

TRAUMA BONDING WORKSHEET

1. How are trauma bonds formed?

2. What personality types are typically bonded through trauma?

3. How does our society romanticize trauma bonding?

4. Describe some of the signs and/or stages of trauma bonding.

5. How can someone break free from a trauma bond?

JOURNAL ENTRY

Have you ever experienced a trauma bond?

Explain in detail how this dynamic has affected you.

Think of someone you have an authentic bond with: how did that relationship develop differently compared to your trauma bonds?

How will this information help you in the future?
