

LOVE BONDS versus FEAR BONDS IN RELATIONSHIPS

LOVE BONDS	FEAR BONDS
1. Based on love and characterized by truth, closeness, intimacy, joy, peace, perseverance and authentic giving.	1. Based on fear and characterized by pain humiliation, desperation, shame, guilt, and/or fear of rejection, abandonment, or other detrimental consequences.
2. Bond is desire driven . (I bond because I want to be with you.)	2. Bond is avoidance driven . (I bond because I want to avoid negative feelings or pain.)
3. Love Bonds grow stronger both when we move closer and when we move farther away . (When we move closer, I get to know you better. When we move farther away, I am still blessed by the memory of you.)	3. Fear Bonds only grow stronger by moving closer or by moving farther away . (The closer we get, the scarier it gets, so I have to avoid the closeness or the farther away we get, the scarier it gets, so I have to manipulate closeness.)
4. We can share both positive and negative feelings. This truthful sharing strengthens the bond.	4. We cannot share both positive and negative feelings. The bond is strengthened by 1) avoiding negative or positive feelings, or 2) by seeking only negative feelings or seeking only positive feelings.
5. Participants on both ends of the bond benefit; the bond encourages all to act like themselves.	5. Participants on only one end of the bond gain advantage; the bond actually inhibits people from acting like themselves.
6. Truth pervades the relationship.	6. Deceit and pretending are required.
7. Love Bonds continually grow and mature people, equipping them to find their hearts.	7. Fear Bonds increasingly restrict and stunt growth , keeping people from finding their hearts.
8. Love Bonds operate from the front of the brain (the joy center), and govern “how do I act like myself?”	8. Fear Bonds operate from the back of the brain, and govern “how do I solve problems?”

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