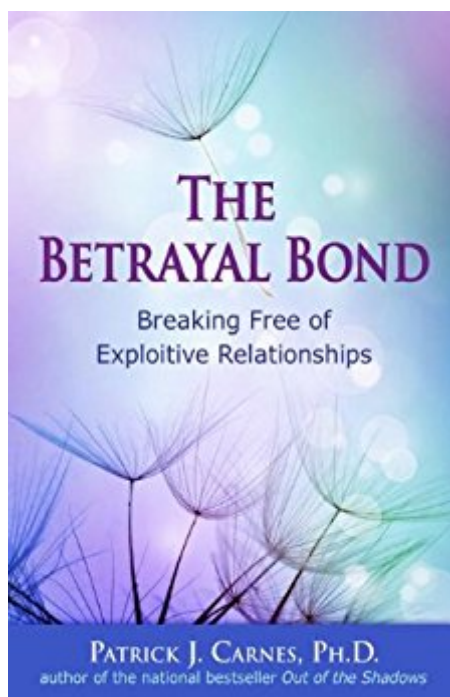


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The Betrayal Bond: Breaking Free Of Exploitive Relationships



Synopsis

Exploitive relationships can create trauma bonds--chains that link a victim to someone who is dangerous to them. Divorce, employee relations, litigation of any type, incest and child abuse, family and marital systems, domestic violence, hostage negotiations, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. All these relationships share one thing: they are situations of incredible intensity or importance where there is an exploitation of trust or power. In *The Betrayal Bond* Patrick Carnes presents an in-depth study of these relationships, why they form, who is most susceptible, and how they become so powerful. He shows how to recognize when traumatic bonding has occurred and gives a checklist for examining relationships. He then provides steps to safely extricate from these relationships. This is a book you will turn to again and again for inspiration and insight, while professionals will find it an invaluable reference work.

Book Information

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Customer Reviews

A copy of *THE BETRAYAL BOND*, given to me by who?, I don't recall, had been sitting on my bookshelf unread for at least two years when I finally took serious note of it, last Friday, June 22, 2001, while searching for yet another escapist novel. Actually, I was given no choice in the matter.

Like a note to Alice (in Wonderland) the red lettered title suddenly jumped at me, screaming, "READ ME!" A day later, I emerged from reading, and answering the various questionnaires, if not a new woman, a profoundly altered one. Where do I begin? In the beginning I was a severely beaten and incestuously molested girl and teenager. Then I married a man who said I was "nothing" compared to him and abandoned me for months at a time or beat me to make that point even clearer. Then I divorced him and worked my way through a series of disasterous relationships with men who had no intention of remaining faithful. I went to Al-Anon for several years but that only got me over the alcohol-related stuff. Affiliation with a 12 Step group still did not prevent me from entering what proved to be the most devastating relationship of all in which I was sexually exploited by a Catholic priest who dangled the promise of marriage, only to renig on it after he was ordered by his superior into sex offender treatment. He is still a priest, who now attends Sex Addicts Anonymous meetings, and I am over the worst of the post-traumatic shock disorder I suffered from after learning about his Mr. Hyde side. So, I have to assume this was the perfect time for me to finally read this book, because I was really ready for it. I all but inhaled the thing, nodding along rapidly, recognizing myself in so much of it it was painful, but freeing as well. I have tools now. I'm not a lost cause.

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