

Betrayal Trauma: An Opinion

Andrew Darwin*

University of Oregon, Eugene, Oregon, USA

Introduction

Betrayal trauma is the emotional misery and pain that occurs when a trusted institution, loved one, or intimate partner betrays someone's confidence, and it has an effect on everyone. Betrayal trauma can occur in conjunction with other factors such as gas lighting, resulting in anxiety and depression. Recovery from betrayal trauma does not happen in three or four days; on average, it takes a few months with the help of moral support to fully recover. There are many more measures you can take to help encourage healthy betrayal trauma healing, including counselling and mindfulness. Therapy and mindfulness can help you heal from this trauma and go forward to build stronger relationships [1,2]. The term "betrayal trauma" refers to the persistent grief and upheaval caused by a betrayal. Mindfulness means helping us become more aware of the moments we are experiencing in our bodies. Whatever we notice, with compassion for yourself, not for judgment. It's not about clearing your mind. It's about noticing what's happening in your mind without trying to change it [3].

Description

Other elements of mindfulness include exercises. One of my favorites is naming one thing that you are sensing for each of your senses. For example, I see a picture on my wall, I taste the coffee that I am drinking, I hear the music playing in the next room, and so on. A person doesn't have to wait until you need it to practice this exercise. If a person do all the basics of caring their body, that person will take it to the next level. Pamper in their selves. Enjoy a massage or manicure [4]. Experiment with different forms of bodywork, including reflexology, Rolfing, chiropractic, and posture integration. It lays the foundation for long-term physical and mental health. Heartfelt exercises and activities such as martial arts, tai chi, yoga, and Pilates will help to calm human nervous system and connection with our body. Progressive muscle relaxation is beneficial in so many ways. Experimenting with different types of body work can also be helpful.

Taking care of a human body means giving it the nutrition and care it needs. The mind and body are connected. Maintaining physical health may seem inconsistent, but it is also an important part of laying the foundation for a healthy mind. It has the added benefit of sending yourself a message that you are someone worth making that effort [5,6].

Conclusion

Drink plenty of water, eat a clean meal with lots of vegetables, find some

form of exercise that you enjoy (increasing endorphins and providing more oxygen to your brain), and practicing good sleep habits. Make sure that go to bed and wake up at the same time each day, keep your room dark and cool, and avoid screen time and blue light for at least an hour before bedtime. If you've experienced sexual betrayal, this becomes even more of a necessity. When infidelity or sex addiction is disclosed or discovered, it is very rare that all the details and facts are disclosed. The offending partner is often too scared to be completely honest. It's more common for disclosure to come in bits and pieces, each time with the promise that everything is out on the table. It may be uncomfortable to think about the possibility of having a STD or STI when you have been monogamous with your partner.

Conflict of Interest

The authors declare that they have no conflict of interest towards the manuscript.

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*Address for Correspondence: Andrew Darwin, University of Oregon, Eugene, Oregon, USA, E-mail: darwin.65@yahoo.com

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