

Indicators of a Betrayal Bond

Based on the book "The Betrayal Bond: Breaking Free of Exploitive Relationships," by Patrick J. Carnes Phd.

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