

Breaking Trauma Bonds –Healing from Toxic Relationships for Good

Introduction

Welcome and congratulations of your wise and bold decision to complete this module. I'm EXCITED that you decided to honor yourself heart and soul.

I know you're seeking a loving, supportive, happy, healthy relationship with someone you trust.

Someone who will love you for you. Who will take good loving care of you in the way you deserve to be cared for. Someone who will bring out the best in you, inspire you, challenge you to grow, catch you when you fall, always have your back, and make your heart race and your yoni wet without even touching you.

That's the man you desire, but the truth of your relationships has been something quite different. Although they seem to start off with explosive chemistry they quickly turn to drama and disconnect and a roller coaster of highs and lows which leave you in mass confusion and compromise.

If you're here it's because you're either recently out of, getting out of, or moving on from a toxic destructive relationship and you don't want a re-repeat. It's likely this your last toxic relationship wasn't your first one, although it may well have been your worst.

You know in your heart you deserve better, and yet you struggle to find the kind of man who puts an end to this pattern. You're wondering if he even exists. Instead you attract men on the narcissism spectrum, and you end up in drama and conflict, feeling insecure, unappreciated, and entangled in gut churning dysfunction that's slowly been destroying your peace of mind and eroding your faith in love and in yourself.

And you're wondering if you'll ever find the kind of love that you crave.

Well I can tell you that you absolutely will. And that by showing up for yourself and committing to working through this module is the first step to finding your greatest love as well as loving and honoring yourself in the process.

This work will help you take back your power and get back in control of your emotions and destiny by consciously choosing to end the pattern of toxic relationships and by making a new agreement with yourself that will change the course of your future forever.

You've suffered enough. You've been through one heart break too many and it's time to break the bonds once and for all between you every painful relationship you've ever had.

And to shut the door on painful, traumatic and unsatisfying love, so that you can heal your heart and create the space and alignment for fresh new high frequency love to flow into your life.

This module will include teachings and exercises that when followed with faith and trust will create healing and change, not just in your heart but in your energetic field. It will also help you dissolve the ancestral patterns and relationship burdens that you've been carrying from one relationship to the next.

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There are THREE key aspects that will take you on a journey of deep discovery and knowledge that will change the way you show up in your relationships and change the energy that you attract into your life. The 3 lessons are:

1. What Are Trauma Bonds
2. How To Break The Bond
3. Your New Relationship Agreements

If you want to break the bond to pain for good you **MUST** be willing to commit to this practice. The part of you that wants to keep you safe and stuck in the pattern will try to sabotage your progress if you let it. Mapping out time to complete this module and affirming your willingness to do what it takes to end the pattern sends a clear message to your subconscious that this time you mean business.

You're **DONE** with this pattern.

Now take a moment to really let yourself get excited at the journey we're about to embark on. You need this, you're ready for it, you're going to get what you need and shift this pattern you've been trying to solve for years. Awesome, right!

Trust that you're in the right place, on the right path, ok, let's go!

All my love,



Dawn

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Start from where you are.

This module is designed to help you get over, move on from and break the cycle of a toxic relationships which are incredibly destructive to our mental, emotional physical and spiritual well-being.

If you've ever been in a toxic relationship, or two, (maybe more) know that you're not alone, and that it's not your fault. It is however your responsibility to do something about it so that it NEVER HAPPENS AGAIN.

More than once is always a pattern, and toxic relationships have a habit of repeating. You're going to discover why you became so entangled in a toxic relationship in the first place and get armed with the solution to getting out and staying out, for good.

You'll also discover why you stayed long after you knew you should leave, and why when you knew it was no good for you, you kept going back for more.

1. What is a trauma bond and do I have one?

Trauma bonds are deep rooted subconscious attachments that we form to destructive people and intimate relationships which involve a dramatic roller coaster cycle of highs and lows and devastating emotional (and sometimes physical) pain, anguish and confusion, all in the name of love.

