



Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News & Notes

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Quotes of the Month

"Never, never,
never give up!" -
Winston Churchill

"Success seems to
be largely a matter
of hanging on after
others have let go."
-William Feather

"Never Quit. Don't
ever, ever quit.
Recognize that

stopping now,
regrouping to try a
new approach isn't
quitting. If you quit

Issue: #13.

January
2010

Dear Friends,

We wish you the best that this new decade can offer: hope and happiness in your relationships, renewed confidence that things in our world will move forward in a positive way and most of all, we wish that you will experience kindness and love. Some of you will be great believers in resolutions and others will be the the exact opposite, not making any promises you won't keep. Whatever you need in your life, our wish for you is that you make time to realize it and when you struggle, as we all do, know that we are with you on your journey, as always.



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...PLEASE JOIN US:**

"The Next Step:Overcoming Reactivity"

you'll regret it forever." -Rudy Ruettiger

"Great works are performed not by strength but by perseverance."
-Samuel Johnson

"A word to the wise ain't necessary, it's the stupid ones who need the advice. - Bill Cosby

"Character consists of what you do on the third and fourth tries."
-James A. Michener

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." - Dale Carnegie

"A champion is someone who gets up, even when he can't."
-Jack Dempsey

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
- Helen Keller

Hope is a waking dream.
- Aristotle

The thing always happens that you really believe in; and the belief in a thing makes it happen.
- Frank Lloyd Wright

opportunity Frederick, MD January 30-31, 2010

This is designed to help couples learn more about each other as well as how to actually **USE** the dialogue at home. (If you feel like you are still trying to figure out how to apply everything from the Getting the Love You Want Workshop, then this is exactly the experience for you!) Some feedback from the last "...Next Step..." workshop:

"The 'Show Up' exercise alone was worth the cost of the workshop. It made the weekend for me - everything else we did was a bonus." (D);

"Amazing growth! We've come to look forward to conflict because it's safe for us with the use of the 'Dialogue' & other exercises.....We're ready for Level 3!" (D);

"This has helped up save our marriage and allow us to be happy & communicate like we never could before." (C);

"This has been a life changing experience..." (S); "Outstanding experience--- and opportunity to again learn how rich life can be when you show up & are present." (P);

"...Dave and Donna show 'safe' ways to 'lift the heavy stuff' without getting hurt." (P);

"Show up, follow the directions, and all will be well!"

Just let us know you are interested and we will do everything we can to make the weekend possible for you.

"Conscious and Connected Parenting" Workshop in Frederick

February 20-21, 2010

We are very excited about sharing this material and the experience from our previous workshops with parents. Your children will appreciate that you are participating in "Mommy & Daddy School" as a way of being the best parents you can be

the best parents you can be.

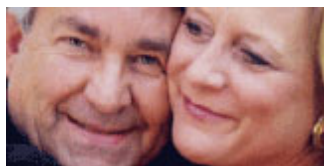
(This is powerful for parents of all age children.)



**E-mail or call to let us know you want to participate so we can send you the number to call. 301-898-0527 or 301-404-7711
info@connectingcouples.net**

Thought of the Month

January: **Does Familiarity Breed Contempt?**



It's an old saying, but is it true?

As far as elected Presidents are concerned this saying surely seems to be true. Many recent Presidents, including the current one, have gone down in popularity and up in contempt the more people get to know them and their policies.

Come to think of it....it is much like a marriage or intimate relationship. There is a definite "falling in love" period (i.e. the Romantic Stage) of some length or another. The honeymoon is the period where tolerance is extended and irritations are overlooked. It is a time when we are generous with our patience and compassion and slow with our frustrations and criticism.

But then, after awhile, something very natural happens. We get used to our Partner. We become familiar with every pattern and aspect of this person's behavior. There are many wonderful aspects of this familiarity and there are also some hazards.

