

The Betrayal Bond
Breaking Free of Exploitive Relationships
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11 CEHs



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Examination Questions

Chapter 1: What Trauma Does to People

1. According to the author, two factors are essential in understanding traumatic experiences:
 - a. what the event meant to us and what the event meant to the other person
 - b. how far our systems are stretched and for how long
 - c. how far have we been and how far are we willing to go
 - d. will the events stop and how long will it take

2. According to the author, fear causes extraordinary changes in the neurological system and organs.
 - a. True
 - b. False

3. Which of the following is not a characteristic of Post Traumatic Stress Syndrome (PTSD)?
 - a. recurrent and unwanted recollections of experiences
 - b. startled more easily than others
 - c. trustful of others
 - d. outbursts of anger and irritability

4. Trauma pleasure is seeking or finding pleasure and stimulation in the presence of extreme danger, violence, risk or shame.
 - a. True
 - b. False

5. Which of the following are signs of *satiation*?
 - a. excessive drinking
 - b. compulsive exercise
 - c. binging when things are difficult
 - d. all of the above

6. Which of the following trauma coping strategies is associated with *dissociative identity disorder*?
 - a. trauma splitting
 - b. trauma arousal
 - c. trauma shame
 - d. trauma blocking

Chapter 2: Trauma Bonds and Their Allies

7. Which of the following is not a one of the addiction criteria?
- a. loss of ability to choose freely whether to stop or continue a behavior
 - b. continuation of a behavior despite the adverse consequences
 - c. obsession with a behavior
 - d. none of the above
8. According to the author, the five realities about trauma bonds are that: they are seldom alone, they can form a life pattern, they can be very durable, they can happen to anyone, and they are not always bad, but they are about survival.
- a. True
 - b. False
9. According to the author, there are two interesting characteristics about trauma bonding: they can form almost instantaneously, but never last forever.
- a. True
 - b. False

Chapter 3: What Does Betrayal Do to Relationships?

10. According to the author, the main ways promises are used to betray are:
- a. betrayal by guilt, shame, and trust
 - b. betrayal by association, abandonment, and rejection
 - c. betrayal by terror, seduction, exploitation of power, intimacy, and spirit
 - d. none of the above
11. Which of the following combinations is often found in betrayal scenarios?
- a. high warmth/high intention
 - b. high warmth/low intention
 - c. low warmth/high intention
 - d. low warmth/low intention
12. People who come from dysfunctional families in which there was abuse or trauma are particularly vulnerable to seduction because:
- a. the boundaries that prevent most people from being deceived are not there
 - b. they may not know how to protect themselves
 - c. they may not know how to care for themselves
 - d. all of the above
13. According to the author, what incest and sexual harassment have in common is the exploitation by people in power of those most vulnerable to them.
- a. True
 - b. False
14. According to the author, it is generally agreed that the impact on survivors of sexual abuse by spiritual leaders is _____ survivors of other forms of power abuse.
- a. equal to
 - b. equivalent to
 - c. less than
 - d. greater than

Chapter 4: What Makes Trauma Bonds Stronger?

15. The cycle in domestic abuse includes:

- a. a buildup stage
- b. the outbreak of violence
- c. the “honeymoon” stage
- d. all of the above

16. Intimacy disorder and true intimacy are similar in that both partners must stay within the circle of intimacy at the same time.

- a. True
- b. False

17. Men, who assault female partners are more likely to have witnessed or experienced violence in childhood, abuse alcohol, be sexually assaultive, and be at risk for perpetration of violence against children.

- a. True
- b. False

18. According to the author, both the victim and victimizer draw energy for their traumatic bonding from:

- a. a degree of respect
- b. mutual affection
- c. a sense of uniqueness
- d. all of the above

19. The roles identified in The Karpman Triangle are:

- a. victim, victimizer, perpetrator
- b. victim, victimizer, rescuer
- c. victim, rescuer, abuser
- d. victim, perpetrator, redeemer

Chapter 5: What Is the Path of Awareness?

20. Disbelieve the obvious and accept the improbable are two options for survival in what trauma researcher David Calof describes as the _____.

- a. Karpman Triangle
- b. cycle of abuse
- c. universal bind
- d. improbable options

21. Reconstructing the path from the original trauma to the life crisis is an important insight into recovery.

- a. True
- b. False

22. According to the author, the stages of human grieving are:

- a. loss, awareness, pain, acceptance
- b. denial, fear, anger, pain and loss, acceptance
- c. loss, denial, awareness, acceptance
- d. none of the above

23. Survivors do not have a vulnerability most people have and are able to discern when someone is being exploitive or abusive toward them.

- a. True
- b. False

24. The realization and understanding that the survivor has also abused or victimized others is called _____.

- a. survivor realization
- b. repression awareness
- c. reality confusion
- d. victimization consciousness

25. According to the author, the difference between codependent obsession and traumatic bonding is that codependent obsession focuses on the:
- a. the addict
 - b. the addictive process
 - c. the abuser
 - d. the abusive process
26. *Blaming anger* recycles the history of betrayal and is a negative way to keep the old partner around.
- a. True
 - b. False

Chapter 6: What Is the Path of Action?

27. According to the author, healthy nurturing or care is being supportive without doing for others what they can do for themselves and only helping when help is truly needed.
- a. True
 - b. False
28. According to the author, in creating a recovery plan to overcome the pattern of traumatic bonding, survivors need the skills involved in:
- a. the path of no contact
 - b. the path of limited contact
 - c. full relationship
 - d. all of the above
29. According to the author, for trauma bonds to be _____, the survivor must be able to identify the cycles of abuse and the roles of victim, victimizer and rescuer.
- a. disrupted
 - b. continued
 - c. accepted
 - d. strategized
30. A recovery plan consists of:
- a. identifying bottom-line behaviors
 - b. creating a boundaries list
 - c. determining what kind of behavior you want in a relationship
 - d. all of the above
31. The concept where the victim feels shameful and the perpetrator feels shameless is known as:
- a. transference
 - b. guilt simile
 - c. carried shame
 - d. none of the above
32. According to the author, *cognitive restructuring* refers to:
- a. accepting previous counter-factual beliefs as accurate
 - b. acknowledging that emotional reasoning is a normal thought process
 - c. understanding past reactions and managing feelings more effectively
 - d. none of the above
33. Which of the following is not one of the dimensions of recovery?
- a. recovery plan
 - b. boundary development
 - c. role playing
 - d. trauma resolution

Chapter 7: Further Steps on the Path to Recovery

- 34.** *Addiction to the trauma, or repetition compulsion*, means that the victim seeks situations that duplicate the original trauma.
- a. True
 - b. False

Chapter 8: What Are the Risks to Recovery?

- 35.** According to the author, a shift will occur in all contacts with others once you understand the principle that:
- a. once a person has been part of our lives, it is possible to rid our minds of all previous memories and events
 - b. once made, a relationship will not always continue to exist
 - c. you need to be in contact with the person in order to fully change the relationship
 - d. a relationship continues even though we may consciously exorcise it from our conscious contact

- 36.** According to the author, when the victim starts insisting on maintaining limits and implementing boundaries:
- a. a self-respect emerges
 - b. values are clarified
 - c. a new trust for oneself emerges
 - d. all of the above