We think its love; we call it love, soul mate love even, because it typically starts out as a very intense connection. We quickly become hooked often into what is often a false and contrived sense of intimacy, oblivious to the real nature of the person we're in a relationship with. The intense feelings convince us that we're in love and we can believe we are addicted to the person, sometimes to the point that we think we can't live without them.

Trauma bonds flourish in relationships that are laden with intensity, complexity, inconsistency and never delivered promises or actualized potential. In fact, its these unmet promises and potential that keeps us holding on, time and again, long after we should've left.

We're convinced that one day everything we've been promised will happen, only it never does, and it never will, because the promises were empty words, designed to hook us into the relationship and keep us hooked in, regardless of how dire it becomes.

The cycle of a toxic relationship is specific. It's an inconsistency of love, followed by abuse, followed by love, followed by abuse, love, abuse.

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This cycle continually keeps us off balance which is precisely what forges the bond.

The cycle feeds into our deepest fear of abandonment, typically birthed from an original event in our early childhood (likely carried forward from a past life) that creates an association between love and trauma and sets the pattern in motion.

Women who form trauma bonds typically have experienced some form of violence, abuse, disconnect and/or abandonment from a harsh, alcoholic, absent or cold, domineering father.

The euphoric love hooks us into the relationship and creates a sense of security and validation, and then the abusive aspect triggers our fear that we can't survive without this person's love. And so rather than wanting to leave the relationship, we become fixated on getting back to the feelings of love in order that we can once again feel safe.

Because we're convinced that we need the person's love to survive, and when the abusive aspect of the cycle hits, we conclude that it must be our fault, that we must've done something to deserve or create this conflict and terrified that we won't be safe without the love, we take on the blame, trying to make things right, smooth things over, get the person back on side. Even when we have a conscious knowing that it's not really our fault, we feel compelled to fix things.

Trauma bonds thrive in relationships where inconsistency and lack of stability is a key element of the relationship, e.g. relationships with alcoholics, addicts, narcissists, serial cheaters, abusers.

The confusion stems from our forming the belief that the experience we had with our father was somehow our fault and that his coldness or absence for example, was in response to our lack of worth and our being undeserving of his protection and provision.

Harsh conditioning and fractured relationships with our parents growing up makes us vulnerable to trauma bonding because we subconsciously try to recreate the negative patterns we learned from our parents, hook our psyche into the illusion that we are unworthy of being loved.

And on a physical level if we learned to equate love with an ongoing feeling of trauma, then our body having experienced the chemicals of adrenalin and cortisol from the fear and then dopamine from being loved has already established this patterning and so when we experience it in a relationship it feels familiar.

But, ask yourself:

Where did this trauma bond first begin?

Was it really my fault, could a small child really be responsible for a parent's shortcomings and lack?

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Can I let myself see and acknowledge the wound without continuing to live my life through it?

Do I really agree to keep attracting the same experience from the same kind of man?

It's the familiarity of the feeling and energy pattern that keeps us accepting the relationship, even when we consciously know that we're better off without the person.

We continue to believe that we are powerless to move on and just can't seem to forget about them. We find ourselves constantly day dreaming about them, wondering what they're doing and if they're thinking about us.

We think about what it would be like if things were different, if we'd been different, and we obsess about them meeting someone else and sharing that same intensity.

No matter how badly they treated us, (and often the worse the treatment the stronger the bond) we still find ourselves missing them. Everything in us is screaming at us to move on, but we just can't seem to let go.

And that's because once the trauma bond has been created the abusive person seems to be the only one who can fill the need. And no matter what others say, or what alternatives you're given, it feels like only the abuser can fill the hole and create the euphoric arousal that you've mistakenly taken for love.

The Three levels of trauma bonds.

Trauma bonds form at 3 levels; mental, emotional AND physical, which is **why they can so hard to break.**

Mental: we become mentally blinded, as we consistently over analyse and think about the person on a loop, our mind becomes stuck in repetitive thought patterns that play over and over. We then become mentally addicted to these thought processes and we just can't seem to switch our thoughts off.

