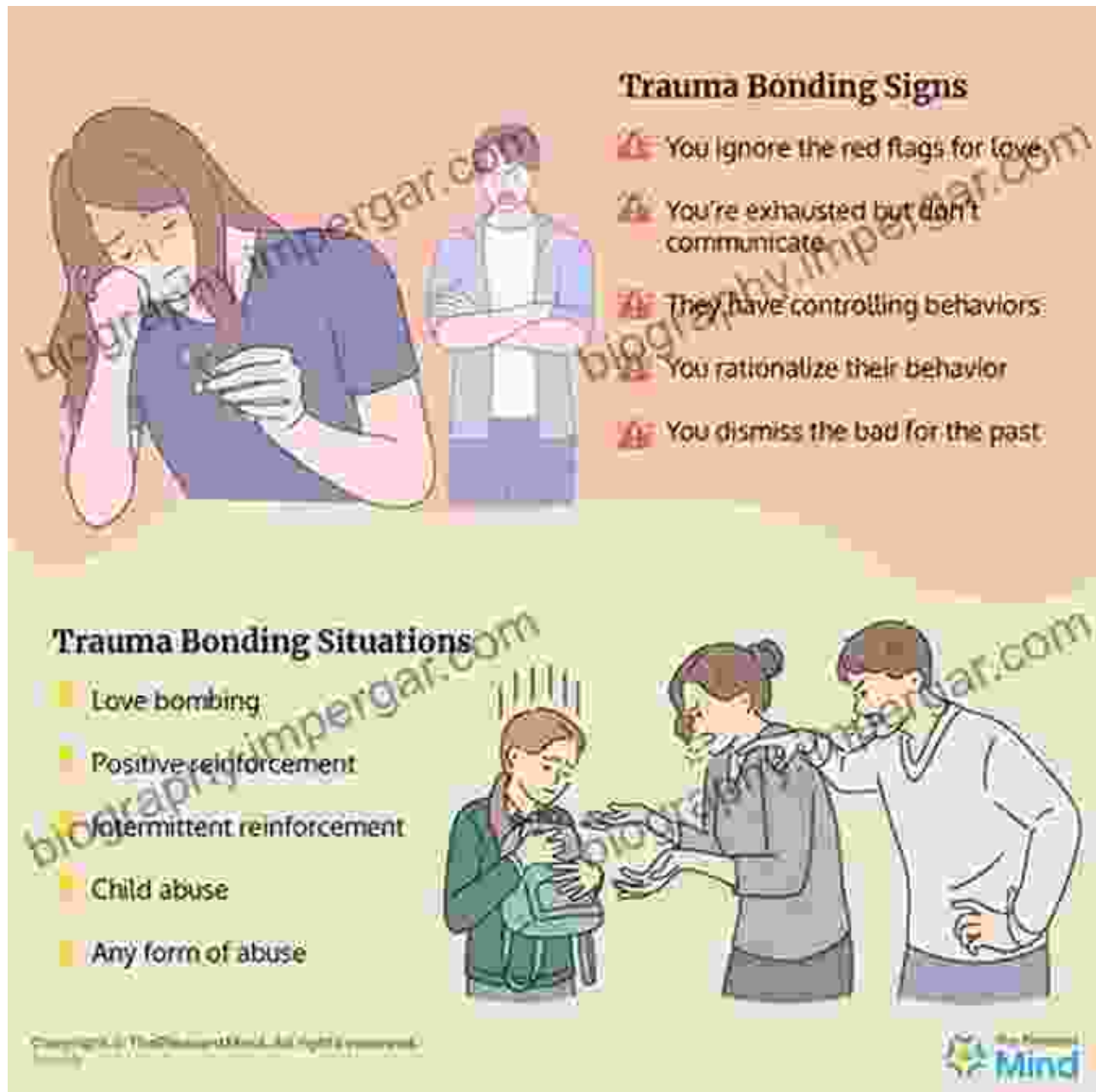


Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?

The Bowlby Centre's Groundbreaking Research



The infographic is divided into two main sections. The top section, titled 'Trauma Bonding Signs', features an illustration of a woman on the left looking distressed and holding her head, and a man on the right with his arms crossed. The bottom section, titled 'Trauma Bonding Situations', features an illustration of a man on the left looking down at his hands, and a woman and man on the right, one with her hand on the man's shoulder. The background is a light green and orange gradient.


