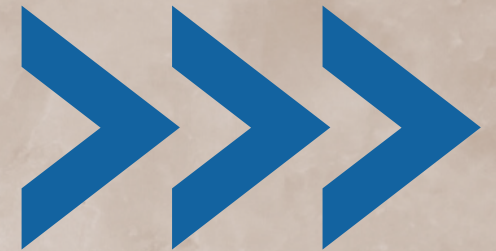
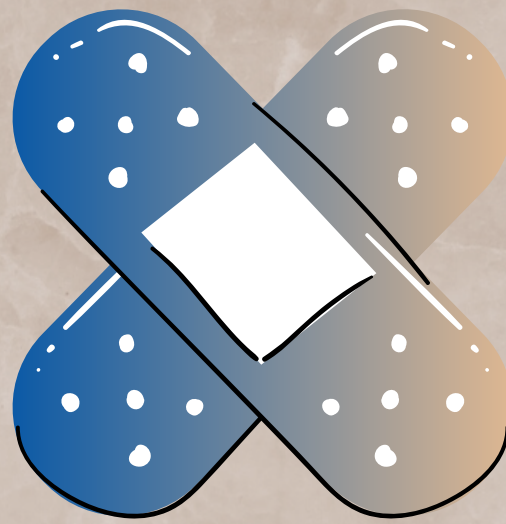




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TRAUMA BONDING & HOW TO IDENTIFY IT

If you have been in an abusive situation of any sort, you may have experienced trauma bonding. This is nothing to be ashamed of or feel guilt towards. It's a natural response to trauma, and there is help available for you.

This project was supported by Grant No. 15JOVW-21-GG-00801_RURA awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice



Trauma Bonding

Trauma bonding is a type of attachment that one can feel toward someone who is causing them trauma. It occurs because of cycles of abuse followed by intermittent love or reward. This treatment creates an emotional bond that is extremely difficult to break. People often don't realize they are in a trauma bond while others outside of the relationship can see its destructive patterns.





7 Stages of Trauma Bonding



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1 LOVE BOMBING

When a person overwhelms you with grand displays of affection.

2 GAINING TRUST

When a person performs actions to seem trustworthy.

3 CRITICISM

When a person criticizes another to the point where the victim blames themselves.

4 MANIPULATION

Abusers defend their own behavior by manipulating or gaslighting a victim.

5 RESIGNATION

AKA "Fawn Response," when a victim begins to go along with the abusive behavior, appeasing the abuser

6 DISTRESS

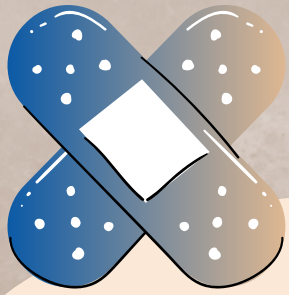
When a victim experiences severe psychological distress. They may also experience emotional numbness, feeling lost, withdrawal, and even suicidal ideation.

7 REPETITION

The cycle of abuse repeats.

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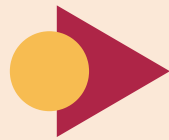




How to Break the Bond



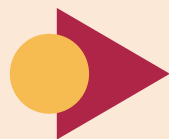
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Plan for Safety



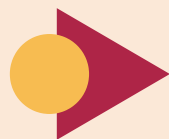
**Contact your local
advocacy center**



**Contact a
Counselor**



Seek Legal Help



**Attend a Peer or
Support Group**



**Build a Support
System**



**Protect your
Privacy**



**Make an Escape
Plan**

REACH OUT FOR HELP TODAY

IDAHO LEGAL AID SERVICES, INC.

Domestic Violence Advice Line

(208) 746-7541

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