

### **The “Betrayal Bond” Index Test**

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### **The “Betrayal Bond Index Test”**

The series of statements below describe traumatic bonding, wherein a person bonds on the basis of betrayal. The result is what we call a "betrayal bond."

Take this test if you think you may be involved in a relationship that involves betrayal bonding.

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

**When you are finished, bring this test with you to your next therapy appointment for a comprehensive understanding.**

- | Yes | No |    |  |
|-----|----|----|--|
|     |    | 1. | Do you obsess about people who have hurt you even though they are long gone?               |
|     |    | 2. | Do you continue to seek contact with people whom you know will cause you further pain?     |
|     |    | 3. | Do you go "overboard" to help people who have been destructive to you?                     |
|     |    | 4. | Do you continue to be a "team" member when obviously things are becoming destructive?      |
|     |    | 5. | Do you continue attempts to get people to like you who are clearly using you?              |
|     |    | 6. | Do you trust people again and again who are proven to be unreliable?                       |
|     |    | 7. | Are you unable to retreat from unhealthy relationships?                                    |
|     |    | 8. | Do you try to be understood by those who clearly do not care?                              |
|     |    | 9. | Do you choose to stay in conflict with others when it would cost you nothing to walk away? |

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|-----|----|-----|--|
| Yes | No | 10. | Do you persist in trying to convince people that there is a problem and they are not willing to listen?                            |
| Yes | No | 11. | Are you loyal to people who have betrayed you?   |
| Yes | No | 12. | Do you attract untrustworthy people?   |
| Yes | No | 13. | Have you kept damaging secrets about exploitation or abuse?  |
| Yes | No | 14. | Do you continue contact with an abuser who acknowledges no responsibility?   |
| Yes | No | 15. | Do you find yourself covering up, defending, or explaining a relationship?   |
| Yes | No | 16. | When there is a constant pattern of non-performance in a relationship, do you continue to expect them to follow through anyway?    |
| Yes | No | 17. | Do you have repetitive, destructive fights that are no win for anybody?  |
| Yes | No | 18. | Do you find that others are horrified by something that has happened to you and you are not?                                       |
| Yes | No | 19. | Do you obsess about showing someone that they are wrong about you, your relationship, or their treatment of you?                   |
| Yes | 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?         |
| Yes | No | 21. | Do you feel loyal to someone even though you harbor secrets that are damaging to others?   |
| Yes | 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?            |
| Yes | No | 23. | Does someone's talents, charisma, or contributions cause you to overlook destructive, exploitive, or degrading acts?               |
| Yes | No | 24. | Do you find you cannot detach from someone even though you do not trust, like or care for the person?                              |
| Yes | 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? |
| Yes | No | 26. | Are extraordinary demands placed on you to measure up as a way to cover up exploitation?   |

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|-----|----|-----|--|
| Yes | 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? |
| Yes | No | 28. | Does your relationship have contacts or promises that have been broken which you are asked to overlook?                                    |
| Yes | No | 29. | Are you attracted to "dangerous" people?   |
| Yes | No | 30. | Do you stay in a relationship longer than you should?  |