



Marriage Rules[©]

“THE BIG IF”

By: Larry B. Gelman, Psy. D.

“THE BIG IF” in life can be understood simply as INTEGRITY (“I”) and FIDELITY (“F”) to that integrity.

INTEGRITY refers to that which is integrated, unified and whole.

FIDELITY refers to that which is faithful, reliable and honest.

Of course, if there is just a little integrity (“i”) and just a little fidelity (“f”) you can only have a little “if”.

With a little “if”, that which might, otherwise, have been intact, good and true...isn't.

What you get with a little “if” is a lot of doubt.

What you get with a little “if” is lot of fear.

What you get with a little “if” is a lot of mistrust.

With “THE BIG IF”, that which might, otherwise, have been fragmented, bad and untrue...isn't.

What you get with “THE BIG IF” is continuing faith

What you get with “THE BIG IF” is continuing hope.

What you get with “THE BIG IF” is continuing trust.

INTEGRITY and FIDELITY result in something solid, strong and stable you can build upon.

INTEGRITY and FIDELITY result in not having to repeat ineffective patterns of behavior in your relationships.

INTEGRITY and FIDELITY provide the “bricks and mortar” which enable any house to become your home.

Life is full of little ifs.

“THE BIG IF” is not one of them!

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