

FOG Detector Tool

FOG stands for Fear, Obligation, and Guilt. These hidden pressures often sneak into arguments and make them heavier than they need to be. Use this tool to spot FOG and clear the air with kindness.

1. What FOG Looks Like in Conflict

- Fear: “If you don’t do this, something bad will happen.”
- Obligation: “After everything I’ve done for you, you owe me this.”
- Guilt: “If you really loved me, you’d do what I want.”

2. How to Call It Out Gently

- “Maybe I misunderstood, but that sounded like I should feel guilty. I don’t think that’s what you meant.”
- “It felt like I was being pressured out of fear. Could we try again?”
- “I know you probably didn’t mean it this way, but it came across like I had no choice.”

3. Build Your Golden Bridge

Give your partner a safe way to retreat from FOG without shame. Write your own kind reset phrases here:

1. _____

2. _____

3. _____