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Trauma Bond Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Identify Your Symptoms

3 · Confront Negative Self-Talk

4 · Express Your Feelings

5 · Self-Compassion Break

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7 · Establish Boundaries

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15 · Forgiving The Abuser (When Ready)

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.
- Assess current safety, suicidal and homicidal thoughts, self-harm, intoxication or withdrawal, violence, exploitation, psychosis, mania, medical instability, and ability to meet basic needs when relevant. Use local emergency or crisis procedures for imminent risk.
- Activities involving exposure, trauma detail, urges, means, disclosure, or relationship repair require appropriate competence, informed consent, pacing, and safety planning; a worksheet is not a substitute for these safeguards.

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Self-Assessment

The following are common signs you might be struggling with trauma bond. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “No matter how much this person hurts me, I find it difficult to let go or cut ties with them.”	1-2-3-4-5
2. “I constantly make excuses for their behavior, even when it's clear that they are causing me harm.”	1-2-3-4-5
3. “My sense of self-worth is tied to their approval or validation.”	1-2-3-4-5
4. “I experience intense highs and lows in the relationship, feeling both euphoria and despair.”	1-2-3-4-5
5. “I have difficulty setting boundaries or saying no to this person, even when it goes against my own well-being.”	1-2-3-4-5
6. “I find myself making sacrifices or compromising my values to maintain the relationship.”	1-2-3-4-5
7. “I feel trapped in a cycle of hope and disappointment, believing that things will eventually change for the better.”	1-2-3-4-5

Score: ____/35

The score reflects the severity and impact of trauma bond.

1. Was there anything about your score that surprised you? If yes, what specifically?

2. Did any of the statements resonate with you more than others?

Identify Your Symptoms

The following are common symptoms of a trauma bond. Check off the ones you're experiencing or add more to the list:

Physical Symptoms:

- ☐ Heightened arousal or hypervigilance
- ☐ Physical tension or stress-related symptoms (e.g., headaches, stomach issues)
- ☐ Changes in appetite or sleep patterns
- ☐ Increased heart rate or difficulty breathing in the presence of the person causing harm
- ☐ Physical reactions to thoughts or reminders of the person (e.g., shaking, sweating)
- ☐ _____
- ☐ _____

Emotional Symptoms:

- ☐ Intense feelings of attachment and dependency on the person causing harm
- ☐ Fear of abandonment or separation anxiety
- ☐ Difficulty experiencing joy or fulfillment outside of the relationship
- ☐ Emotional numbing or dissociation as a coping mechanism
- ☐ Persistent feelings of shame, guilt, or self-blame
- ☐ _____
- ☐ _____

Cognitive Symptoms:

- ☐ Preoccupation with thoughts of the person causing harm
- ☐ Rationalizing or justifying their abusive behavior
- ☐ Cognitive dissonance (holding conflicting beliefs about the person and the relationship)
- ☐ Inability to imagine a future without the person
- ☐ Distorted perception of the person's positive qualities and minimizing the negative aspects
- ☐ _____
- ☐ _____

Behavioral Symptoms:

- ☐ Difficulty setting and maintaining boundaries in the relationship
- ☐ Compliance with the wishes of the person causing harm, even at personal expense
- ☐ Isolating oneself from friends, family, or support networks to prioritize the relationship
- ☐ Repeatedly seeking reassurance or validation from the person
- ☐ Engaging in behaviors that perpetuate the cycle of abuse (e.g., returning to the abusive person after leaving)
- ☐ _____
- ☐ _____

Confront Negative Self-Talk

Step 1: Identify Negative Thoughts

Take some time to reflect on the negative thoughts or beliefs that frequently arise within the trauma bond. These may include self-blame, feelings of unworthiness, or distorted perceptions about yourself and the situation.

Example:

- Negative Thought: *"It's my fault that I'm stuck in this toxic relationship. I must be doing something wrong."*

Step 2: Challenge Negative Thoughts

Examine the evidence for and against each negative thought. Ask yourself if there are any alternative explanations or more balanced perspectives that you may not have considered.

Example:

- Challenging the Thought: *"Is it really entirely my fault? Have I done everything within my control to improve the situation? Are there external factors that contribute to the toxicity as well?"*

Step 3: Reframe Negative Thoughts

Replace the negative thoughts with more realistic, compassionate, and empowering statements. Recognize that you deserve understanding, support, and healthy relationships.

Example:

- *Reframed Thought:* *"I am not solely responsible for the toxicity in this relationship. I have tried my best to make it work. It is important for me to prioritize my own well-being and seek healthier connections."*

Express Your Feelings

Step 1: Identify Your Feelings

Take some time to reflect on the range of emotions you experience within the trauma bond. These may include fear, anger, guilt, confusion, or sadness. It's essential to recognize and validate these feelings without judgment.

