**Signs of a Betrayal/Trauma Bond**

**From “Betrayal Bonds” by Patrick Carnes**

1. When everyone around you has strong negative reactions, yet you continue covering up, defending or explaining a relationship.
2. When there is a constant pattern of nonperformance and yet you continue to believe false promises.
3. When there are repetitive, destructive fights and nobody wins.
4. When others are horrified by something that has happened to you and you are not.
5. When you obsess over showing someone that he or she is wrong about you, your relationship or the person's treatment of you.
6. When you feel stuck because you know what the other person is doing is destructive but believe you cannot do anything about it.
7. When you feel loyal to someone even though you harbor secrets that are damaging to others.
8. When you move closer to someone you know is destructive to you with the desire of converting them to a non-abuser.
9. When someone's talents, charisma or contributions cause you to overlook destructive, exploitive or degrading acts.
10. When you cannot detach from someone even though you do not trust, like or care for the person.
11. When you find yourself missing a relationship, even to the point of nostalgia and longing, that was so awful it almost destroyed you
12. When extraordinary demands are placed upon you to measure up as a way to cover up that you've been exploited.
13. When you keep secret someone's destructive behavior toward you because of all the good they have done or the importance of their position or career.
14. When the history of your relationship is about contracts or promises that have been broken and that you are asked to overlook.

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