



Marriage Fear Inventory Worksheet

MARRIAGE
support & help

Marriage Fear Inventory Worksheet

Use this tool to identify what's quietly affecting your connection—so you can bring healing into the light.

Instructions:

Set aside 10–15 minutes in a quiet space. You can do this privately or with your spouse if you're both open to it. Try to answer honestly, without judgment. What you discover here may be the beginning of a powerful reset.

Section 1: Naming the Fear

Circle all that apply or add your own.

When I think about my marriage, I sometimes fear...

- Being emotionally abandoned
- Being cheated on again
- Never feeling truly seen or understood
- That I care more than they do
- That we're just roommates now
- That they'll never change
- That I'm not enough
- That I'll always have to carry the emotional load
- That I'm too damaged to have a healthy marriage
- That we'll end up divorced
- That staying means settling
- That leaving means failing
- That if I speak up, I'll be rejected or ignored
- That if I stop trying, everything will fall apart
- Other: _____



Section 2: Triggers & Patterns

What situations trigger strong reactions in me (shutdown, anger, withdrawal)?

- When I feel _____
- When they _____
- When we avoid talking about _____
- When I ask for _____ and it gets dismissed
- When I feel like I'm not being heard or taken seriously

What do I do when I feel triggered?

- I shut down
- I get loud or reactive
- I get passive-aggressive
- I withdraw emotionally
- I try to over-explain or fix it
- I keep it to myself and pretend I'm fine
- Other: _____

Section 3: Core Needs

Right now, I deeply need to feel...

- Safe
- Desired
- Chosen
- Heard
- Supported
- Forgiven
- Trusted
- Respected
- Like a team
- Like I matter
- Other: _____



One thing I wish my partner knew about my heart:

One fear I've never said out loud until now:

One thing I will take responsibility for regarding my fear is:

Section 4: What to Do Next

After filling this out:

- Highlight 2 things you're ready to share with your spouse or support person.
- If you're not ready to talk to your spouse, share it with a mentor, admin, or coach who can walk with you.
- Use this as a conversation tool, not a confrontation weapon.

Encouraging Truth:

“There is no fear in love. But perfect love drives out fear...” – 1 John 4:18

