

## LOVE BONDS versus FEAR BONDS IN RELATIONSHIPS

Love Bonds	Fear Bonds
1. <b>Based on love</b> and characterized by truth, closeness, intimacy, joy, peace, perseverance and authentic giving.	1. <b>Based on fear</b> and characterized by pain, humiliation, desperation, shame, guilt, and/or fear of reaction, abandonment, or other detrimental consequences.
2. <b>Desire driven.</b> (I bond because I want to be with you.)	2. <b>Avoidance driven.</b> (I bond because I want to avoid negative feelings or pain.)
3. <b>Grow stronger both when we move closer and when we move farther away.</b> (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. <b>Only grow stronger by moving closer or by moving farther away.</b> (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 <b>share both positive and negative feelings.</b> The bond is strengthened by this truthful sharing.	4. We <b>cannot share both positive and negative feelings.</b> 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 <b>both</b> ends of the bond <b>benefit.</b> The bond <b>encourages</b> all to act like themselves.	5. Participants on <b>only one</b> end of the bond gain advantage. The bond actually <b>inhibits</b> people from acting like themselves.
6. <b>Truth</b> pervades the relationship.	6. <b>Deceit and pretending</b> are required.
7. Love <b>Bonds continually grow and mature people,</b> equipping them to find their hearts.	7. Fear Bonds <b>increasingly restrict and stunt growth,</b> keeping people from finding their hearts.
8. Love Bonds operate from the front of the brain (the joy center) and govern <b>“how do I act like myself?”</b>	8. Fear Bonds operate from the back of the brain, and govern <b>“how do I get what I want?”</b>

## TYPE A AND TYPE B TRAUMAS

TYPE A TRAUMAS	TYPE B TRAUMAS
<p>A Type A trauma is harmful by its <i>absence</i>, which cause damage to our emotions. To some degree, one or more of them will typically be found in each stage of our lives, and we can all find at least one Type A trauma wound that needs attention. When you look at the <i>Maturity Indicators Chart</i>, you will see that a failure by the Family and Community — the middle column— produces a Type A trauma. In fact, <i>absences</i> in those areas define what Type A traumas are. Here are a few <i>absences</i> that illustrate Type A traumas.</p>	<p>a Type B trauma is harmful by its <i>presence</i>. Having been on the receiving end of the following experiences can create a Type B trauma. There is a range of severity in Type B traumas. It is important to remember that to discount “lesser” traumas is to avoid the truth about how much it hurts, and thereby miss the chance for healing. Avoiding or ignoring wounds do not make them go away. Here are some harmful events that are examples of Type B traumas:</p>
1. Being cherished and celebrated by one’s parents simply by virtue of one’s existence.	1. Physical abuse, including face slapping, hair pulling, shaking, punching, and tickling a child into hysteria.
2. Having the experience of being a delight.	2. Any spanking which becomes violent, leaving marks or bruises or emotional scars.
3. Having a parent take the time to understand who you are — encouraging you to share who you are, what you think and what you feel.	3. Sexual abuse including inappropriate touching, sexual kissing or hugging, intercourse, oral or anal sex, voyeurism, exhibitionism, or the sharing of the parent’s sexual experiences with a child.
4. Receiving large amounts of non-sexual physical nurturing — laps to sit in, arms to hold, and a willingness to let you go when you have had enough.	4. Verbal abuse or name-calling.
5. Being given age appropriate limits. Having those limits enforced in ways that do not call your value into question.	5. Abandonment by a parent.
6. Being given adequate food, clothing, shelter, medical and dental care.	6. Torture or satanic ritual abuse.
7. Being taught how to do hard things — to problem solve, and to develop persistence.	7. Witnessing someone else being abused.
8. Being taught how to develop personal resources and talents.	

