



Love Bonds and Fear Bonds

¹James Friesen et al. (1990) emphasises the importance of developing healthy relationships through understanding and healing emotional wounds. In this model, love Bonds and fear Bonds are two types of emotional connections that we form with others, and they play a significant role in shaping our lives and relationships. It is posited that we either operate from fear bonds or love bonds based on our experiences. This also ties into trauma bonds that we have already discussed. It is further stated that bonds are the connections that energise us, motivate our actions and establish our identities. The receiving and giving exchange in our bonds shape our view of what is really important.

Love bonds are healthy and positive emotional attachments that foster intimacy, trust, and mutual respect between individuals. They are characterised by a deep sense of safety and security, and they allow us to feel valued and connected to others. Love bonds are created through positive experiences such as acts of kindness, genuine communication, and empathetic listening.

Fear bonds, on the other hand, are negative emotional attachments that arise from experiences of fear, anxiety, and insecurity. They are characterised by a sense of threat, danger, and helplessness, and they often result from traumatic or abusive experiences. Fear bonds can lead to patterns of self-protection, isolation, and mistrust, which can undermine our ability to form healthy relationships.

Love Bonds

- **Based on love** - characterised by truth, closeness, intimacy, joy, peace, perseverance and authentic giving.
- **Desire driven** - “I bond because I want to be with you”.
- **Grow stronger when we move closer and 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.
- **Can share positive and negative feelings** - The bond is strengthened by truthful sharing.
- **Participants on both ends benefit** - the bond encourages all to act like themselves.
- **Truth pervades the relationship**
- **Continually grow and mature people** - equipping them to find their hearts.
- **Operate from the front of the brain** - the joy centre - and govern “how do I act like myself?”

Fear Bonds

- **Based on fear and characterised by pain**, humiliation, desperation, shame, guilt, and/or fear of rejection, abandonment or other detrimental consequences.
- **Avoidance-driven** - “I bond because I want to avoid negative feelings or pain.”

¹ James Friesen et al. (1990) - *Living from the Heart Jesus Gave You* - The Life Model. Shepherds House.

- **Only grow stronger by moving closer or moving farther way** - 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 the closeness.
- **Cannot share positive and negative feelings** - the bond is strengthened by avoiding negative feelings or avoiding positive feelings or by seeking only negative or seeking only positive feelings.
- **Participants on only one end of the bond gain an advantage** - the bond actually inhibits people from acting like themselves.
- **Deceit and pretending are required.**
- **Increasingly restrict and stunt growth** - keeps people from finding their heart.
- **Operate from the back of the brain** - govern “how do I get what I want”?

According to this Life Model, developing and strengthening Love bonds is essential to living a fulfilling and meaningful life, while healing from Fear bonds is crucial for overcoming emotional wounds and building healthier relationships.

When we work with people recovering from trauma, they often start to experience pain or become triggered linked to their past relationships or attachment bonds in the face of the love and acceptance that is shown them. They may not have received this growing up, and it can trigger the pain linked to that. Part of our work is to make them feel that they belong and that we want to spend that time with them, this helps to build the joy centre. The counselling relationship is an excellent place to start to help them build strength to face the negative aspects of the past. However, they can also become resistant.

Type A traumas, as we discussed, are linked to the absence of good things - so starting to receive the goodwill bring up the pain of the past. Often, this is also when we might see clients reluctant to commit to the process or start to respond from their wounded parts. We have to help them mature and walk through the stages of development that were hindered by being what they need to feel safe and accepted despite what they are presenting.

When working with those who have parts of their identity that have not been integrated, we will most often experience resistance to the parts of the person that are incongruent with the part of the person who reached out for help.

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