

Bullet Proof Marriage

How to Create the Marriage You Deserve

By Keith Marlowe

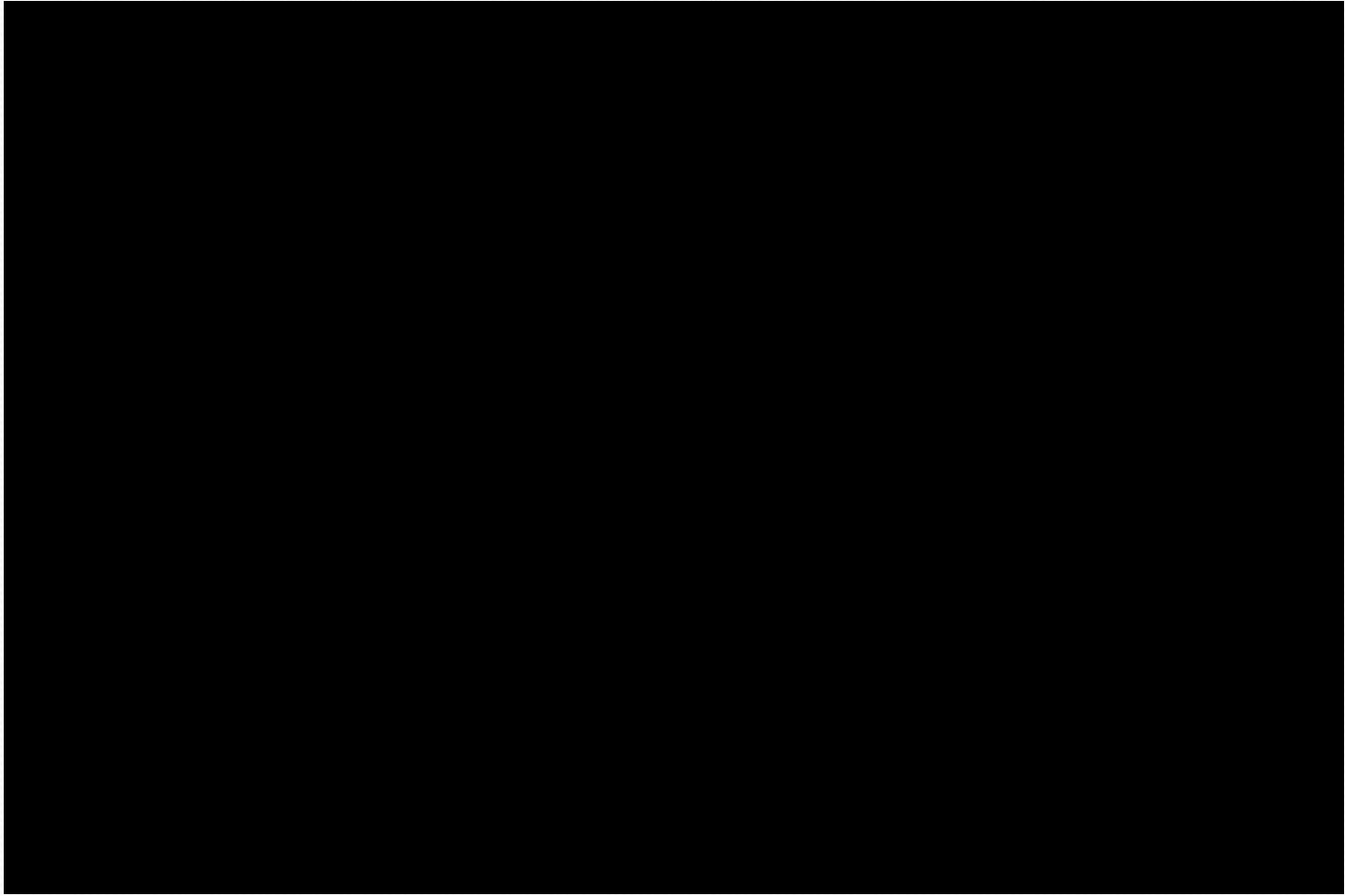
Canadian Critical Incident Stress Foundation

Conference April 24th to the 26th

Credits

- Lt. Col. Dave Grossman



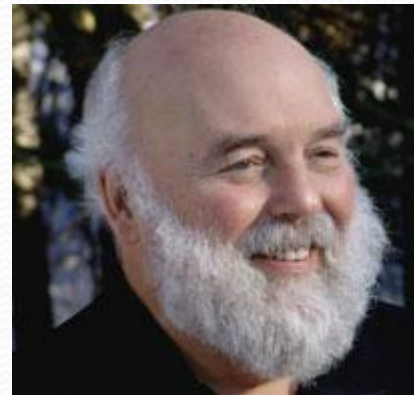


Lt. Col. Dave Grossman

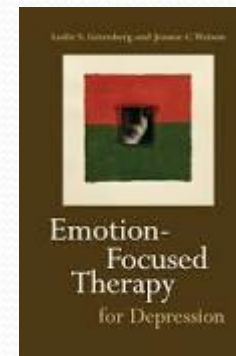
- If you had a hard time last year, dear Lord, let's not do it again.

