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is and how to process through it in
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understand why until I was
diagnosed with PTSD about 4
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“ Abandonment by betrayal is
worse than mindless neglect.

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Betrayal is purposeful and self-serving. ” Patrick J. Carnes, The Betrayal Bond: Breaking Free of Exploitive Relationships. 0 likes. Like. All Quotes

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Trauma Bonding, Codependency,
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Patrick J. Carnes, Ph.D., is an internationally known authority on addiction and recovery issues. He has authored more than twenty books including the bestselling

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The trauma bonds formed tend to be more about survival and often contain a betrayal component that a person has difficulty controlling (Carnes, 1997). Meaning, a person cannot control their bond with another person regardless of the betrayal, destruction, or abuse. The person who has a trauma bond, is more focused on the abuser (Carnes, 1997).

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