Emotional: we become emotionally addicted to the extreme feelings we get from the relationship. The intense initial stages set the scene; we think we've found the one, our twin flame. But the euphoria doesn't last and before long the first crisis hits, often out of nowhere it seems. And now we find ourselves on the emotional roller coaster of confusion, fear, anxiety and stress. We don't know how it got to this; all we know is that we just want to get back to the good feelings. Which when they come are once again intense but fleeting, as we now begin to flit between feeling hurt and happy.

Physical; we become chemically addicted to the extreme stress or emotional trauma. Our body releases various chemicals in times of intense love and intense stress which our body becomes addicted to. For example, under emotional stress our bodies release adrenalin and cortisol hormones. And then, when we come back to the intense making up or feeling loved stage, our

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body releases dopamine. This release of chemicals becomes a pattern that the body recognises and then relies on.

So how do you know if you have a trauma bond?

In the table below are some key tell-tale signs. Go through the list and mark with an X every statement that you resonate with, if you have more examples you can add your own.

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Trauma Bond Pattern	Yes, I Resonate
You are currently in or have recently left an abusive relationship.	
Your partner/ex is verbally abusive and says hurtful, offensive words to you and about you.	
Your partner/ex gas-lights, sets you up, destroys your inner peace	
You partner/ex lies, ignores, accuses you of things they are themselves doing.	
You repeatedly have nasty fights.	
You've separated from your partner more than once, and keep coming back together.	
You've tried more than once to leave the relationship for good but keep getting sucked back in and you don't know why.	
Even when the relationship has ended you find yourself obsessing over it. You think about them constantly and can't shift your thoughts away from them and what they're doing.	
You often feel like you don't even like the person and yet you can't break free from them.	
The person tells you repeatedly that they're going to change and yet they never do.	
You stay in the relationship long after you know you should've left but feel powerless to make the move.	
You make excuses for the person's behaviour but you know deep inside that you're lying to yourself.	
You keep forgiving the same bad behaviour that you don't even find that bad anymore.	
Your emotions are up and down like a roller coaster.	
Friends and family are concerned and keep trying to convince you to leave.	
You keep thinking it's something that you're doing or not doing and you try to modify your behaviour but nothing changes.	
Nothing you do is ever good enough, no matter how hard you try.	
You don't trust your partner and suspect they're lying to you.	
Your partner has already cheated on you but you still stay.	
You feel sick in the stomach, confused, scattered, lost.	
You're partner/ex put little to no effort into the relationship.	
You're attracted to broken or dysfunctional people with drug addictions, criminal present or past etc.	

You'll be able to gauge from the above table whether you have a trauma bond, and if so, now you have the answer as to what's really keeping you stuck to the person, you're trying to break free from.

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Congratulations! Acknowledgment is the first step to breaking the cycle. Take a moment to feel into the relief and power that comes from this knowing. You're well on the path to breaking the bonds for good.

It's important that you allow this acknowledgement and knowing to sink into your conscious awareness. What we don't own, owns us. And until we make the unconscious conscious, we will remain attached to it.

2. Breaking the trauma bond.

Acknowledgement is the first step, but the key to breaking trauma bonds is to discover the lies that underpin them and the fantasy that the relationship is built upon.

Because the relationship starts out with fierce intensity and potential, and because we're so distracted by and caught up in the cycle, we can quickly lose sight of the reality of the relationship.

We can struggle to decipher what's real and what's not. And over time convince ourselves that the fantasy of the relationship is real, and that the abuse or conflict isn't actually that bad.

We need to get REAL. And we need to stay REAL.

The fantasy and our believing in the unrealised promises and potential are what keep us from breaking the bond. Truth is the key that unlocks the chains. If we're going to be free of this relationship AND the repeating cycle, and as a result find ourselves in the loving, happy, healthy trauma free relationship we deserve, then we MUST be willing to get to the truth.