The romantic hormones ("love drugs") that had covered up any negative reactions have now dissipated. And our "best behavior" has devolved into our natural state. Donna thought, in the beginning, that I was a guy who kept a neat car and a balanced checkbook. (Neither of us realized that I was really a

Think you can,
think you can't;
either way you'll be
right.
- Henry Ford

What a man thinks
of himself, that is
what determines, or
rather indicates, his
fate.
- Ralph Waldo
Emerson

"In order to
succeed, your desire
for success should
be greater than
your fear of failure.
- Bill Cosby

When fortune
closes one door, it
opens another. -
Sa'di

bit of a slob who wanted to impress his new Love.) David thought, in the beginning, it was so great to know someone who could manage everything. (Neither of us realized the power struggle that would ensue with one person managing everything!)

Does familiarity breed contempt? Well, maybe contempt is too strong a word for many couples. But we do fall into patterns of reacting to the "surprising" reversions our Partner makes to their adaptive behaviors. (E.g. she feels dismayed and abandoned by his increasing energy around playing video games. He is surprised and anxious about her frequent nights out with her girlfriends.)

Our reactive patterns to this "new" familiarity can form the basis of the way we will interact with our Partner. This is where criticism, sarcasm, stonewalling, cave dwelling, and many other patterns begin. We unconsciously develop ways of keeping safe, of course. You can see these disconnecting patterns of behavior in couples that have been together for years. We learn a Dance that "gets us through" and after awhile even a Relationship of contempt feels normal.

This is why the Imago system, and, specifically the Getting the Love You Want Workshop, are so vital. We wake up to what is really trying to happen in the Relationship and what our Dance of conflict has been about. We begin to see our Partner with different eyes and hear them with different ears. We can make conscious choices to move into new conscious patterns and new behaviors. We can create a "new" Relationship....the one we thought would happen so naturally in the Romantic Stage.

Please consider joining us for "The Next Step...." workshop in order to continue moving forward in your Relationship Journey (even if you don't think you are "ready!")

With great hope for 2010,

David (& Donna)

January 30-31, 2010 for "The Next Step: Overcoming Reactivity" opportunity in Frederick, MD

February 20-21, 2010 for "Conscious and Connected Parenting" workshop in Frederick.



FYI: Special Opportunity

We love Hedy and Yumi and we often refer to them and attribute so much to them. We really want to support the opportunity for "our" couples to have an experience with them. **It's a once in a lifetime experience not to be missed!**

**Join
Hedy and Yumi Schleifer
on Saturday, January 30 in Annapolis, Maryland
for
"the Wonder of Connection"
a special one-day workshop in Annapolis,
Maryland.**

**For more information, please contact Stacey
Smith at 410-626-0870**

or

[click here for more information and registration](#)

|

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Please stay in touch and let us know how to support you.

**With Love and Abundant Blessings,
David and (Donna)**

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Quotes of the Month

Some thoughts on
Wisdom:

To conquer fear is the
beginning of wisdom.
Bertrand Russell

Turn your wounds
into wisdom.
Oprah Winfrey

No man was ever
wise by chance.

Lucius Annaeus
Seneca

Patience is the

**Issue: #14.
February 2010**

Dear Friends,

Welcome to this Thought! Take a break from shoveling snow, power outages, cold, cold, oh...and more cold! How unrelenting was Mother Nature this winter, prodding us to be resilient and brave, smiling despite yet another weather assault! We found that playing canasta, sitting by the fire and wisely accepting what could not be changed, actually gave us some precious moments. We are hopeful that you and yours remained safe and warm and that we can all look forward to spring...which cannot come too soon! Let's look at the little girl below and imagine being in that warm, sunny garden:)

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



TELECLASS: "Curiosity & Compassion:

**The Keys to Intimacy"
Monday, March 8, 2010;
8:00 p.m. - 9:00 p.m. EST**

companion of
wisdom.
Saint Augustine

Some folks are wise
and some are
otherwise.
Tobias Smollett

The art of being wise
is the art of knowing
what to overlook.
William James

The doors of wisdom
are never shut.
Benjamin Franklin

The more sand that
has escaped from the
hourglass of our life,
the clearer we should
see through it.
Jean Paul

The older I grow the
more I distrust the
familiar doctrine that
age brings wisdom.
H. L. Mencken

The only true wisdom
is in knowing you
know nothing.
Socrates

There is a wisdom of
the head, and a
wisdom of the heart.
Charles Dickens

Every man is a damn
fool for at least five
minutes every day;
wisdom consists in
not exceeding the
limit.
Elbert Hubbard

He dares to be a fool,
and that is the first
step in the direction
of wisdom.
James Huneker



First, our apologies to those of you who attempted to join us for this class in December. Our bridge provider malfunctioned. We are with a new service and invite you to try again in March. Just call 712-432-1438, Access Code: 386270# We look forward to connecting with many of you.

