

Trauma-based Bonding in Humans in Various Phases

Alice Margaret J

Bengaluru, Karnataka, INDIA.

ABSTRACT

Humans are remarkable as a species to be born to explore the world on various levels, To be familiar with all kinds of bonding from being infants to adults whether its bonding of any kind to trauma bonding occurs with the most peculiar cases of humans being evolved as whole being, to evolve to exist as humans all the while did start from bonding and when many of the individuals want to bond they seek to familiarize the patterns of trauma bonding, from a child that's been left alone to a adult that had no particular parent Figure ingrains the trauma, not to mention the fact that most of the serial killers, or a killers who choose a particular pattern of killing, had trauma bonding of some sort with a victim or any individual that had certain kind of psychological influence of some kind, children who had a upbringing of a toxic environment or any sort of abusive parent growing up or a parent Figure that never contributed to any sort of parental guidance seek to trauma bond with friends or partners later in their lives this could range from the individuals recognizing the trauma of a particular incident in their lives and trying to relive the void or trauma in a particular victim they bond and try to relive that part they never had a chance to live while they were growing up.

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Correspondence

Alice Margaret J

Bengaluru, Karnataka, INDIA.

Trauma bonding is a source of various psychological issues

- Many who have trauma bonds are usually the ones who develop narcissistic tendencies.
- Many do develop Stockholm syndrome if the issue is not being addressed for prolonged Period.
- Trauma bonding is also the repeated occurrence of domestic violence or abuse.
- Trauma bonding could be a category that can be distinguished as a pattern of Chronic depression or a new type of depression from all the traditional depression Types.

- ADHD is one of the most common psychological disorders of trauma in children.

The ways the individuals can be saved or recognise the patterns of trauma bonding

- Hostile behaviour towards other individuals from the host they have bonded.
- Some cases can also lead individuals to have dissociative personality disorder.
- Chronic depression and bouts of inactivity leading to Trauma bond to toxic individuals.

How trauma bonding will be a breakthrough of many psychological issues in the future Millennials

Trauma bonding is a growing medical issue that at times can be overlooked as just a normal mental disorder various sources prove that trauma bonding has been increasing more over the years due to individuals' highly demanding lifestyles most are left alone without any guidance from the guardians and are more prone to trauma bond based on the issues that were never addressed.

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To know the various causes of trauma bonding culture one must be aware of the dangers of the underlying issues of psychological wounds and heal them, most overlook the risks this can cause but to be more vigilant

and help the victims to educate them on various forums threw social media outlets, campaigns through the awareness of these issues many lives can be saved in the future.

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