



# The FINDING BIGFOOT Crew

...at Durango Colorado. Dec.  
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... they're still around.



# Reinforcing Your Armor

## Healthy Relationships (health and wellness)

Marc K. Scott  
Al and Ada's son

# Marriage Matters

- \* Marriage is associated with better physical health, greater financial security, more contentment in life, and more satisfying sex.
- \* A healthy marriage is the best foundation for raising children.

# About PREP

- \* University of Denver
  - \* 30 Year study
- \* How couples maintain a committed relationship



# Birds and the bees

- \* Foundations for the Program
- \* Safety, Structure, and Communication
  - \* Filters
- \* Events, Issues, and Hidden Issues
- \* Expectations in Relationships
  - \* Getting to the point
  - \* Keeping Fun Flowing

# professor's lesson

- \* A woman without her man is useless
- \* A woman; without her man is useless.

A woman; without her, man is useless.

# B&Bs cont.

- \* Solving problems as a Team
  - \* Foundations for friendship
- \* Ground rules for protecting your relationship
  - \* Core Belief Systems
  - \* The Sensual/Sexual relationship
- \* Working through forgiveness when its not easy
  - \* Commitment: walking the talk

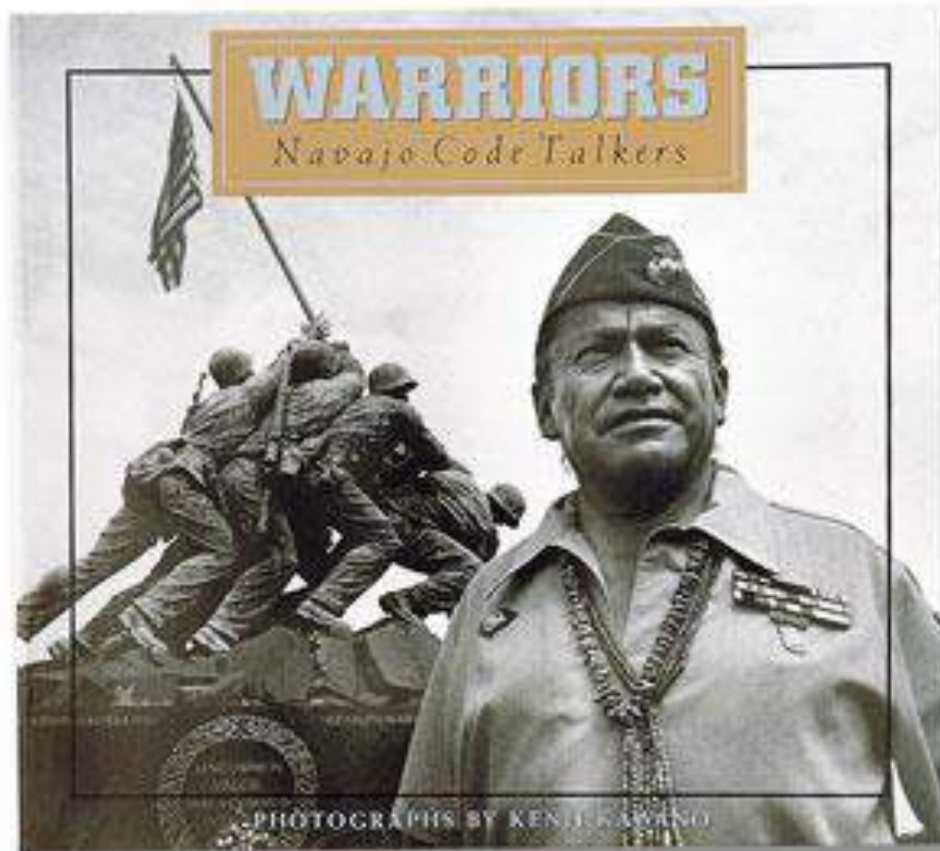
# Keys

- \* Decide don't slide
- \* Make it safe to connect
  - \* Do your part

# Reinforcing Your Armor



# What Drives You?



# Desiderata

Go placidly amid the noise and the haste and remember what peace there may be in silence. As far as possible and without surrender, be on good terms with all persons. Speak your truth quietly and clearly and listen to others, even the dull and ignorant, they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself to others you may become vain and bitter, for always there will be greater lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in you own career, however humble, it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is, many persons strive for high ideals and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment it is a perennial as the grass.

# Desiderata (cont.)

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe not less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive him to be. And whatever your labors and aspirations in the noisy confusion of life, keep peace in your soul.

In all its sham, drudgery and broken dreams it is still a beautiful world.

Be cheerful. Strive to be Happy.



# Thank You!

Marc K. Scott

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