**Mark Your Calendar for Future
Monday Teleclass Dates:
June 7;
September 13;
December 6**

Thought of the Month

February: The Art of Being Wrong



Donna enjoys teaching our workshop participants about "Do Overs." You know...the idea that you can always take some negative behavior or comment out of the relational Space between you and your partner. A Do Over is kind of like a mulligan on the golf course; a repeat shot after muffing the first one.

A Do Over in a relationship is a wonderful thing:

He who devotes sixteen hours a day to hard study may become at sixty as wise as he thought himself at twenty.
Mary Wilson Little

Honesty is the first chapter in the book of wisdom.
Thomas Jefferson

In seeking wisdom thou art wise; in imagining that thou hast attained it - thou art a fool.
Lord Chesterfield

It is a characteristic of wisdom not to do desperate things.
Henry David Thoreau

1. It shows humility...an attractive quality in a relationship;
2. It shows a desire for better connection, which is pretty irresistible;
3. It shows accountability which is an honest and mature trait;
4. It shows a capacity to cross the bridge and experience how the other might feel which builds connection.

Don't you hate being with someone who can never be wrong? True connection and safety break down very quickly around somebody like this. Years ago I accused Donna of never being wrong about anything (or, more accurately, never believing she was wrong about anything.) To her credit she practices Do Overs now on a regular basis, admitting when she contributes something negative to our Space. I am appreciative that she practices what she teaches.

Parents should practice Do Overs not only with their partners but also with their children. Sometimes parents feel as though they need to appear right about everything. In truth, it is quite comforting and connecting for most children to know their parents can be wrong, can make a mistake, and can admit it. We are not called to be perfect as parents, only to provide safety for our children. One way to make children feel safe is to admit when we are wrong and that we want to make it right. Nothing will change a child's demeanor and, even behavior, faster than this kind of offering from a parent.

It is rare, but precious, in this world for parents (or anyone for that matter) to freely practice the art of being wrong. We usually have to be absolutely found out before we will admit to anything. And we wonder why our kids operate this way!

So...go forth, be human, vulnerable, and sometimes wrong while celebrating with your partner and children the gift of limitless Do Overs in conscious relationships!

Stay warm and safe!

Mark Your Calendar for Future Monday Teleclass
Dates: June 7; September 13; December 6.



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David and (Donna)**

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Quotes of the Month

Some Irish Blessings

"These things I
warmly wish for you
Someone to love,
some work to do, A
bit o' sun, a bit o'
cheer, And a guardian
angel always near"

"May the sun shine all
day long, everything
go right and nothing
wrong. May those you
love bring love back
to you, and may all

the wishes you wish
come true!"

"May you always have
work for your hands

Issue# 15.

March 2010

Dear Friends,

Have you felt a bit challenged lately? We have! It seems that we are forever shoveling snow or facing a power outage or...wait! Is that sunshine? A little warmth? No matter what the circumstances outside of our little world, inside we still struggle with all those nuances that make up communication in our lovely (and loving) relationship.

When one of us is challenged by circumstances, it seems that the world is, and should revolve around us! Surprisingly, the "world" doesn't always agree with this premise and thus, we "get on each others' nerves" or strain to keep our tempers. This is just life--and actually this is a part of life with which we are trained to address.

This month's Thought introduces our Sweet Spot Theory. We hope it is helpful. Oh, and remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.

A Favor, Please

Imago Relationships International (IRI) is collecting information from workshop participants in order to provide better and better support for couples.

Please take a moment to answer five questions (multiple choice) at this link,

[IRI workshop survey link](#)



work for your hands
to do.

May your pockets
hold always a coin or
two.

May the sun shine
bright on your
windowpane.

May the rainbow be
certain to follow each
rain.