Credits

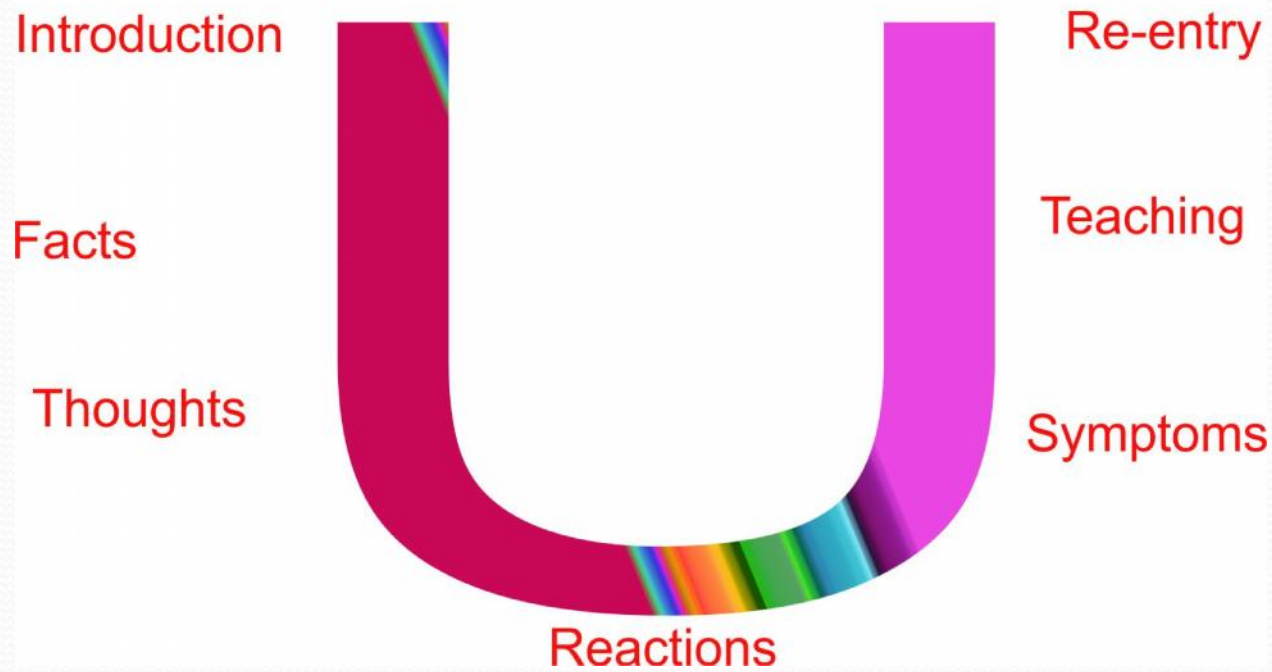
- Dr. Les Greenberg



Change Emotion With Emotion

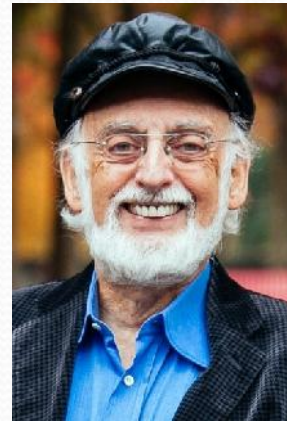


CISD Process

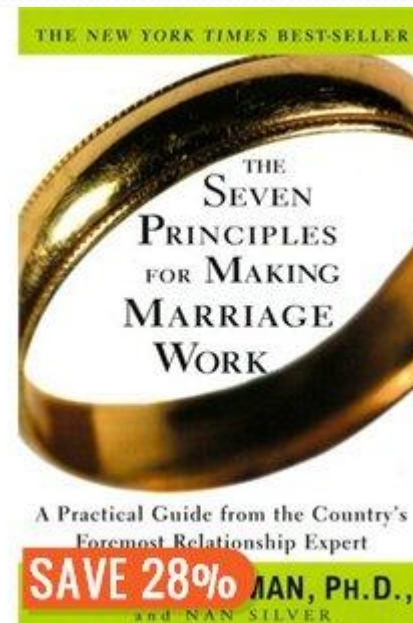


Credits

- Dr. John Gottman



Turning Towards & Repair



Credits



- My Beloved Rita



Credits

- My Clients



Goal

- The goal of the workshop is to foster resiliency in the marriages of emergency service professionals.

