

# Part Four: Eight Gauges for a Great Marriage

## Chapter 7: Fight Fear

A big-picture relational truth that can serve as a foundation for understanding marital conflict is this: relationships are messy. You married an imperfect person, and your spouse happened to marry one too. As a result of human imperfection, people hurt each other.

**NOTE:** If you're reading the optional companion book *The First Few Years of Marriage*, read chapter 7 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

*Everyone processes information in different ways. Below you'll find several questions to choose from for you to discuss as a couple or small group. Pick the ones that you want to talk about and get the conversation started.*

### QUESTIONS FROM THE VIDEO

- Can you identify your personal *fear* and your unique *response*? How might these be affecting your communication style?
- Share with your spouse where you think that fear and response may have come from.

### QUESTIONS FROM CHAPTER 7

- Can you think of anything from your past, including your childhood, that might have contributed to your fear button?
- If you could go back in time, what would you say to your spouse when he or she was wounded and that particular lie was written on his or her heart? (For example, if your spouse was told in second grade that he or she was worthless what would you have said to the eight year old?)
- What are some rules for dealing with conflict in your relationship that you both can agree on for the future health of you marriage?