May the hand of a
friend always be near
you.

And may God fill your
heart with gladness
to cheer you."

"May you never forget
what is worth
remembering, nor
ever remember what
is best forgotten"

"May you live as long
as you want and
never want as long as
you live"

"May flowers always
line your path and
sunshine light your
day. May songbirds
serenade you every
step along the way.
May a rainbow run
beside you in a sky
that's always blue.
And may happiness
fill your heart each
day your whole life
through."

"May the road rise up
to meet you, may the
wind be ever at your
back. May the sun
shine warm upon
your face and the rain
fall softly on your
fields. And until we
meet again, May God
hold you in the hollow
of his hand."

"May God give
you...For every storm
a rainbow, for every
tear a smile, for every
care a promise and a
blessing in each trial.
For every problem life
sends, a faithful
friend to share, for
every sigh a sweet
song and an answer
for each prayer."

"May those who love
us, love us; and those



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...PLEASE JOIN US:**

**"The Next Step: Overcoming
Reactivity"**

Weekend of May 1 - 2, 2010

***Feedback is that this helps couples
really "get it".***

**"Conscious & Connected Parenting" is
June 5 - 6 and parents of all ages are
welcome!**

**We are very excited about sharing this
material and the experience from our previous
workshops with parents. Your children will
appreciate that you are participating in
"Mommy & Daddy School" as a way of being
the best parents you can be.**

**(This is powerful for parents of all age
children.)**



who don't love us,
may God turn their
hearts; and if He
doesn't turn their
hearts, may he turn
their ankles so we'll
know them by their
limping."



Thought of the Month

March: Your Partner's Sweet Spot



"May you have the
hindsight to know
where you've been,
The foresight to know
where you are going,
And the insight to
know when you have
gone too far."

"May God grant you
always...A sunbeam
to warm you, a
moonbeam to charm
you, a sheltering
Angel so nothing can
harm you. Laughter
to cheer you. Faithful
friends near you. And
whenever you pray,
Heaven to hear you."

"May the friendships
you make be those
which endure and all
of your grey clouds be
small ones for sure.
And trusting in Him to
Whom we all pray,
may a song fill your
heart every step of
the way."

"May your days be
many and your
troubles be few. May
all God's blessings
descend upon you.
May peace be within
you may your heart
be strong. May you
find what you're
seeking wherever you
roam."

"May you have warm
words on a cold
evening, a full moon
on a dark night and a
smooth road all the
way to your door."

"May you have love
that never ends, lots
of money and lots of
friends. Health be
yours, whatever you
do and may God send
many blessings to
you."

One of the most destructive concepts to come out of the self-help industry is the concept of "getting my needs met." In fact, therapy itself can work against couples connecting if the total focus is on "What's in it for me?" Couples cross the hump into real connected territory when they learn the secret of real connection.

The secret goes like this:

- You must show love to receive love.
- You must seek safety for your Partner in order to receive safety from your Partner.
- Whatever you expect to receive, you must first give.
- "You must be the change you want to see."

Donna and I are working with couples in some new ways these days. We are inviting them to share their dreams first rather than what is wrong with the relationship. We are helping couples identify and communicate their longings for connection rather than their frustrations. We have observed that complaining about what you are not getting is not an effective way of getting it (no matter how you couch the language.)

And that brings us to the concept of the "Sweet Spot" in relationships. Now, I'm not a great golfer but I do know there is a place on the head of a golf club that is the best place to meet the ball. It's called the sweet spot. When the golf ball is struck with the sweet spot, it goes further and with less effort. You can feel it!

We all have a relational Sweet Spot. It's that place where we feel fully understood, completely safe, appreciated, cherished and honored beyond expectations. We are just developing this concept, but our guess is that people are not likely to communicate their Sweet Spot to their Partner without some conscious effort. We may be embarrassed, afraid of rejection or not even in touch with the spot ourselves. Maybe we had to keep it hidden as children.