To enable them to protect themselves, their spouses and their family relationships from the inevitable critical incidents that their relationship will need to confront throughout their career.



Method

- To realize, develop and activate the four “simple truths” of *resiliency*.
 1. Agreements
 2. Accountability for Self
 3. Transparency of Self
 4. Openness to Partner

Prerequisites

- Self Awareness
- Energy
- Willingness



Sewing The Seeds



of Intimacy



Self Awareness



Energy



Willingness



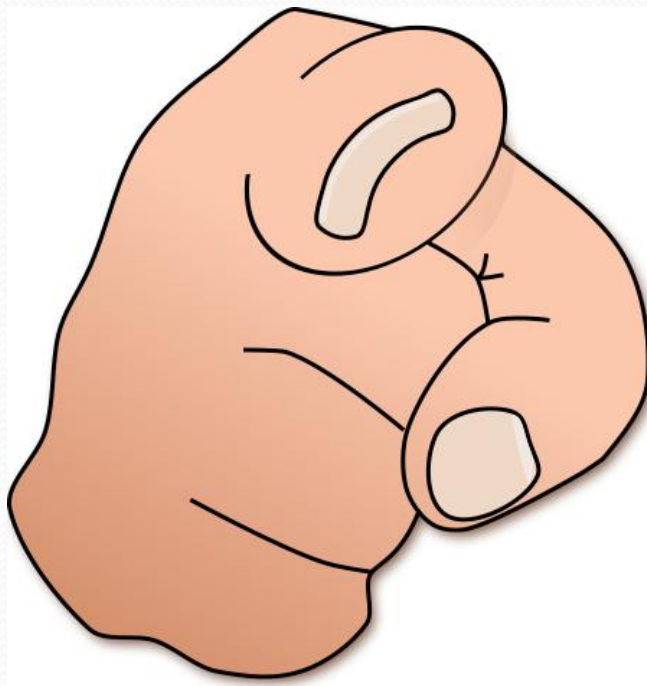
Getting Started

- All great journeys start from where you are.



"Three Finger Principle"

- The starting point for practicing resiliency in your relationship is what I call the "Three Finger Principle".





Building Resiliency

- There are four practices that build resiliency in a relationship. All are equally important. For practical purposes I start here.
- You can begin whether or not your partner is ready or willing or present.

- 
- What needed to happen for us to be having this experience together?

