive situations in which trauma bonding can occur and emotional attachments are common in abusive situations. Trauma bonds are nothing to be ashamed of, as they result from our brains looking for survival methods. Also referred to as paradoxical attachment, this phenomenon can occur due to a wide variety of situations. Here are the most common ones: It may be difficult to understand how someone in such a terrible situation like one of the above could have feelings of love, dependence, or concern for the person or people abusing them. While you may not understand it if you've never been in a situation yourself that involved cyclical abuse, it's pretty straightforward. The bond forms out of the basic human need for attachment as a means of survival. From there, an abuse victim may become dependent on their abuser. Add in a cycle in which an abuser promises never to repeat the abuse and gains the victim's trust repeatedly, and you have a complex emotional situation that affects even people who seem very emotionally strong. The following may make someone more susceptible to trauma bonding in abusive relationships: Attachment insecurityChildhood maltreatmentExposure to abusive relationships growing upLack of social supportLow self-esteem The largest and worst impact of trauma bonding is that the positive feelings developed for an abuser can lead a person to stay in an abusive situation. That can lead to continued abuse at best, and death at worst. Once separated from the abuser, someone who has trauma bonded to them may experience everything from continued trauma to low self-esteem. One study noted that the impact on self-esteem continued even six months after the separation from the abuser. Additionally, the after-effects of trauma bonding can include depression and anxiety. Experiencing trauma bonding may also increase the likelihood of an intergenerational cycle of abuse. "The person being abused may feel conflicting feelings like shame, love, self-blame, terror, relief, anxiety, gratitude, and fear towards the perpetrator. They often feel responsible for the feelings of the person who is hurting them and may try to understand the abuser's behavior. Therapy is needed to help with recovery, but your experience with trauma bonding might be one where therapy alone won't work. You may also go through something with others who are also going through something similar, but you may not need to do the first step, or you may have done it. Beyond that, all of the remaining steps can be helpful and useful for anyone who has been on the abused side of a trauma-bonded relationship." The first step in healing from trauma bonding is naming it. By acknowledging it exists and being open to breaking the cycle, you are taking a huge step forward toward your healing and freedom," says Kwong. If you are currently in an abusive situation, you should leave it when you have created a safety plan. This involves having somewhere safe to go with support. You don't need to figure it out all on your own. There are many support hotlines available that can help you and that offer 24/7 counseling over the phone or the internet. The National Domestic Violence Support Hotline and Childhelp National Child Abuse Hotline are two examples. Therapy is an incredible tool for helping people move past trauma. It can not only help you move through the complex and difficult emotions you're experiencing after leaving an abusive situation, but it can also enable you to make different choices in the future. It can also help you see warning signs of abuse so that you don't end up in an abusive situation again. There are many different types of therapy, with trauma therapy always being a top choice for people who have experienced trauma such as abuse. One significant impact of abusive situations is that they can lower your self-esteem. Being made to be dependent on an abuser, being spoken down to by one, and simply the act of being abused wreaks havoc on a person's self-esteem. Speaking kindly to yourself and doing your best to believe that the abusive situation wasn't your fault are helpful tools to break your bond from your abuser(s). Additionally, making a point to be kind to yourself through acts of self-care can also facilitate your healing. Putting yourself in situations where your actions are the reason you feel good can reinforce the idea that you don't need someone else to make you feel OK. You have autonomy, and the more you remind yourself of that through loving and understanding therapist, counselor, or support group can help someone work through this. It may help to find a therapist who has experience with trauma and abuse survivors. A therapist can provide a safe space to talk about all thoughts, feelings, and experiences. They can also identify and treat conditions that may develop as a result of abuse, such as post-traumatic stress disorder, known as PTSD.Support groups offer a safe space to share your experiences with others who understand. This can help a person feel less alone and remind them that there are others who care. People in support groups may also share tips on coping and staying safe, and provide other practical advice about moving on from an abusive situation.If a person develops an anxiety disorder or depression as a result of abuse, medications may help relieve some of the symptoms. Anyone interested in discussing this option with a doctor.For anyone who may have developed a trauma bond, relief is available. Many organizations provide emotional support and advice about staying safe, both during the abuse and afterward. Examples include:Abuse can escalate over time if someone exhibits, for example, a few signs of abusive behavior at the beginning of a relationship, it is still important to be aware of the available resources.Trauma bonding occurs when a person experiencing abuse develops an