

WORKBOOK (Tests and Exercises) Toxic Relationships: Abuse and its Aftermath

Sam Vaknin



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Evelyn T. Avery



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happened in them Learning about the abuse has two main functions One It helps us process the memories in our frontal cortex so that we can remove them from being stuck in the hippocampus When memories are stuck there we experience them as PTSD or trigger or activating responses In other words the confusing memories are stuck in our bodies and get expressed as surprising reactions from out of nowhere Two It teaches us what happened so we don't get in those relationships again So many times people will leave abusive relationships only to get into another one or one that is toxic and controlling so it doesn't seem as bad as the abusive relationship but it still hurts Learn what happened so you can heal and not experience that hurt again I am a mental health therapist and a domestic violence survivor I have extensive training and personal experience with this topic and I have taught this content to other domestic survivors hundreds of times I know it helps people This workbook will teach you about all the components of abuse so you can understand what happened to you which will help you heal It also includes coping tools to help regain your self esteem and meditations and journal prompts Sections inside this workbook 1 Introduction Life is a Journey 2 Power and Control Wheel and Nonviolence Wheel 3 Cycle of Violence 4 Love Bombing and Setting Boundaries 5 Trauma Bonding and Codependency 6 Safety Planning 7 Trauma in the Brain 8 Deconstructing Communication

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