

A romantic couple is shown from the waist down, embracing and dancing in front of the Eiffel Tower in Paris. The man is wearing a light-colored shirt and light blue trousers, while the woman is wearing a yellow and white checkered dress and white sneakers. The Eiffel Tower is the central focus in the background, with its intricate metalwork clearly visible. The scene is set during the day with soft, warm lighting, suggesting a late afternoon or early evening setting. The overall mood is romantic and joyful.

TRAUMA BOND VS. LOVE WORKSHEET

Are You in Love, or Are You Trauma Bonded?



HEY THERE!
i'm natarsha.

a writer, speaker, and advocate for healing and transformation. With a passion for helping women break free from cycles of pain, she weaves faith, personal experience, and biblical wisdom into her work. Her journey through trauma, loss, and spiritual renewal inspired. I'm dedicated to guiding others toward restoration and wholeness through faith-based and therapeutic healing. Connect with me at www.unfinishedbride.com or social media @unfinishedbride

Sometimes, what we think is love is actually a trauma bond—a connection formed through cycles of emotional highs and lows, often rooted in unresolved wounds. This worksheet will help you assess your relationship and guide you toward clarity and healing.



Key Differences Between Trauma Bonding and Love

Signs of Trauma Bonding

- Intense emotional highs and lows
- Feeling addicted to the relationship
- Walking on eggshells around your partner
- Constantly seeking validation from your partner
- Fear of abandonment or rejection
- Staying despite emotional or physical harm
- Feeling "stuck" or powerless

Signs of Genuine Love

- Consistent emotional stability
- Feeling safe and secure in the relationship
- Open and honest communication
- Mutual respect and appreciation
- Trust and emotional security
- A relationship based on mutual well-being
- Freedom to express yourself fully



Self-Assessment: Is It Love or a Trauma Bond?

Answer the following questions honestly:

1

DO I FEEL EMOTIONALLY SAFE WITH MY PARTNER?

2

DO I FEEL DRAINED OR ENERGIZED AFTER SPENDING TIME WITH THEM?

3

DO I STAY IN THE RELATIONSHIP OUT OF FEAR OF BEING ALONE?

4

DO I FIND MYSELF MAKING EXCUSES FOR MY PARTNER'S HURTFUL BEHAVIOR?

5

WHEN I EXPRESS MY NEEDS, DOES MY PARTNER LISTEN AND RESPOND WITH CARE?

6

DO I FEEL LIKE I CAN BE MY AUTHENTIC SELF IN THIS RELATIONSHIP?

7

IS MY RELATIONSHIP FILLED WITH EXTREME HIGHS AND LOWS?

8

DO I FEEL A DEEP SENSE OF PEACE, OR AM I ALWAYS ANXIOUS AND UNCERTAIN?

If most of your answers lean toward fear, anxiety, or feeling trapped, your relationship may be more of a trauma bond than true love.



JOURNALING EXERCISE:

Breaking the Trauma Bond

Take a moment to reflect on your relationship. Write your answers to these prompts:

- What first attracted me to this relationship, and has that changed?
- How does this relationship make me feel about myself?
- What patterns from my past might be influencing how I engage in this relationship?
- If I had no fear of being alone, would I still choose this relationship?
- What does a healthy, loving relationship look like to me?



Steps Toward Healing

If you recognize that you are in a trauma bond, here are some steps to begin breaking free:

- ✓ Acknowledge the truth about the relationship.
- ✓ Seek professional support from a therapist or counselor.
- ✓ Surround yourself with a support system of friends and loved ones.
- ✓ Establish and maintain firm emotional and physical boundaries.
- ✓ Work on self-love and healing past wounds before pursuing another relationship.



What Are Your Next Steps?

You deserve a love that makes you feel safe, cherished, and free to be yourself. Healing from trauma bonds takes time, but clarity is the first step toward finding real love.

If this resonated with you, reply to this email and let's talk more about healing and moving forward.

📣 Join us for June's Retreat! A sacred space to heal, reconnect with yourself, and break free from unhealthy relationship patterns. Click www.unfinishedbride.com to learn more!

**NEED MORE RESOURCES? FOLLOW
ALONG FOR WEEKLY INSIGHTS ON
HEALING, RELATIONSHIPS, AND
EMOTIONAL WELLNESS!**