unhealthy attachment to their abuser. They may rationalize or defend the abusive actions, feel a sense of loyalty, isolate from others, and hope that the abuser's behavior will change.Breaking a trauma bond and recovering can be a long journey, and recognizing the true nature of the bond is an important first step. Trusted family members, friends, other survivors, counselors, support services, and therapists can all help a person heal.Mental healthPsychology / PsychiatryMedical News Today has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.If you've come across the term trauma bonding, you may have done a double take and thought, "It was something else maybe it simply refers to two people bonding over a difficult or painful experience.But the term is in reference to a connection that can appear in abusive relationships, according to 2018 research by psychologists. Trauma bonding is a complex phenomenon that occurs when a person experiences abuse from a friend or family member, and then finds themselves separating from an abusive relationship and finding ways to heal. Registered psychotherapist Natacha Duke, MA, REP, helps explain what trauma bonding really is and the signs to look out for:What is trauma bonding?Trauma bonding is when a person who is or has been abused feels a connection to their abuser. And this connection is based on the abuse that the person has or is enduring whether emotional or physical.It may be surprising to hear that you can develop a bond with someone who treats you poorly, but this is why the cycle of abuse is an important puzzle piece. The cycle of abuse can create a false sense of safety during the reconciliation and calm phase (more on that in a moment). As Duke explains, this is why a person being abused will cling onto those moments of peace, even when they go away. This cycle is often what elicits feelings of attachment, says Duke. And the feelings similar to a bond happen toward the abuser or perpetrator.Trauma bonding is an important concept to understand when helping people who've experienced abuse. This is because one of the most challenging things about experiencing an abusive relationship is how it brings up complicated, mixed feelings.Trauma bondings role in the cycle of abuseWhen it comes to the cycle of abuse, trauma bonding plays a parallel role in it.The cycle of abuse is a concept that explains the cyclical nature of an abusive relationship and the phases it goes through.Heres how trauma bonding fits and fits into the cycle of abuse:Tension building. During the first stage, theres tension, anger or stress thats silently growing between the abuser and the abused. This often starts with internal turmoil the abuser is experiencing, and theyll start to project their own tensions onto the other person.The incident of violence or harm. This is when an incident of violence occurs. This can be either a physical or emotional incident that includes actions like yelling, throwing things, calling someone names or threatening harm. This is the stage where the abuse is the most visible and one or both parties might threaten to end the relationship or even leave the relationship, but the abuser doesnt actually do so. The abuser may choose to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship, this will often look like the abuser buying gifts or being overly kind to make up for their previous behavior. This further strengthens the trauma bond, as the person experiencing abuse also experiences a dopamine release when the abuse momentarily subsides. When were experiencing abuse or neglect, or manipulation, all our brain wants is to escape from the situation. And what normally happens in the cycle of an abusive or toxic relationship or situation is that there is some relief, explains Duke.Calm. Finally, theres the calm stage. While this stage is the one where the abusive relationship is essentially in neutral mode, its also creating the groundwork for the next cycle of abuse to begin when tensions can be building. This is also the phase where both the abuser and the person experiencing abuse will make up justifications for toxic behavior.As Duke further explains, an abusive relationship creates a push and pull between extremely painful events and periods of kindness, reconciliation and calm. And there lies the role of the trauma bond, disguised as a genuine connection.Can trauma bonding happen in non-romantic relationships?Trauma bonding can happen in any type of relationship that involves a power imbalance. This includes child abuse, where the child wants an emotional attachment to their parent and feels a bond, but also experiences abuse, creating a cycle. The child really wants relief from the abuse and an emotional attachment with their parent or guardian, Duke notes.The same can even occur in organizations like fraternities and sororities, where there may be abusive behavior muffled by periods of fun events and rewards, leading to a trauma bond between fraternity members and their leaders.Trauma bonding also plays a big role in cases of Stockholm syndrome where, over time, a bond is developed between kidnappers and their captors. There are many famous cases where the victims had a chance to escape but didnt because they came to have this trauma bond with the captor, states Duke.What are the signs of trauma bonding?Denial of the abuseA clear sign of emotional trauma bonding is denial. This is when the person experiencing abuse chooses to ignore an obvious red flag, but its the way that the conflict is happening. Its the pattern. Duke continues. To determine whether a relationship is healthy, she suggests looking at the way conflict is handled, not just about what a healthy conflict. But in an abusive relationship,

Can you fix a trauma bond relationship. What is a trauma bond relationship. Trauma bond help. Trauma bond. Is trauma bond love.