

# 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

**DJ Losen**



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