

Do I have Betrayal Trauma?

Betrayal Trauma is the deep pain that is felt physically, emotionally, and mentally when you have been betrayed in a primary or intimate relationship. For example, when your partner has been unfaithful. Studies have shown betrayal trauma can cause post-traumatic stress disorder (PTSD).

Symptoms of Betrayal Trauma include:

Depression	Anxiety	Nightmares	Flashbacks
Intrusive thoughts	Intrusive Images	Denial	Confusion
Disassociation	Hypervigilance	Sleep problems	Appetite changes
Fatigue	Anger	Health problems	Feelings of low self-worth
Panic attacks	Mood swings	Withdrawing	Zoning out

Levine, A. and Heller, R. Attached. Bluebird 2010.