Example:

"I feel trapped and anxious in this toxic relationship. I also feel guilty for considering leaving."

Step 2: Write About Your Feelings

Use the worksheet as a safe space to express your emotions through writing. Describe in detail what you are feeling and why, allowing yourself to be honest and vulnerable in the process.

Example:

"I feel trapped because I fear the consequences of leaving. I also feel guilty because I worry about the other person's well-being, even though I recognize the toxicity of the relationship."

Step 3: Reflect on Triggers and Patterns

Consider the specific triggers and patterns within the trauma bond that intensify your emotions. Reflect on how these triggers impact your well-being and contribute to the cycle of the trauma bond.

Example:

- Reflecting on Triggers: "I notice that my feelings of guilt are often triggered when the other person manipulates me into staying. This pattern makes it harder for me to prioritize my own needs and boundaries."

Self-Compassion Break

Step 1: Recognition

Write down the ways in which you have been impacted by the trauma bond. Acknowledge the pain, hurt, and challenges you have faced as a result.

Step 2: Self-Awareness

Reflect on any negative thoughts or self-criticisms that arise when you think about the trauma bond. Write them down, acknowledging their presence without judgment.

Step 3: Self-Compassion Break

Close your eyes and take a few deep breaths. Imagine yourself in a place of comfort and safety. Repeat these three phrases silently or out loud, addressing them to yourself:

- "This is a moment of suffering."
- "Suffering is a part of human experience."
- "May I be kind and gentle with myself."

Allow these phrases to sink in and offer yourself the compassion you need.

Step 4: Self-Kindness

Think about how you would comfort and support a close friend going through a similar situation. Write down some compassionate and understanding words that you would say to them. Then, turn those words inward and offer the same kindness and understanding to yourself.

Step 5: Common Humanity

Recognize that you are not alone in experiencing trauma bonds. Many others have gone through similar struggles. Write down a reminder that connects you to the shared experiences of humanity.

Step 6: Supportive Touch

Place a hand over your heart or somewhere else on your body where you feel comfortable. This gentle touch can serve as a reminder of warmth and care. Take a moment to feel the soothing sensation, allowing yourself to receive comfort.

Advocate for Your Needs

Step 1: Identify Your Needs

Take some time to reflect on your needs and desires within the context of the trauma bond. Consider what aspects of your well-being are being compromised and what changes you would like to see in the relationship.

Recognize if you need more emotional support, respect for your boundaries, communication transparency, or a sense of safety. Identify these needs clearly in order to advocate for them effectively.

Step 2: Identify Obstacles

Reflect on internal and external factors that might hinder you from advocating for your needs. This could include fear, self-doubt, or concerns about potential consequences.

Acknowledge if you have any fears about expressing your needs, such as the fear of retaliation, rejection, or further harm. Understanding these obstacles allows you to address them proactively.

Step 3: Communicate Assertively

Practice assertive communication techniques to effectively express your needs and boundaries to the other person. Use "I" statements and be direct while maintaining respect for yourself and the other party.

Instead of blaming or accusing, say something like, "I feel hurt when you raise your voice during disagreements. It's important to me that we engage in calm and respectful discussions. Can we find a way to communicate with more kindness and understanding?"

Step 5: Seek Support

Identify individuals or resources that can provide support and guidance as you navigate advocating for your needs within the trauma bond. Reach out to these sources for assistance when needed.

Establish Boundaries

Step 1: Identify Areas of Concern

Reflect on the aspects of your trauma bond that are causing you distress or discomfort. Consider the behaviors, interactions, and expectations that are not healthy and need boundaries.

Example:

- *Constant communication and demands from my ex-partner*
- *Expectations to prioritize their needs over mine*
- *Verbal and emotional abuse during disagreements*

Step 2: Define Your Limits

Next, determine where you need to set boundaries to promote your well-being. Be clear and specific about what behavior is unacceptable, what your expectations are, and the consequences for violating your boundaries.

Example:

- *Communication: Limit phone calls and texts and only respond to urgent messages.*
- *Prioritization: Refrain from prioritizing their schedule over mine and communicate my availability and intentions respectfully.*

- Abuse: Clearly communicate that I will not tolerate verbal or emotional abuse. If it does occur, disengage from the conversation and remain calm.

Step 3: Communicate Your Boundaries

Communicate your boundaries to your ex-partner in a calm, respectful manner. Be clear, concise, and assertive. Avoid blaming, shaming, or attacking language.

