

What Are Fear Bonds?

Fear bonds in a relationship develop out of self-preservation. Self-preservation is needed to protect ourselves when we experience fearful events in our lives. The same applies in fearful relationships we cannot easily escape like marriage, family, and church relationships. Fear bonded relationships produce very negative and upsetting emotions. Experiencing anger and rejection are common examples of this dynamic. When unpleasant emotions exceed our ability to return to joy and act like ourselves, we will build a wall around our hearts as a way to protect ourselves. Over a period of time, fear-bonding dynamics will dominate the relationship. It becomes very easy for us to react in the flesh in some form instead of living out of our new heart in Christ. Here are some of the most common ways fear can enter a relationship:

- Rejection
- Anger
- Being misunderstood on a regular basis
- Unfulfilled needs
- Sin – bitterness
- Addictions – pornography, drugs, alcohol
- Shamed and being shamed
- Abuse (sexual, physical, emotional, spiritual)

Here are some ways we react out of the flesh:

1. Focus only on our own fear and pain, and completely misunderstand what the other person is feeling and why he/she is feeling the way they do.
2. Self-preservation patterns in our lives become an unhealthy focus on self, which is pride. Pride and control becomes the protector of our pain and rejection. Therefore, we build a wall around our heart.
3. Become passive in the relationship and fail to maintain healthy boundaries.
4. Medicate their pain and escape their painful reality through idolatry and various forms of addictions.

Consequences of Fear Bonding

- Avoidant Behavior
- Emotional Withdrawal
- Surface communication
- Controlling Personality vs. Pleaser Personality
- Selfishness
- Busyness
- Lack of Sympathy and Compassion
- Greater Temptation
- Lack of Spiritual Unity
- Sexual Problems - Men (impotence), Women (frigid)

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