# **Understanding Narcissistic Supply & Trauma Bonds**

Narcissistic abuse thrives on two powerful dynamics: the constant need for validation (narcissistic supply) and the emotional entrapment of trauma bonding. This info sheet breaks down both concepts and how they fuel the cycle of abuse.

### What is Narcissistic Supply?

Narcissistic supply is the emotional, psychological, or physical energy a narcissist extracts from others to fuel their ego. This can come in the form of admiration, attention, control, fear, or emotional reactions.

Common examples of narcissistic supply include:

- Compliments or admiration
- Arguing or reacting emotionally
- Providing loyalty despite mistreatment
- Being available at all times

#### What is a Trauma Bond?

A trauma bond is an intense emotional attachment formed through repeated cycles of abuse, manipulation, and intermittent reinforcement. It keeps the survivor emotionally hooked, even when the relationship is harmful.

#### Signs of a trauma bond:

- Feeling addicted to the person who's hurting you
- Justifying or minimizing their behavior
- · Believing you can't live without them
- Feeling confused, anxious, or guilty about leaving

#### **How They Feed Each Other**

The narcissist uses manipulation to receive supply. The more supply you give, the more emotionally entangled you become. This forms a trauma bond, making it difficult to break away even when you recognize the harm.

## **Breaking the Cycle**

Steps toward freedom:

- Awareness: Recognize the patterns
- Boundaries: Learn to say no and protect your peace
- Support: Connect with trauma-informed resources or coaching
- Rebuilding: Reconnect with your identity and inner voice

**You are not alone.** If this resonates with you, consider scheduling a Relationship Reframe Call to begin reclaiming your power.