Example:

"Please only contact me for urgent matters. I will also not tolerate any form of verbal or emotional abuse. If it occurs, I will hang up the phone or leave."

Step 4: Enforce Your Boundaries

If your boundaries are violated, stick to the consequences you established. Be firm, but also be prepared to adjust your boundaries if necessary.

Example:

- *Communication: Set my phone to "Do Not Disturb" after our agreed-upon communication time.*
- *Prioritization: Decline requests that conflict with my schedule or interests and maintain a consistent boundary.*
- *Abuse: Walk away from any conversation that turns verbally or emotionally abusive, and refuse to engage in further discussions until an apology is given and change is shown.*

Foster a Sense of Safety

Step 1: Identify Triggers and Safety Disruptions

Reflect on the specific triggers and disruptions to your sense of safety associated with the trauma bond. This may include identifying emotional, physical, or environmental cues that elicit feelings of distress and vulnerability.

Example:

Being in proximity to the person connected to the trauma bond, receiving communication from them, or encountering reminders of the traumatic experiences.

Step 2: Establish Safe Spaces and Coping Strategies

Identify and create safe spaces – both internal and external – that promote feelings of security and calm. Additionally, explore coping strategies that can be utilized during moments of distress to restore a sense of safety and equilibrium.

Example:

- Safe Spaces: *Creating a calming environment at home, engaging in activities that bring comfort and relaxation, and surrounding yourself*

with supportive individuals who understand and respect your boundaries.

- Coping Strategies: *Deep breathing exercises, grounding techniques, journaling, and seeking solace in nature as a means of restoring emotional balance and inner peace.*

Step 3: Self-Compassion and Validation

Validate your emotional responses to the trauma bond, acknowledging that your experiences and feelings are valid and deserving of care and understanding.

Example:

- Emotional Validation: *Recognizing and affirming your emotions without judgment, and seeking support from individuals who can offer empathetic validation of your experiences.*

Exploring Inner Child Work

Step 1: Create a Safe Space for Inner Exploration

Find a quiet and comfortable place where you can feel secure and at ease. Set the intention to connect with your inner child and create an environment that feels nurturing and supportive. For example, find a cozy corner of your home where you can relax undisturbed. Surround yourself with comforting objects such as blankets, stuffed animals, or soothing music to promote a sense of safety and comfort during the inner child exploration process.

Step 2: Connect with Your Inner Child

Close your eyes and take a few deep breaths to center yourself. Visualize your younger self, the inner child, and imagine them standing before you. Create a loving and compassionate space to connect with this part of yourself.

Step 3: Engage in Dialogue

Initiate a conversation with your inner child, allowing them to express their feelings, fears, and needs. Give them permission to speak openly and honestly, and listen attentively to their responses.

Begin the dialogue by asking your inner child questions such as: "How are you feeling?", "What do you need?", "What was it like for you during that time?" Encourage them to express themselves freely, without judgment.

Step 4: Provide Nurturing and Reassurance

Validate your inner child's emotions and experiences, reminding them that they are not alone and that their feelings matter. Offer words of encouragement, love, and support, emphasizing that you are there for them.

Emotional Regulation

Step 1: Identify Triggers

Take some time to reflect on the specific situations, thoughts, or emotions that tend to trigger your stress or emotional dysregulation.

Notice if certain behaviors or words from others bring up intense feelings or memories associated with the trauma bond. Reflect on how these triggers impact your emotions and well-being.

Step 2: Recognize Physical and Emotional Responses

Pay attention to the physical and emotional sensations that arise when you experience these triggers. Notice how your body and mind respond to different stimuli.

Observe if you feel tension in your body, experience racing thoughts, or become overwhelmed with feelings of fear, anger, or sadness. By recognizing these responses, you can better understand your emotional patterns.

Step 3: Explore Coping Strategies

Identify healthy coping strategies that can help you regulate your emotions and maintain a sense of calm during triggering situations. Consider strategies that have worked for you in the past or new techniques you would like to try.

Some coping strategies may include deep breathing exercises, mindfulness or grounding techniques, journaling, talking to a trusted friend or therapist, engaging in physical activity, or practicing self-care activities such as taking a bath or listening to soothing music.

Focus on Yourself

Step 1: List Your Strengths

Identify your positive qualities, talents, and skills. Consider what sets you apart from others and what personal traits you value the most.

Make a list of your strengths, such as being empathetic, resilient, creative, or resourceful.

Step 2: Reflect on Past Accomplishments

Think about times when you had successes or overcame challenges. Consider how your strengths played a role in those accomplishments.

Recall a time when you were successful, such as completing a difficult task at work or making progress in therapy, and reflect on how your strengths like perseverance, determination, or problem-solving helped in achieving those goals.

