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The "Betrayal Bond" Index

The following index was developed by Patrick Carnes, Ph.D. and is a series of statements which describe traumatic bonding in which a person bonds on the basis of betrayal. The result is what we call a "betrayal bond". Please answer the questions by clicking in the appropriate radio button.

To complete the test, answer each question by placing a check in the appropriate yes/no column.

<input type="radio"/>	Yes	<input type="radio"/>	No	1. Do you obsess about people who have hurt you even though they are long gone?
<input type="radio"/>	Yes	<input type="radio"/>	No	2. Do you continue to seek contact with people whom you know will cause you further pain?
<input type="radio"/>	Yes	<input type="radio"/>	No	3. Do you go "overboard" to help people who have been destructive to you?
<input type="radio"/>	Yes	<input type="radio"/>	No	4. Do you continue to be a "team" member when obviously things are becoming destructive?
<input type="radio"/>	Yes	<input type="radio"/>	No	5. Do you continue attempts to get people to like you who are clearly using you?
<input type="radio"/>	Yes	<input type="radio"/>	No	6. Do you trust people again and again who are proven to be unreliable?
<input type="radio"/>	Yes	<input type="radio"/>	No	7. Are you unable to retreat from unhealthy relationships?
<input type="radio"/>	Yes	<input type="radio"/>	No	8. Do you try to be understood by those who clearly do not care?
<input type="radio"/>	Yes	<input type="radio"/>	No	9. Do you choose to stay in conflict with others when it would cost you nothing to walk away?
<input type="radio"/>	Yes	<input type="radio"/>	No	10. Do you persist in trying to convince people that there is a problem and they are not willing to listen?
<input type="radio"/>	Yes	<input type="radio"/>	No	11. Are you loyal to people who have betrayed you?
<input type="radio"/>	Yes	<input type="radio"/>	No	12. Do you attract untrustworthy people?
<input type="radio"/>	Yes	<input type="radio"/>	No	13. Have you kept damaging secrets about exploitation or abuse?
<input type="radio"/>	Yes	<input type="radio"/>	No	14. Do you continue contact with an abuser who acknowledges no responsibility?
<input type="radio"/>	Yes	<input type="radio"/>	No	15. Do you find yourself covering up, defending, or explaining a relationship?
<input type="radio"/>	Yes	<input type="radio"/>	No	16. When there is a constant pattern of non-performance in a relationship, do you continue to expect them to follow through anyway?

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<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	17. Do you have repetitive, destructive fights that are no win for anybody?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	18. Do you find that others are horrified by something that has happened to you and you are not?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	19. Do you obsess about showing someone that they are wrong about you, your relationship, or their treatment of you?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	20. Do you feel stuck because you know what the other is doing is destructive but you believe you cannot do anything about it?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	21. Do you feel loyal to someone even though you harbor secrets that are damaging to others?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	22. Do you move closer to someone you know is destructive to you even though you do not trust, like or care for the person?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	23. Does someone's talents, charisma, or contributions cause you to overlook destructive, exploitive, or degrading acts?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	24. Do you find you cannot detach from someone even though you do not trust, like or care for the person?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	25. Do you find yourself missing a relationship even to the point of nostalgia and longing, that was so awful it almost destroyed you?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	26. Are extraordinary demands placed on you to measure up as a way to cover up exploitation?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	27. Do you keep secret someone's destructive behavior because of all of the good they have done or the importance of their position or career?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	28. Does your relationship have contacts or promises that have been broken which you are asked to overlook?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	29. Are you attracted to "dangerous" people?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	30. Do you stay in a relationship longer than you should?