

7 Stages of Trauma Bonding

1. Love Bombing

Excessively flatters and praises partner

2. Trust and Dependency

Does anything to gain the partner's trust and dependence

3. Criticism

Blames and criticizes partner to make them feel bad about themselves

4. Gaslighting

Manipulates the partner into thinking, "I am the crazy one"



5. Addiction

The partner gets emotionally addicted to the positive reinforcement that comes after abuse

6. Loss of Self

The partner loses their sense of self

7. Resignation & Submission

The partner gives in to avoid conflict and please their abuser

Continuous Trauma

Siddappa N.Byrareddy



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