

What Is a Betrayal Bond?

Dealing with betrayal is no easy task. Someone who has been betrayed feels abandoned, but sometimes it's hard to see the abandonment because the betrayer is still part of the victim's life. For some, this betrayal can form an intimate bond, even though it is negatively affecting the victim's life and well-being.

Betrayal bonds are highly-addictive attachments to those who have hurt you. Exploitive relationships often become betrayal bonds and with them also comes deep shame. Someone in a betrayal bond is essentially addicted to the relationship with a person who is destructive and hurtful.

Forming Betrayal Bonds

In general, betrayal bonding happens because a major betrayal occurs and then a promise is made to heal, make better or compensate for what happened. Victims of betrayal bonds see the promise as so appealing, they ignore their intuitions and continue the relationship. Promises are usually used to betray in the following methods, many times in combination with each other:

- By spirit
- By seduction
- By terror
- By intimacy
- By exploitation of power

Betrayers are good at reading their victims and engaging with their damaged emotions, such as pain, abandonment and the feelings associated with the wounds left by others. There are many situations that can form the betrayal bond. Some of the most common situations that result in betrayal bonding patterns include:

All of these scenarios come with extreme intensity, importance or both, and include exploitation of power, trust or both. In betrayal bonds, the victim is involved, or even intimate, with someone who is dangerous.

Knowing If a Betrayal Bond Is Present

The first step in recovering from a betrayal bond is acknowledging there is a problem. Indications of a betrayal bond include an inability to separate from the betrayer, self-destructive denial, and misdirected devotion. The following situations may indicate a betrayal bond exists in your life:

- You defend or hide a relationship even though those around you have negative reactions.
- You can't separate yourself from the other person in the relationship, yet you do not trust, care for or like that person.
- You have destructive fights over and over with no winner.
- You have loyalty to the betrayer, but keep secrets that could be damaging to others.
- Other people in your life are shocked about something that happened while you didn't think twice about it.
- You have to measure up to crazy demands just to cover up the exploitation.
- You hide destructive behavior because the betrayer does a lot of good or is an important person.
- You ignore exploitation and damaging behavior because the betrayer has charisma or talent.
- You become close with a betrayer, even though he or she is destructive, to try to change his or her ways.

Are you concerned betrayal bonds exist in your life? Take our [betrayal bond test](#) to find out if you should find professional help and start reworking your relationships.