So, what does that involve?

Firstly you must call out and truly see the bad behaviours of your ex/partner, allowing yourself to see them for who they truly are, right now, in this moment. Meaning, you see them **not as who you think they are, not as who they told you were, not as who you hope they can be, but as who they are NOW.**

To help you get real on the relationship go through the table and list the negative traits of your partner/ex - again if you have other examples you can add your own. Be real with yourself when completely this exercise. No excuses, no maybes, no ifs and buts, get honest with yourself.

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EX/PARTNER NEGATIVE TRAITS / RELATIONSHIP REALITY	
Doesn't make me happy	
I often think he's boring	
Smokes/drinks and doesn't/won't quit	
Swears too much	
Is lazy, rarely does anything for me	
Can be verbally abusive	
Angers easily	
Doesn't act loving towards me	
Is too old fashioned/conservative/judgemental	
Doesn't emotionally or spiritually connect with me	
Doesn't have fun with me	
Doesn't laugh with me	
Doesn't support or encourage me	
Doesn't believe in me	
Doesn't like the things I like	
Doesn't have anything in common with me	
Is secretive	
Lies and hides things from me	
Isn't physically attractive to me/or attracted to me	
Doesn't initiate intimacy	
Doesn't help me around the house	
Doesn't make an effort with my friends/life	
Flirts with other women	
Steals/takes from me	
Messages other women	
Is controlling and dominating	
Disappears for hours/days without contact	
Has an addiction he can't control	
Can easily make me cry	
Never apologizes	
Is passive aggressive	
Sulks when he doesn't get his own way	
Calls me horrible names	
Can be physically abusive, pushing, hitting	
Always puts himself first	
Is rude to my family/friends	
Gaslights me	

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Take a good look at the above negative traits of this relationship and see the reality of what you've been stuck in and what you were holding onto.

Is this really the kind of relationship you want?

When you get real and examine your feelings, you'll see that you don't actually love this person, they don't make you happy and you don't trust them. You more often than not don't even like them, you often have little to nothing in common, and their behaviour is downright unpleasant, bad, rude and totally unacceptable to you.

With clear eyes you can see that it isn't actually love, but a bonding from trauma you're your conditioning.

Fantasy is the glue that keeps the bond intact and so now that you've seen the negative traits of the relationship its times to discover and call out each and every fantasy you have around the person in order that you can counterbalance it with the power of TRUTH.

Below record your personal fantasy statements you have/had around the relationship:

Common fantasies include;

Fantasy: We were going to get married.

Reality: He's a serial cheater and can't be trusted.

Fantasy: We're going to have children one day and he'll be a great dad.

Reality: He doesn't really want kids and won't make a great dad; he'll be as selfish with his kids as he is with me.

Fantasy: He loves me.

Reality: He abuses me.

Fantasy: He's trying to change.

Reality: He has repeatedly said he would change and he never has.

Fantasy: He's admired and respected by others.

Reality: He's dishonest and pretends to be someone he isn't and he actually isn't respected by others

Fantasy: He's strong and masculine.

Reality: He's actually weak and controlling (which comes from lack of power) and he hurts instead of nurturing, protecting and providing which are key traits of the masculine.

Now continue to write out your own fantasies that you have about this person and the relationship.

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Fantasy:

Reality:

Fantasy:

Reality:

Fantasy:

Reality:

Fantasy:

Reality:

The more you get real the more the true picture of the person and relationship emerges and you can see exactly what you are letting go of.

Getting as real as you can protects you from falling back to the fantasy because it's the fantasy that we keep going back to. It's the fantasy that we keep convincing ourselves is real and will eventually happen. Only nothing ever changes because the fantasy isn't real.

3. New relationship agreements stop trauma bonds from forming.

So, you've broken the trauma bond with one person how do you stop it from happening with another? What allows a trauma bond to form in relationships is when we have very weak to no boundaries.

Boundaries protect us by creating a tight framework from which we operate in relationships. Boundaries honor our value and protect what is valuable to us. They keep the traumatic relationships out, and let the loving ones in.

