

Heartline Publications

★ Member-only story

# When Love Feels Like Longing: the Trauma Bond and the Inner Child

How unresolved wounds can disguise themselves as love



Elena Byron

Follow

3 min read · May 10, 2025

247

3



[Open in app ↗](#)[Sign up](#)[Sign in](#)**Medium**

Search

Write



Photo by [Kelly Sikkema](#) on [Unsplash](#)

*Not a Medium member? Read and share it through this [free link](#).*

I thought it was love. The pull was magnetic, intense, impossible to walk away from. I felt alive with him, but also deeply unsafe. I confused that pain for depth, that tension for passion.

**It was not love.**

**It was trauma bond.**

A trauma bond forms when your nervous system gets hooked on someone who gives you just enough to *keep you close*, and takes away just enough to *keep you desperate*. The bond is not build on trust and reciprocity. It is build on cycles of validation and withdrawal.

Intermittent presence. Hope, then silence. Affection, then coldness. Closeness, then cruelty.

You always try to get back to that good version of them that you experienced.

# Create an account to read the full story.

The author made this story available to Medium members only.  
If you're new to Medium, create a new account to read this story on us.



Sign up with Google



Sign up with Facebook



Sign up with email

Already have an account? [Sign in](#)



## Published in Heartline Publications

1.7K followers · Last published 1 hour ago

Follow

A space where writers—new and experienced—share, grow, and connect in a community that values real engagement over empty promotion. Share your stories, write with purpose. Connect, and Grow with us!



## Written by Elena Byron

170 followers · 17 following

Follow

Psychologist & Trauma Therapist | Survivor Exploring the aftermath of narcissistic abuse, the resilience of the human mind and the path to self-reclamation.

## Responses (3)



Write a response

What are your thoughts?



Praise Frank

May 10



And when that spell breaks, the pain might remain for a while but the chasing stops.

That spell, it is the hardest part to get over but the effort is SOO worth it. Thank you for sharing and shedding light on this.



15



1 reply

[Reply](#)



atinder kaur she/her

May 10



I thought it was love. The pull was magnetic, intense, impossible to walk away from. I felt alive with him, but also deeply unsafe. I confused that pain for depth, that tension for pass...

The confusion is so real and can make you literally blind from the reality.



10



1 reply

[Reply](#)



Sneha Parmar

May 10



He was so sweet, why is he treating me like that now? What happened? What have I done? Maybe I can fix it, if I behave differently!"

You expressed the feelings of many .... we started to change ourselves and behave the way they want just to be with them. Their validation and thoughts become our voice.



1 reply

[Reply](#)

## More from Elena Byron and Heartline Publications



 In Heartline Publications by Elena Byron

### How I Broke the Spell of Narcissistic Abuse

Escaping was just the beginning, reclaiming myself is the real victory

 Apr 5  656 



 In Heartline Publications by Annaya Mahale

### She's the kind of woman you don't recover from.

Prose poetry

 Mar 14  9.7K 





In Heartline Publications by Annaya Mahale

## The Intimacy of Someone Being Sure About You

Non-members can click here to read.

May 19   3.9K   44



In Catharsis Chronicles by Elena Byron

## "You're Still Alive, Aren't You? So What Harm Did I Even Do?"

The chilling words of an abuser

May 14   213   6



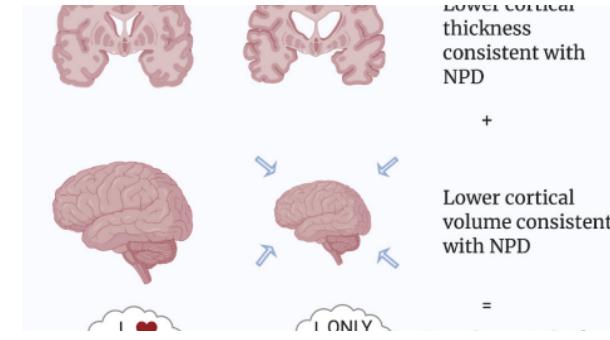
[See all from Elena Byron](#)

[See all from Heartline Publications](#)

## Recommended from Medium



In The Reflective Mindset by Suzy Bliss



In Be Open - Writers & Readers Pub by Jass

## The Hidden Psychology Behind Narcissistic Control: A Guide to...

If you've ever felt like you're walking on eggshells around someone, constantly...

4d ago 103



 E Schwartzreich

## American Narcissism XLVIII: The Three Faces of the NPD Trauma...

How It Looks To the PwNPD, To the Target / Victim, and To the Therapist / Theorist

May 24 40 3



## Types of Narcissist

Firstly let's understand what narcissism is.

Mar 21 19 2



 In The Golden Words by Naouress Akrouti

## The Narcissist's Obsession With Money: The Narcissist Wants You...

I am going to expose one of the masks narcissists wear. You will learn how to detect...

Apr 15 41 2



 In Tales From The Narc Side: Navigati... by Elena B...

## Escaping His Delusion: Breaking Free from Narcissistic Abuse

Leaving a Narcissist Who Chose Illusion Over Accountability



 In Unfaithful: Perspectives on the Thir... by P. D. R...

## Why Is Cheating the Only Exception to this Rule?

We're supposed to be tough, mature, emotionally resilient people.

Feb 27  149

6d ago



80



8

[See more recommendations](#)