

BETRAYAL TRAUMA

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Abstract-To find out if people suffer more from emotional or mental or physical ailments after a betrayal. People suffer more from Emotional pain in comparison to the Mental or Physical pain when they face betrayal in life. Post Betrayal Syndrome Quiz [updated version] is used for this online survey. Results clearly prove that people face emotional ailments most {54%} after betrayal, then mental ailments {36%}, and lastly physical ailments {10%}; proving the hypothesis of people suffering emotional vulnerability after they were betrayed by someone they trusted. In emotional ailments the symptoms that people mostly suffered from was sadness that is 68%. Betrayal is something that most of the people have suffered at least once in their life, leaving a deep-seated wound or anxiety consciously as well as unconsciously in our lives. As trust is a part of life, betrayal is also a part of life. Although betrayal causes so much pain in life, it mostly weakens a person from the emotional aspects of their life then it acts upon their mental health and these ailments finally resulting in physical ailments. But mostly betrayal makes people suffer from emotional aspects, so to overcome this situation every individual needs to stay positive in their life to overcome a betrayal whether it's from family or a partner; so just look forward & move on.

Keywords: Betrayal Trauma, Betrayal, Emotional Ailments, Mental Ailments, Physical Ailments.

1. INTRODUCTION

Betrayal... what is betrayal? Betrayal occurs when an assumed contract, trust, or confidence is broken or violated, resulting in moral and psychological conflict or pain for an individual, organizations, & relations. Betrayal has long been thought to be a crucial component of psychological trauma (Akhtar, 2013) [1]. An act of betrayal between partners in interpersonal relationships is one that contradicts essential beliefs in the relationship and the partner as a source of stability, protection, comfort, and love, particularly at times of personal pain (e.g., infidelity, sudden abandonment) (Johnson, Makinen, & Millikin, 2001) [2]. These behaviors, known as "attachment injuries," jeopardies the stability of a love connection and are best described as "trauma with a small "t." (Johnson et al., 2001, p. 150) [3]. Such incidents are not only one of the most common causes of relationship dissolution, but they can also cause trauma, and mental or emotional distress that stays for a longer period of time. Post Betrayal Syndrome is the impact of betrayal that imprints in the mind of the one who suffered consciously, unconsciously, as well as subconsciously. There are times when the impact of betrayal is so severe that it left imprints or trauma that became a nightmare. Betrayal can catch us off guard, leaving us questioning everything we've learned to believe in, trust, and rely on in order to feel safe, and it can leave us with Betrayal Trauma, which has a devastatingly painful impact on our body and mind.

1.1 SOMEONE IN AUTHORITY

A parent, a teacher, an employer, a mentor, or a coach are some of the figures that are said to be guide & caregivers for a person. The fact is that when these ideal figures give you instructions you follow their instructions, believing that they will properly assist and support you. but when, they take advantage of their position of authority and do something destructive or inappropriate; It's a betrayal when a rule or understanding is broken. Betrayal trauma theory suggests that in many cases amnesia is an adaptive response to childhood abuse.[5]

It could be a partner. It's assumed that when you give someone commitment that you'll both be faithful and loyal to each other, but one of you ended up having an affair. That's betrayal. A study shows that in a relation when a partner betrays other, there was a negative link between betrayal trauma and mental well-being, as well as a positive link between betrayal trauma and neurotic or avoidant attachment. [8,9]

It could be a marriage: when a person ties a knot with someone there is a promise of spending your life with each other but because of some reason the knots untie and you end up having a divorce; that's a betrayal.

It's possible that it's your best friend. The unsaid norm is that you tell each other your secrets and they remain private. They reveal your secret to someone. That's betrayal.

It may be a coworker with whom you're collaborating on a project. It was assumed that you were working as a group. But they end up backstabbing you and have the entire credit for your work. It's a betrayal.

1.2 Betrayal Trauma

Jennifer Freyd, was the first psychologist, who proposed the idea of betrayal trauma in 1991. She identified betrayal as a type of trauma that occurs in important social connections when the betrayed person requires the betrayer's support or protection. [3] According to the betrayal trauma theory, cheating in a relationship, such as those between a parent and a child or romantic partners, can result in long-term trauma. [10] When the person is betrayed by the one, he/she needs the most. One may not require their spouse to exist in a romantic relationship, but are most likely rely on them for affection, emotional support, and company. These partnerships are likewise based on agreements, which define

the relationship's bounds. In a monogamous relationship, for example, partners usually have a common understanding of what constitutes infidelity and agree to trust one another not to cheat. And a cheating partner violates the conditions of the agreement.

It is stated that many traumatic experiences always involve some kind of Betrayal and violation, from any of our caregiver, loved one, that leaves some kind of trauma behind. [7]

2. HYPOTHESIS

To find out if people suffer more from emotional or mental or physical ailments after a betrayal.

3. PROCEDURE

For this survey I used the scale POST BETRAYAL SYNDROME QUIZ by Dr. DEBI SILBER Thepbtinstitute.com. For this there was no age limit decided and the PBS Quiz was prepared in the form of GOOGLE FORMS and distributed among individuals and all the instructions along with the form are given. There are some minute changes I made in PBS Quiz as the population for the survey is from India and is valid for all age groups. The sample size N= 50, Out of which 'MALES= 18' 'FEMALES=29', 'PREFER NOT TO SAY= 3'.

There was no age bar so all age groups attempted this quiz.