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Boundaries keep us safe and respected because once we get clear on what our boundaries are, then when we catch the red flags which alert us that we are in danger of being violated, we act upon that information, and make a decision based on what is valuable to us.

Breaking through the denial and manipulation.

Ultimately you have to face (and keep facing) this truth: You are/were being abused. And yes, it is/was as bad as it seems. And no it wasn't your fault.

Call out all of your own excuses because what's true is there's no excuse for the behaviour, it doesn't matter that they are/were nice sometimes. Ted Bundy the handsome serial killer who confessed to killing 30 young women, was considered charming and even once worked on a suicide hotline, but that doesn't make him a catch.

Excuses I make for him.

E.g. He had a bad childhood, he's stressed at work, he has issues with his temper, he gets upset easily, he's gets angry because he cares.

Recognise, that maybe you loved him once but not anymore. What you're dealing with is a trauma bond, and that's not love. And he's dealing with it too, because he's also addicted to the cycle that's why he keeps coming back.

But unless he's doing the work to break his cycle, the relationship will never change. And many men who are caught in the cycle of trauma bonds lack the introspection to change.

See that you think you miss him, but that you want to go back, not because you believe him, not because you love him, not because he's the only one who understood you, **but because you are addicted to the cycle.**

You want the good chemicals to flood the brain again.

But that's like beating your head against a wall simply because you like the way it feels when you stop.

See where you're in denial and FEAR –

He breaks promises but you still believe him. DENIAL

You don't like him, but you want to stay. FEAR you won't find anyone else.

You know he's no good for you but you want to reconnect and reunite. DENIAL & FEAR

Make it your mission to now get fully aware of what's really going on and consciously decide to live in reality – confront your own denial, fears and illusions.

This person is not going to change no matter how much they promise.

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Face the cold hard truth, you don't really love them and they don't love you. You are bonded by trauma, and no matter how hard they say or how hard you pray, they can't be the person you want them to be.

Let yourself grieve for having lost something that was important to you, **BUT see that what you thought you had was never actually real.**

And remember; the relief you get from going back is **always** temporary. And the trauma always follows. That's the cycle.

What you need a long-term solution.

And for that you need to get present and live in real time. Get out of the fantasy and the what if-ing and get rooted into the now.

Live one day at a time and one choice, and one step at a time BUT always choose what is aligned with your values and what works in your best interest.

List out what's valuable to you in a relationship and see where this person is out of alignment with those values:

Relationship Values	I value	Was he aligned?
Connection		
Trust		
Truth		
Reliability		
Fun		
Compatibility		
Stability		
Security		
Laughter		
Success		
Equality		
Polarity		
Happiness		
Spontaneity		
Freedom		
Openness		
Intimacy		
Consideration		
Thoughtfulness		
Generosity		
Playfulness		

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Now, looking back at the negative traits, the fantasies and your relationship values, ask yourself, were you real about this relationship? What's the truth, what does reality say?

You have to practice self-control.

Strong boundaries need to be enforced, it's how we teach the other to respect to us and how we respect ourselves.

Creating boundaries re-enforce self-care. – don't blame others for not respecting the boundaries that you don't have. You need to take ownership.

YOU ARE NOT A POWERLESS VICTIM.

You are a sovereign being; you are not helpless. Create strong boundaries and decide what to do if/when he violates your boundaries and take that action.

Acknowledge your feelings.

It's normal – get them out. Write out all the fears and alchemise them.

Keep acknowledging the reality and calling out the fantasy.

Everyday remind yourself that you are doing what is right and healthy FOR YOU, because you value who you are. And you don't compromise your value.

Accept that it can take time and commit to doing what it takes no matter how long it takes.

Remember; trauma should NEVER be equated with love, that's a faulty programming.

Start loving yourself more and being kinder to yourself BY BEING REAL. You really do deserve better and you'll get it too once you break the bond for good.