Donna and I are learning about our Sweet Spots. Hers has a lot to do with me showing up and partnering with her around some task that is in front of us. It's best when I do it without her asking. It could be cleaning the

"May your joys be as bright as the morning, and your sorrows merely be shadows that fade in the sunlight of love. May you have enough happiness to keep you sweet, enough trials to keep you strong, enough sorrow to keep you human, enough hope to keep you."

when I do it without her asking. It could be cleaning the bathroom, fixing a gutter or just remembering where the garlic press gets put away. Not very romantic, you say, but her Sweet Spot has a childhood history. Imagine that!

My Sweet Spot is something about Donna joining me in some physical activity. Again, it's best when she does it unasked. Come to think of it, words of praise and physical touch are also Sweet Spots of mine. Perhaps we all have more than one.

If you want to move your relationship to a new level, spend some time finding your Partner's Sweet Spot and learn how to lavish it with attention. Be careful! It will likely be a different Spot than yours. You will have to stretch. You will have to talk about it. You will have to be okay with the truth that men generally want activity, sex, and routine while women are likely to want emotional connection, talking, and security.

WHAT AN ADVENTURE!

May 1-2, 2010 for "The Next Step: Overcoming Reactivity" opportunity in Frederick, MD

June 5-6, 2010 for "Conscious and Connected Parenting" workshop in Frederick.



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Please stay in touch!
Let us know how to support you.





**Excited about spring,
David & Donna**

QUESTIONS??

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Quotes of the Month

Hope, Spring & Inspiration

It's spring fever....
You don't quite know
what it is you DO
want, but it just fairly
makes your heart
ache, you want it
so!" Mark Twain

"Expect to have hope
rekindled. Expect
your prayers to be
answered in
wondrous ways. The

dry seasons in life do
not last. The spring
rains will come
again." Sarah Ban
Breathnach

**Issue: #16.
April 2010**

Dear Friends,

We are loving Spring! This season is very special to us this year as we had some memorable family events and we experienced the renewal of spirit that Spring often brings. What makes the seasons special to you? Is it the fact that change is in the air, rejuvenating the spirit? Or maybe just that change in the weather and our environment helps us to look outside of our day-to-day rut with hope that we can start fresh.

After months of "cabin fever" or being stuck in small surroundings with the same people, we get a bit short and impatient with those around us. If we are not careful (yes, even we get into a relationship rut) we may find that it is far too easy to take offense, get angry, speak unkindly or just lash out at our partner or our children. If that temptation occurs, it is an opportunity to stop and take a breath--to take the time needed to acknowledge that we are in danger of allowing that *lizard* brain to take over.

Enjoy this Thought--let us know what you think!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies." Nadine Stair

Many strokes overthrow the tallest oaks.
- John Lyly

No problem of human destiny is beyond human beings.
- John F. Kennedy

As the wind blows you must set your sail.
- Thomas Fuller

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.
- Henry David Thoreau

The glory of human nature lies in our seeming capacity to exercise conscious control of our own destiny.
- Winston Churchill

Dripping water hollows a stone.
- Lucretius

Determine that the thing can and shall be done, and then find a way.
- Abraham Lincoln

Insist on yourself; never imitate.
- Ralph Waldo Emerson

Some men give up their designs when they have almost reached the goal, while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than before.
- Polybius

Hope is the thing with feathers that perches



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"The Next Step: Overcoming Reactivity" is the weekend of May 1 - 2 in Frederick. Feedback is that this helps couples really "get it".

"Conscious and Connected Parenting" Workshop in Frederick

June 5-6, 2010

We are very excited about sharing this material and the experience from our previous workshops with parents. Your children will appreciate that you are participating in "Mommy & Daddy School" as a way of being the best parents you can be.

(This is powerful for parents of all age children.)



in the soul.
- Emily Dickinson

Three things for
which to hope—a
haven of peace, a
robe of righteousness
and the crown of life.
- James Alexander
Beattie

Hope ever tells us
tomorrow will be
better.
- Tibullus

Hope enough to
remove all anxious
fears concerning the
future.
- Johann Wolfgang
Von Goethe

Hope springs eternal
in the human breast:
Man never is, but
always to be blest.
- Alexander Pope

For hope is but the
dream of those that
wake.
- Matthew Prior

None without hope
e'er loved the
brightest fair,
But love can hope
where reason would
despair.
- Lord Lyttelton

"I can't change the
direction of the wind,
but I can adjust my
sails to always reach
my destination."
James Dean



Thought of the Month

April: Words Spoken in Anger



"I want a divorce!"
"I never should have married you!"
"Soon as the kids are old enough, I'm leaving you!"