Trauma Bonding Signs

- ❌ You ignore the red flags for love
- ❌ You're exhausted but don't communicate
- ❌ They have controlling behaviors
- ❌ You rationalize their behavior
- ❌ You dismiss the bad for the past

Trauma Bonding Situations

- Love bombing
- Positive reinforcement
- Intermittent reinforcement
- Child abuse
- Any form of abuse

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Addiction, a complex and often debilitating condition, has long been a subject of intense research. While genetics and environmental factors

undoubtedly play a role, the Bowlby Centre's groundbreaking research has shed unprecedented light on the profound impact of broken bonds and early trauma in the development of addictive behaviours.



Addictions From an Attachment Perspective: Do Broken Bonds and Early Trauma Lead to Addictive Behaviours? (The Bowlby Centre Monograph Series)

by Johnny L. Matson

★★★★☆ 4.9 out of 5

Language : English
File size : 815 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages



Attachment Theory: The Foundation of Broken Bonds

The Bowlby Centre's work is rooted in attachment theory, a psychological theory developed by renowned psychiatrist John Bowlby. Attachment theory posits that secure, loving relationships in early childhood are essential for healthy emotional development.

When children experience consistent and responsive care, they develop a secure attachment style. They feel loved, protected, and capable of exploring the world with confidence. Conversely, children who experience neglect, abuse, or rejection develop insecure attachment styles.

Insecure attachment styles can lead to a range of emotional and behavioural problems, including difficulty regulating emotions, forming healthy relationships, and coping with stress.

Broken Bonds and the Development of Addiction

Research by the Bowlby Centre has found a strong correlation between broken bonds and the development of addictive behaviours. Children who experience insecure attachment styles are more likely to engage in risky or harmful behaviours, including substance abuse.

This is because addiction can provide a temporary escape from the emotional pain caused by broken bonds. By altering brain chemistry, addictive substances can create a sense of pleasure and relief, albeit fleeting.

The Role of Early Trauma

In addition to broken bonds, early trauma can also significantly increase the risk of developing addictive behaviours. Trauma, such as physical or sexual abuse, witnessing violence, or experiencing a natural disaster, can have a devastating impact on a child's developing brain.

Trauma can lead to disruptions in the brain's reward system, making individuals more susceptible to the pleasurable effects of addictive substances. Furthermore, trauma can cause difficulties with emotional regulation, increasing the likelihood of using substances to cope with negative emotions.

Implications for Treatment and Prevention

The Bowlby Centre's research has profound implications for the treatment and prevention of addictive behaviours. By understanding the connection between broken bonds, early trauma, and addiction, practitioners can develop targeted interventions that address the underlying emotional issues.

Treatment for individuals with addiction should focus on fostering secure attachment relationships, building emotional regulation skills, and processing traumatic experiences.

Prevention efforts should focus on strengthening families, promoting secure attachment, and providing support for children who have experienced trauma.

'Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?' by the Bowlby Centre provides a groundbreaking understanding of the profound impact of childhood experiences on the development of addiction. By shedding light on the links between insecure attachment styles, trauma, and addictive behaviours, this research has revolutionized the field of addiction treatment and prevention.

By addressing the underlying emotional issues that contribute to addiction, we can help individuals achieve lasting recovery and rebuild their lives.



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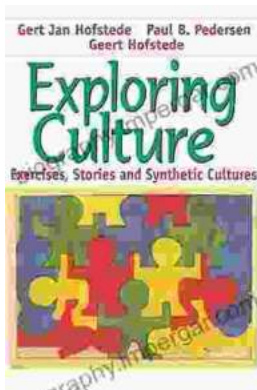
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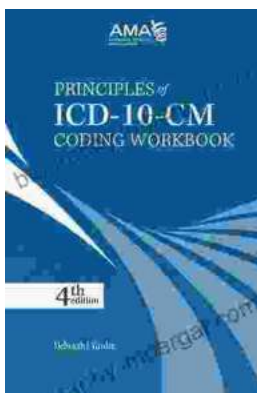
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