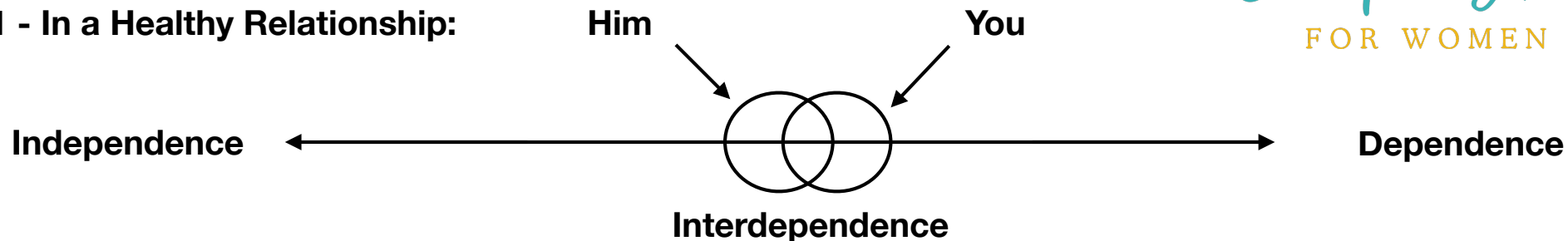
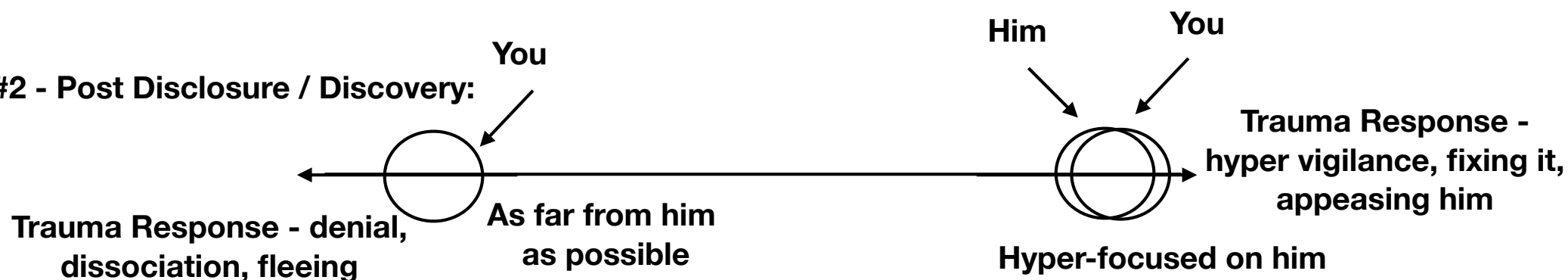


# The Challenge with Detachment / Boundaries and Trauma

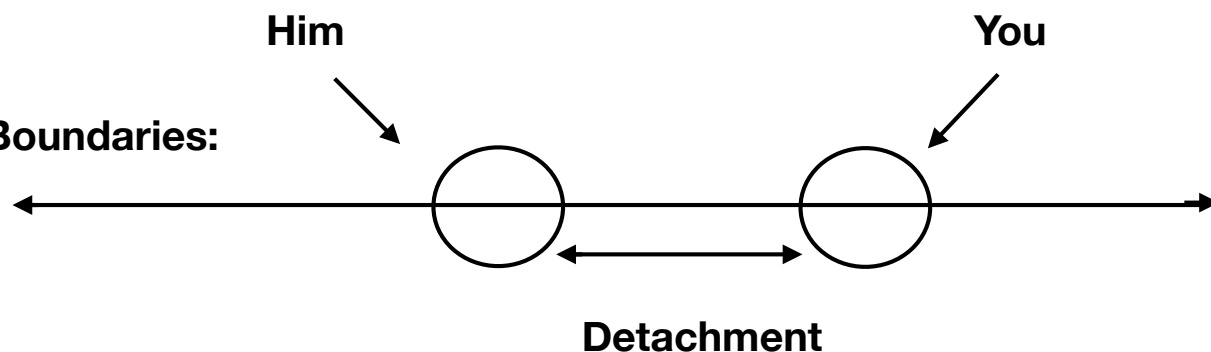
#1 - In a Healthy Relationship:



#2 - Post Disclosure / Discovery:



#3- Detachment / Boundaries:



#1 - In a healthy relationship - we have interdependence. I have my space, you have your space, and we have our space. There is safety.

#2 - Post Disclosure / Discovery - No safety. Our Trauma response causes us to go into fight/flight/freeze/appease mode and we dissociate (on one extreme) or we hyper-focus (on the other extreme).

#3 - Detachment / Boundaries - create space, watch, face the pain, get safe, wait.