Agreements

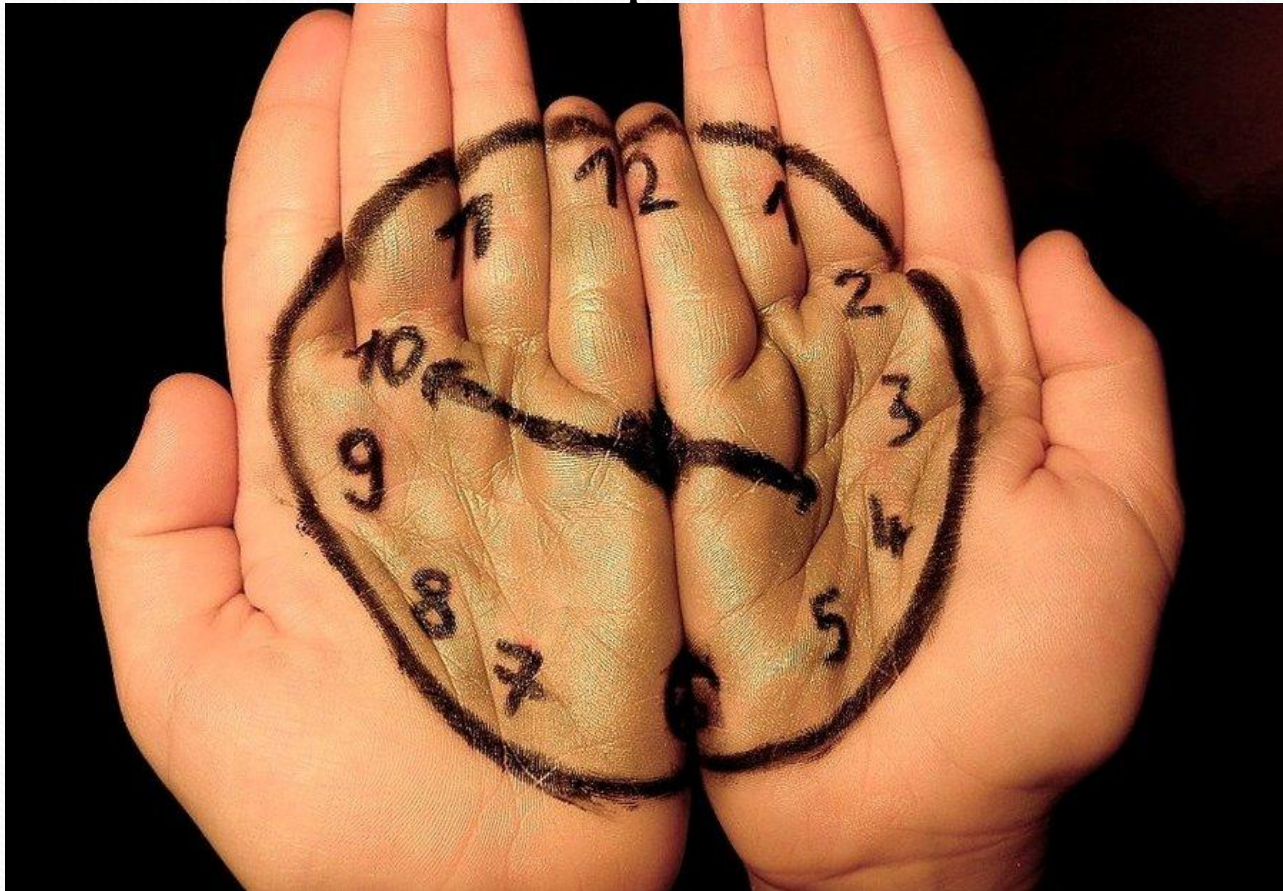
- Two Components of an agreement:

1. Observable Behaviour



Agreements

2. Time or Schedule for completion



Accountability for Self

- Thoughts



Accountability for Self

- Feelings



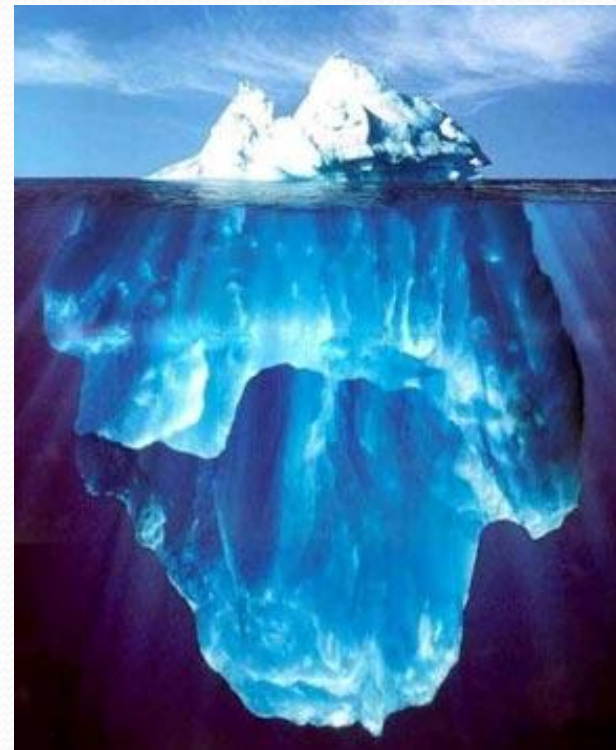
Accountability for Self

- Behaviour



Transparency of Self

- Willingness to explore the 6/7 of the internal iceberg to discover one's role in creating or prolonging an issue



