

# 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

**Robert R. Redfield**



## **Continuous Trauma:**

## **Continuous Trauma** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Continuous Trauma**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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