

Trauma Bonding Quiz

Is This Love — Or a Trauma Bond?

Sometimes the hardest relationships to leave are the ones that hurt us the most.

Trauma bonds are emotional attachments formed through cycles of pain, intermittent affection, confusion, hope, fear, and emotional dependency. They often create intense emotional connection while simultaneously damaging your sense of safety, identity, and self-trust.

This quiz is not meant to diagnose you. It is designed to help you reflect gently and honestly on the emotional patterns you may be experiencing.

Instructions

For each statement below, choose the answer that feels most true for you.

Scoring:

- Never = 0 points
 - Rarely = 1 point
 - Sometimes = 2 points
 - Often = 3 points
 - Almost Always = 4 points
-

1.

I feel emotionally attached to someone even though the relationship repeatedly hurts me.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

2.

I keep hoping they will return to the version of themselves I first met.

- Rarely
 - Sometimes
 - Often
 - Almost Always
-

3.

I feel anxious, panicked, or emotionally dysregulated when there is distance between us.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

4.

I often minimize or justify behavior that deeply hurts me.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

5.

The relationship has intense highs and painful lows.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

6.

I feel emotionally responsible for their moods, reactions, or wellbeing.

- Never

- Sometimes
 - Often
 - Almost Always
-

7.

I struggle to leave even when I know the relationship is unhealthy.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

8.

I feel emotionally addicted to the connection.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

9.

After conflict or mistreatment, moments of affection feel extremely relieving or euphoric.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

10.

I often question my own reality, memory, or emotional reactions in the relationship.

- Never
- Rarely

- Often
 - Almost Always
-

11.

I feel emotionally exhausted but still deeply attached.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

12.

I fear losing them even though the relationship causes pain.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

13.

I stay focused on their potential instead of their consistent behavior.

- Never
 - Rarely
 - Sometimes
 - Often
 - Almost Always
-

14.

I feel like I have lost parts of myself within this relationship.

- Never
- Rarely
- Sometimes

- Almost Always

15.

I keep returning to the relationship hoping things will finally change.

- Never
- Rarely
- Sometimes
- Often
- Almost Always

0–15 Points

Emotional Attachment, But Limited Trauma Bond Indicators

Your results suggest that while emotional attachment may exist, the stronger patterns commonly associated with trauma bonding may not currently be dominant.

That said, all relationships impact us differently, and emotional confusion can still be painful and important to explore.

Gentle Reminder:

Healthy relationships should not require abandoning your emotional safety, identity, or self-trust.

Recommended Next Steps:

- Explore healthy relationship dynamics
- Learn about emotional boundaries
- Continue strengthening self-trust
- Reflect on emotional safety within relationships

16–30 Points

Signs of Emotional Dependency & Relational Confusion

Your responses suggest there may be growing patterns of emotional dependency, inconsistency, or emotional confusion within the relationship.

You may find yourself emotionally attached while also feeling hurt, anxious, or uncertain.

You May Be Experiencing:

- emotional inconsistency
- heightened anxiety around connection

- over-responsibility
- attachment wounds being activated

Recommended Next Steps:

- Learn about trauma bonding patterns
- Begin nervous system regulation work
- Reconnect with outside support systems
- Practice emotional grounding and self-trust

31–45 Points

Strong Indicators of Trauma Bonding

Your results suggest significant trauma bonding patterns may be present.

Trauma bonds often create cycles of:

- emotional pain
- intermittent affection
- confusion
- dependency
- fear of separation
- hope for change

This can make unhealthy relationships feel emotionally addictive and incredibly difficult to leave, even when you recognize the harm being caused.

Important Reminder:

Difficulty leaving does not mean you are weak. Trauma bonding impacts both the nervous system and emotional attachment system.

Recommended Support:

- trauma-informed therapy or coaching
- nervous system regulation work
- emotional support systems
- education around emotional abuse patterns
- gentle rebuilding of self-trust

46–60 Points

Severe Trauma Bonding Indicators

confusion, and nervous system activation.

You may feel:

- emotionally trapped
- unable to detach
- constantly anxious
- emotionally exhausted
- disconnected from yourself
- fearful of losing the relationship despite ongoing pain

Relationships involving trauma bonding can deeply impact:

- self-worth
- nervous system regulation
- identity
- emotional clarity
- decision-making
- physical and emotional wellbeing

Please Remember:

The intensity of attachment does not always reflect the health of the relationship.

Recommended Support:

- trauma-informed professional support
- emotional safety planning
- nervous system stabilization
- reconnecting with trusted support systems
- education around emotional abuse and coercive cycles

You deserve relationships that feel safe, respectful, consistent, and emotionally grounding.

Final Reflection

Trauma bonding is not about weakness. It is often the nervous system's attempt to survive unpredictability, emotional inconsistency, fear, and intermittent connection.

Healing is not about judging yourself for staying. It is about slowly reconnecting with safety, truth, and yourself again.

And that process deserves compassion.