Step 3: Visualize Positive Outcomes

Imagine yourself using your strengths to achieve future goals or overcome challenges. Focus on the positive outcomes that you envision.

For example, visualize yourself successfully handling a challenging situation, utilizing your strengths, and emerging stronger and more confident. This helps in building up motivation and determination.

Step 4: Practice Positive Self-Talk

Challenge negative thoughts about your abilities by using positive affirmations and self-talk that highlight your strengths. Use language that supports and encourages you.

For example, instead of focusing on negative self-talk, such as "I'm not good enough," "I'll never be able to do this," replace the self-talk with positive affirmations, such as "I'm strong," "I'm capable," or "I have the inner strength to overcome this."

Step 5: Set Realistic Goals

Set goals that align with your strengths and values. Break down larger goals into smaller, achievable steps and celebrate progress along the way.

Identify a goal that aligns with your strengths, such as writing learning a new skill. Break down the goal into achievable steps and focus on achieving each step. Celebrate each accomplishment along the way.

Self-Care

Step 1: Identify Your Self-Care Needs

Reflect on the specific areas of self-care that are important for you, considering your emotional, physical, and mental well-being. This may include activities that bring you comfort, relaxation, and a sense of safety.

Example:

- Self-Care Need: "I need to establish healthy boundaries and prioritize my own needs. I also need to engage in activities that bring me joy and relaxation, such as yoga and spending time in nature."

Step 2: List Self-Care Strategies

Compile a list of self-care strategies and activities that resonate with you. These may encompass practices that nurture your mind, body, and spirit, as well as activities that provide a temporary escape from the distress associated with the trauma bond.

The following are some common example. Check off the ones you want to try or add more to the list:

- ☐ Engage in regular physical exercise, such as walking, or dancing, to release tension and boost your mood.
- ☐ Practice deep breathing exercises and meditation to promote relaxation and reduce anxiety.
- ☐ Connect with supportive friends or family members who can provide empathy and understanding.
- ☐ Engage in creative activities, such as painting, writing, or playing music, as a form of self-expression and catharsis.
- ☐ Prioritize adequate sleep and establish a soothing bedtime routine to support restful sleep.
- ☐ Spend time in nature to foster a sense of calm and connection with the environment.
- ☐ Engage in activities that bring you joy and a sense of fulfillment, whether it's cooking, gardening, or engaging in a hobby.
- ☐ Seek out support groups or online communities where you can connect with others who have gone through similar experiences.
- ☐ Limit exposure to triggering or distressing content, such as news or social media stories that may exacerbate emotional distress.
- ☐ Engage in regular self-reflection and journaling to process emotions and track your progress.
- ☐ Establish a self-care routine that includes activities you find comforting and soothing, such as taking a warm bath, or listening to calming music.
- ☐ Engage in activities that promote laughter and playfulness to lighten your mood and reduce stress.
- ☐ Set aside time for self-care rituals, such as skincare routines, grooming, or pampering activities that make you feel nurtured and cared for.

- ☐ Create a safe and calming environment at home by decluttering, adding comforting elements, and establishing a sense of sanctuary.
- ☐ Engage in activities that promote self-discovery and personal growth, such as reading self-help books, attending workshops, or seeking out new experiences.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Step 3: Schedule Self-Care Practices

Integrate self-care practices into your daily or weekly schedule. Establishing dedicated time for self-care reinforces its importance and helps you prioritize your well-being amidst the challenges of the trauma bond.

Example:

Scheduled Self-Care:

- *Monday: Attend a dance class after work*
- *Wednesday: Set aside an hour for journaling and reflection*
- *Saturday: Plan a nature hike or outdoor activity*

Day	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Step 4: Reflect on Self-Care Impact

After engaging in self-care practices, take the time to reflect on how they have positively impacted your emotional state and overall resilience. Acknowledge the value of self-care in counteracting the effects of the trauma bond.

Cultivate Supportive Relationships

Step 1: Identify Your Support System

Make a list of people in your life who you feel safe and supported by. These can be close friends, family members, or even professionals such as therapists or counselors.

Step 2: Assess the Quality of Support

Next, evaluate the level of support you receive from each person on your list. Consider factors such as their availability, empathy, and ability to provide comfort and guidance.

Example:

- Sarah: Always available, empathetic, and understanding
- John: Sometimes busy, but supportive when able
- Dr. Thompson: Professional support, knowledgeable, and provides guidance

Step 3: Communicate Your Needs

Reflect on the specific types of support you require in relation to your trauma bond. Think about what would be most helpful for you, whether it's someone to listen, provide reassurance, or offer guidance.

