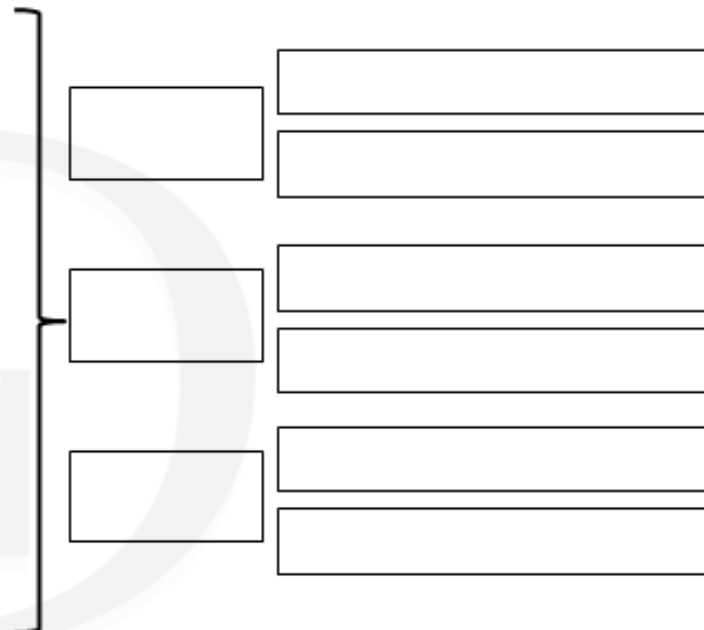


The Stages of a Trauma Bond

	It starts with intense affection, attention, and praise, making both feel special and deeply connected.
	A reliance on the partner as the primary or even only source of emotional validation and support.
	The onset of criticizing and manipulation; affection becomes conditional in order to “earn” love.
	A distortion of reality, making oneself question their perception, emotions, and self-worth, etc..
	Isolation from friends, family, etc., deepening the reliance on the partner for emotional or social needs.
	There are signs of remorse or affection (e.g., apologizing or being affectionate).
	The cycle of highs and lows becomes addictive, with hope for the return of “love bombing”...



Trauma Bond Relationship

Love Relationship



Stay out of a *Trauma Bond*!!

Self-Aware

Stay Positive

Pay Attention

Pace Yourself

Trust Yourself



**Know
Who I Am!**

**Tell My
New Story**

**Focus on
What Matters**

**Manage
The Pace**

**Have No
Fear**



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1st Month

Dates

Phone

Text/DM

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2nd Month

Dates

Phone

Text/DM

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3rd Month

Dates

Phone

Text/DM

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First Date Assessment

Not Good

Fair

Fantastic!

0

2

4

6

8

10

Total Her	#1 Jennifer/Doug	Total Him
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S	A	F	D	Attachment Style	S	A	F	D
E	N	F	J	Personality Type	E	N	F	J
I	S	T	P		I	S	T	P

Healthy Energy	<input type="checkbox"/>	<input type="checkbox"/>	Sincere Curiosity	<input type="checkbox"/>	<input type="checkbox"/>
Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	Explored Interests	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable	<input type="checkbox"/>	<input type="checkbox"/>	Talked Positively	<input type="checkbox"/>	<input type="checkbox"/>
Attentive Listener	<input type="checkbox"/>	<input type="checkbox"/>	Healed from Past	<input type="checkbox"/>	<input type="checkbox"/>
Assertive Talker	<input type="checkbox"/>	<input type="checkbox"/>	Open Minded	<input type="checkbox"/>	<input type="checkbox"/>

Total Her	#2 Rinnelle & Stanton	Total Him
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S	A	F	D	Attachment Style	S	A	F	D
E	N	F	J	Personality Type	E	N	F	J
I	S	T	P		I	S	T	P

Healthy Energy	<input type="checkbox"/>	<input type="checkbox"/>	Sincere Curiosity	<input type="checkbox"/>	<input type="checkbox"/>
Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	Explored Interests	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable	<input type="checkbox"/>	<input type="checkbox"/>	Talked Positively	<input type="checkbox"/>	<input type="checkbox"/>
Attentive Listener	<input type="checkbox"/>	<input type="checkbox"/>	Healed from Past	<input type="checkbox"/>	<input type="checkbox"/>
Assertive Talker	<input type="checkbox"/>	<input type="checkbox"/>	Open Minded	<input type="checkbox"/>	<input type="checkbox"/>

Total Her	#3 Stephanie & Nelson	Total Him
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S	A	F	D	Attachment Style	S	A	F	D
E	N	F	J	Personality Type	E	N	F	J
I	S	T	P		I	S	T	P

Healthy Energy	<input type="checkbox"/>	<input type="checkbox"/>	Sincere Curiosity	<input type="checkbox"/>	<input type="checkbox"/>
Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	Explored Interests	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable	<input type="checkbox"/>	<input type="checkbox"/>	Talked Positively	<input type="checkbox"/>	<input type="checkbox"/>
Attentive Listener	<input type="checkbox"/>	<input type="checkbox"/>	Healed from Past	<input type="checkbox"/>	<input type="checkbox"/>
Assertive Talker	<input type="checkbox"/>	<input type="checkbox"/>	Open Minded	<input type="checkbox"/>	<input type="checkbox"/>

Total Her	#4 Caroline & Mowbray	Total Him
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S	A	F	D	Attachment Style	S	A	F	D
E	N	F	J	Personality Type	E	N	F	J
I	S	T	P		I	S	T	P

Healthy Energy	<input type="checkbox"/>	<input type="checkbox"/>	Sincere Curiosity	<input type="checkbox"/>	<input type="checkbox"/>
Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	Explored Interests	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable	<input type="checkbox"/>	<input type="checkbox"/>	Talked Positively	<input type="checkbox"/>	<input type="checkbox"/>
Attentive Listener	<input type="checkbox"/>	<input type="checkbox"/>	Healed from Past	<input type="checkbox"/>	<input type="checkbox"/>
Assertive Talker	<input type="checkbox"/>	<input type="checkbox"/>	Open Minded	<input type="checkbox"/>	<input type="checkbox"/>