

The Fear Dance in Marriage (Part 2)

Creflo and Taffi Dollar

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Summary:

Breaking the fear dance in marriage requires intentional tools and strategies. We start by naming our patterns because we can't move forward until we recognize our fear-based behaviors. Adam and Eve modeled this fear dance when they tried to hide after sinning, and many of us still cover vulnerabilities by hiding behind false identities. Instead of attacking each other, we must call out the cycle itself, since the cycle is the essence of the fear dance. Using a safe word or phrase helps us pause when conversations go wrong and reminds us to show the best version of ourselves. Prayer, both individually and together, strengthens awareness of triggers and fosters unity beyond mere ritual. Love must be the foundation for every change we make, or fear will continue to dominate our relationships.

Notes:

1. Self-introspection allows us to name our pattern. We must call out the cycle, not each other.
2. Healing starts by recognizing fear-based behaviors.
3. Avoiding a false identity is a step in the right direction.
4. Every change we make should be rooted in love, not in fear.
5. Using a safe word or phrase is a good strategy, as is prayer.
6. We can pause when conversations derail, discern timing and tone, and encourage wise counsel.
7. Before discussing sensitive topics, we should ask if it is a good time to broach the subject.
8. Prayer strengthens unity. We must balance individual and joint prayer and move beyond ritual.

Category: relationships

Keywords: fear, marriage, fear-based behaviors, vulnerabilities, false identities, love, relationships