Example:

- Sarah: Share my feelings and experiences related to the trauma bond, seek advice and emotional support.
- John: Engage in activities together that promote positive emotions and distract me from negative thoughts.
- Dr. Thompson: Receive professional guidance on healing, coping strategies, and processing the trauma.

Step 4: Seek Out Support

Actively reach out to the individuals on your list and communicate your needs to them. Be open and honest about your experiences, and let them know how they can help you on your healing journey.

Example:

- Call Sarah and schedule a time to meet up and talk about the trauma bond and seek her advice and support.
- Send a text to John asking if he's available to hang out and engage in activities that help you feel happier and more grounded.

- Book your next therapy session with Dr. Thompson to discuss your progress and continue working through the trauma bond.

Step 5: Evaluate and Adjust

Periodically evaluate the effectiveness of the support you're receiving. Determine if any adjustments need to be made, such as seeking additional sources of support or modifying the types of support you request from your current network.

Example:

- After talking to Sarah, assess if her advice and support were beneficial and consider reaching out to other friends or support groups for additional perspectives.*
- If John's availability becomes limited, explore joining social or interest-based groups where you can meet new supportive individuals.*
- Communicate openly with Dr. Thompson about any concerns or additional requirements you may have for your therapy sessions.*

Should You Forgive?

Forgiveness is a complex and personal process that can have both psychological and emotional benefits. However, whether to forgive is a deeply individual decision.

1. Define forgiveness for yourself:

Forgiveness is a personal choice and can mean different things to different people. It is essential to define what forgiveness means to you and what it entails. Forgiveness does not necessarily mean condoning or forgetting the past, but rather finding a way to let go of anger and resentment for your own well-being.

2. Consider the potential benefits:

Research suggests that forgiveness can lead to improved mental health, reduced stress levels, and increased overall well-being. However, it is important to weigh these potential benefits against your own values, needs, and readiness to forgive.

Forgiving The Abuser (When Ready)

1. Revisit the past:

Reflect on the specific instances or patterns of abuse. Write about them in as much detail as possible, focusing on how they made you feel at that time.

2. Acknowledge your current emotions:

Recognize and write down any anger, resentment, hurt, or sadness you still carry due to this abuse. Allow these emotions to be present without judgment.

3. Explore barriers:

Identify any obstacles or fears that may be preventing you from forgiving. Are there specific beliefs or concerns that make forgiveness challenging for you? Write them down and consider their validity.

4. Letting go of resentment:

Consider strategies or practices that may help you release feelings of resentment and anger. This could include techniques such as journaling, talking to a trusted friend, practicing mindfulness or meditation, or engaging in physical activities that allow you to release tension and stress.

5. Explore empathy and compassion:

Try to understand the other person's perspective or circumstances that may have led to their actions. This step can help cultivate empathy and compassion, making forgiveness easier.

6. Personal forgiveness statement:

Write a personal forgiveness statement that aligns with your understanding of forgiveness and your readiness to embark on this journey.

Example: "I acknowledge the pain caused by the abuse, but I am ready to release the anger and resentment I have been holding onto. Forgiveness will allow me to heal and create a healthier future for myself."

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess specific symptoms, chronology, impairment, coercion and safety, PTSD/complex PTSD where applicable, depression/anxiety, grief, substance use, family-system context, and culturally shaped roles.

Document-specific corrections

- State that ·trauma bond· is a non-diagnostic relational formulation; do not confuse it with the attachment between a child and caregiver or with PTSD diagnosis.
- Prioritize coercive-control, stalking, violence, dependency, and retaliation assessment before boundaries, advocacy, separation, or disclosure tasks.
- Do not require forgiveness of an abuser or imply forgiveness is a recovery stage.
- Use inner-child and trauma-writing exercises only with consent, stabilization, grounding, and a plan for dissociation or flooding.
- Avoid individualizing survival strategies that may have reduced danger.

Measures, scoring, and permissions

- Pages [1, 3, 4, 8]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.
- Trauma processing, exposure, and EMDR require appropriate competence, informed consent, stabilization/readiness assessment, dissociation screening, pacing, and a plan for worsening symptoms.
- Screen privately for coercive control, stalking, retaliation, sexual coercion, financial abuse, and violence. Conjoint disclosure or repair work may be contraindicated when safety or free participation is compromised.

Crisis and current resources

- United States: National Domestic Violence Hotline, <https://www.thehotline.org/> and 800-799-SAFE; 988 for suicidal crisis.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.who.int/news-room/fact-sheets/detail/violence-against-women>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>

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- <https://988lifeline.org/>
- <https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/MH/ptsd/index.asp>