



# 5 Signs you have Unhealed Attachment Trauma

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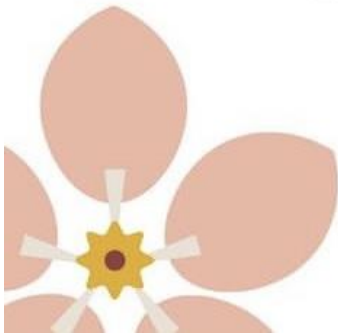




# **1. You don't Believe you Deserve to be Treated Well**

When you experience emotional neglect in childhood, you assume YOU were the problem, not the deficient responses you got from your caregivers.

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## **2. You Expect People to Leave You Abruptly**

When you experience loss or abandonment as a child, your nervous system primes you with hypervigilance in fear of it happening again.

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### **3.You Are Harsh or Volatile With Loved Ones**

If you grew up in a home where dominance or control was valued, you may have internalized this traumatic way of relating to others.



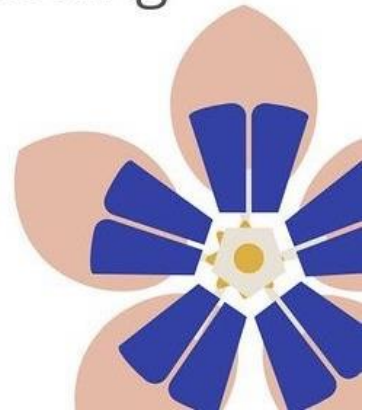
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## 4. You Feel Like a Burden

If no one was attentive to your emotional and relational needs, it can leave you feeling like your needs are too much. This can lead to isolation and masking your needs.

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## **5.You Try to Earn Love**

If you didn't feel adored and cherished as a child you may have concluded that it was because something was wrong with you. Now you strive to be good enough in hopes it will make you worthy of love.



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## WHAT NOW??

Consider starting therapy and do some grief work on what you experienced as a child. Acknowledge, feel, re-define yourself, heal.



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Visit

**[www.attachmentnerd.com](http://www.attachmentnerd.com)**

for more in-depth trauma  
healing resources  
and examples.



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**attachmentnerd** Our early attachment relationships have a huge influence on how we feel about ourselves, especially in emotional or need-focused moments. These experiences, when unhealed, give us deep problematic beliefs about ourselves and our worthiness for connection.

If you resonate with any of these five signals, I hope you will find a therapist, or a supportive friend or mentor to spend some time processing your early relationships and how they impacted you.

As you tell those stories, and allow yourself to grieve for the care you didn't receive and wish you had, you become more free to re-define yourself and choose new more secure ways of relating in your adult connections.

#attachment #therapistthoughts #attachment  
#secureattachment #securelyattached #feelings  
#emotions #connect #attachmenttheory #therapy #trauma  
#recovery