For the quiz a questionnaire on google forms was prepared with referral questions from Post traumatic syndrome quiz and was shared to the targeted audience via different social media sites. Participants were asked to fill the survey form as per their interest independently. The questionnaire was prepared with the main focus on the targeted audience. The sample size of 50 was finalized after excluding 23 responses as they have errors.

Instruments

Post Betrayal Syndrome Quiz with an updated version is used here.

https://docs.google.com/forms/d/e/1FAIpQLSeWhr7_hMhcZ2fUYT6SX0dn6W1jYnmArIVwJXSrNG2xWHFW4g/viewform?usp=pp_url

4. RESULTS

Based on the results obtained from the samples 'it is proved that people suffer more from Emotional ailments as compare to Mental or Physical Ailments'. 'Survey link; https://docs.google.com/forms/d/e/1FAIpQLSeWhr7_hMhcZ2fUYT6SX0dn6W1jYnmArIVwJXSrNG2xWHFW4g/viewform?usp=pp_url.

Fig. 4.1 in survey when the we ask people what are the ailments, they suffer most the responses are as follow;

Out of physical, mental. & emotional which ailment people suffer mostly ;
50 responses

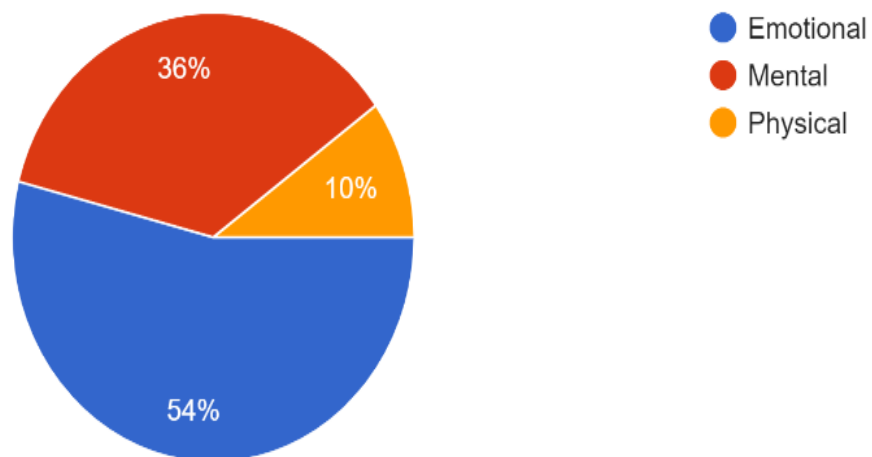


Fig. 4.1 Different Ailments Suffered by People

The results are proof that the Hypothesis, 'People mostly suffer from Emotional pain and ailments in comparison to Mental or Physical ailments is' hence proved'.

The most common Emotional symptoms peoples go through are as follows

Fig. 4.2 Different emotional symptoms choose by people after they face after betrayal;

Which emotional symptoms do you experience after betrayal :

50 responses

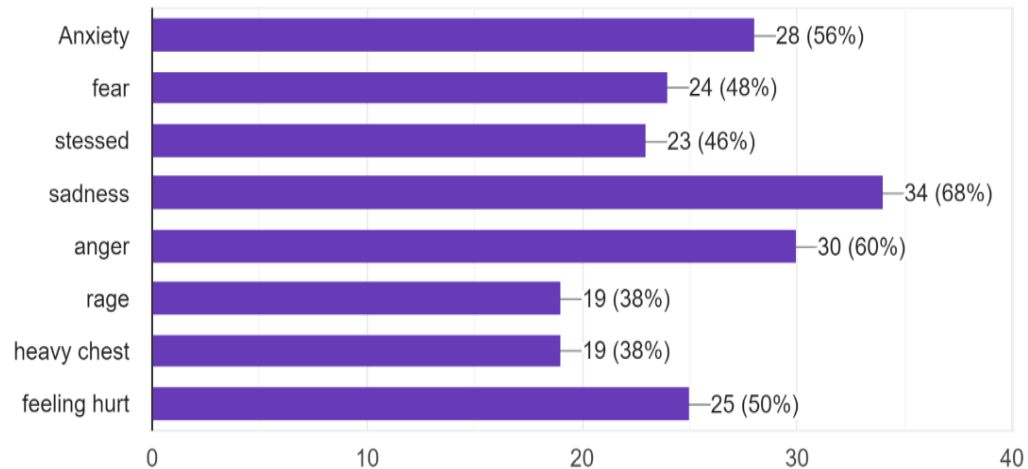


Fig. 4.2 Ailments or Symptoms Suffered by People Emotionally

CONCLUSION

Just as every coin has two faces, life too has two faces. Trust is a part of life, just as betrayal is a part of life. Every person faces betrayal once in their lifetime from someone they trusted, whether it's from a family member, from a partner, from a friend, or a spouse it leaves a person at the depth of a never-ending pit of loneliness, but as a part of life everyone needs to accept this and move on with a positive attitude towards the end of the day as every day is not the same. Even betrayal leaves a person at a critical point when nothing is expected. However, results obtained from this study clearly proved that emotional distress is much more of present as an ailment in comparison to other ailments and in most cases, it is evidently found that mental and emotional distress are somewhere the reason behind the physical ailments. Directly or indirectly physical ailments after betrayal are results of emotional distress that is evidently the ailment suffered mostly by the people.

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