Visible

Behaviour

Personality

Emotions

Interests, Needs & Desires

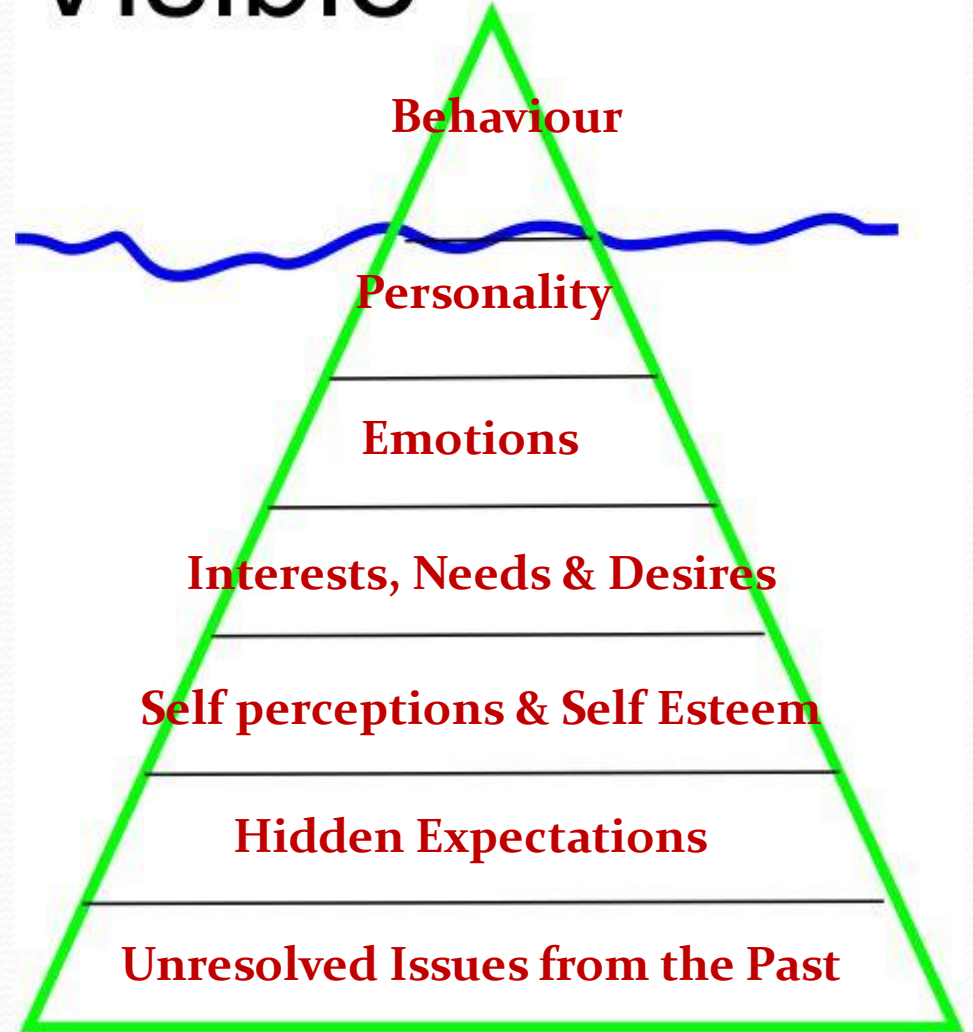
Self perceptions & Self Esteem

Hidden Expectations

Unresolved Issues from the Past

Hidden

Become Aware
Of What is
Below your Surface



Transparency of Self

- Am I hiding or stonewalling or withdrawing



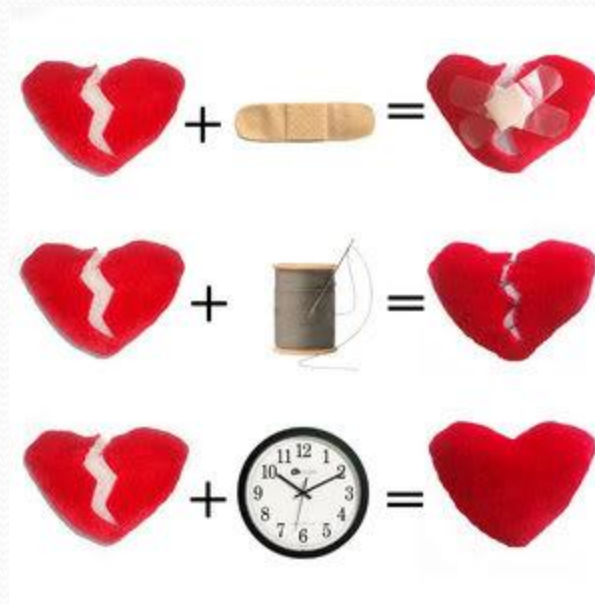
Openness to Partner

- Willingness to respect my partner has a right to self determination, whether or not I agree



Openness to Partner

- Initiate Repair





Openness to Partner

- Join in my partner's dreams when I honestly support them

Go confidently
in the direction
of your dreams!
Live the life
you've imagined.

-Thoreau