



Trauma Bond Test

Do you find yourself repeatedly getting into abusive or damaging relationships? Perhaps you are in a trauma cycle. Here are some things you might do if you have a tendency to trust those who are exploitive, abusive or dangerous.

- I have recurring memories of painful experiences.
- I deny myself basic needs at times, like groceries, shoes, books, medical care.
- I engage in high-risk behaviors.
- I remain a “team” member when obviously things are becoming destructive.
- I spend much time performing underachieving jobs.
- I go overboard to help people who have been destructive.
- I feel sexual when someone is “nice” to me.
- I live a “double life.”
- I try to “slow down” my mind.
- I am attracted to untrustworthy people.

If checked more than three of these questions, you probably are feeling the after-effects of an exploitative relationship in your past and you might be duplicating patterns in your present life. It takes a lot of courage to break the cycle and walk in freedom.

Trauma Counseling Sabbaticals are the answer for walking free from trauma bond relationships.