These and other emotion laden statements are uttered all the time by people experiencing relational conflict. Often the people saying such things are, in all other areas of life, quite well mannered and controlled. What's going on?

Well, first, the most powerful positive and negative emotions on this planet are experienced between intimate partners. The vast majority of music, opera, movies, and plays are about this powerful phenomenon of love...either coming or going. Also, a significant portion of homicides, suicides, and violence is about people struggling in intimate relationships.

I often quietly wonder how many accidents and diseases are attributable to "love gone wrong." So we say things in anger...harsh, irretrievable things. Sometimes unforgettable utterances are spoken, especially unforgettable if children are within earshot. (Couples, please, your children have not taken the course. They don't know about the reptilian brain and the force it has. They believe your words and it changes them forever.)

The sad thing is that most often I've noticed these words said in anger are not reflective of what the sender really means or wants. Before we knew Imago I once told Donna she should just divorce me if she had so many complaints. Did I really mean or want that? Of course not! (By the way, I believe she responded with, "Maybe I will!")

I am not suggesting we can always control our lizards and what they have to say. After all, the lizard is just protesting against what is not working for our own safety. But we can come back with a "do-over" or an apology or whatever is appropriate to bring ourselves in line with what we are honestly wanting. (Our lizards will experience the world as safer and safer through the healing and growth available in our relationship. YEA!)

I think some break ups are actually the result of two reptiles getting going like some Godzilla movies until death really is the unintended result. That's sad! (And, again, PLEASE learn to harness your harshest words of anger when your children are potentially in harm's way.)

**Good luck!
Loving the spring,
David (& Donna)**

May 1-2, 2010 for "The Next Step: Overcoming Reactivity" opportunity in Frederick, MD

June 5-6, 2010 for "Conscious and Connected Parenting" workshop in Frederick.



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Below are two links you might find interesting:

LaSplash is an online magazine that has just published an in depth interview with Harville Hendrix and a good description of Imago and its mission in the world.

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With Love and Abundant Blessings,
David and (Donna)**



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Quotes of the Month

The Month of May,
Spring & Random
Thoughts

"The world's favorite
season is the spring.
All things seem
possible in May."
- Edwin Way Teale

"Be like a flower and
turn your face to the
sun."
- Kahlil Gibran

"What potent blood
hath modest May."
- Ralph W. Emerson

"Sweet spring, full of
sweet days and roses,
A boy where sweets

**Issue: #17.
May 2010**

Dear Friends,

We were thumbing through a copy of "Life's Little Instruction Book" the other day and a few instructions stood out: # 144 Take someone bowling; # 173 Be kinder than necessary; and #252 Take good care of those you love. Okay, two of these (you know which two) are key to good relationships and maybe, just maybe if we practiced #s 173 and 252 #144 would be a lovely way to spend time with a loved one. Try it!

As the seasons change and our blood warms, we find that optimism is contagious. Loving and being loved is such a gift and honing our skills at sharing that gift is time well spent. We hope you enjoy this Thought!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



"A box where sweets
compacted lie."
- George Herbert

"Spring rain
leaking through the
roof
dripping from the
wasps' nest."
- Matsuo Basho

"People ask me what
I do in winter when
there's no baseball.
I'll tell you what I
do.
I stare out the
window and wait for
spring."
- Rogers Hornsby

"An optimist is the
human
personification of
spring."
- Susan J.
Bissonette

"When April steps
aside for May,
Like diamonds all the
rain-drops glisten;
Fresh violets open
every day:
To some new bird
each hour we listen."
- Lucy Larcom

"It's spring fever....
You don't quite know
what it is you do
want, but it just fairly
makes
your heart ache, you
want it so!"
- Mark Twain

"Spring is God's way
of saying,
'One more time!' "
- Robert Orben

"In springtime, love
is carried on the
breeze. Watch out for
flying passion or
kisses whizzing by
your head."
- Emma Racine
deFleur

"The May-pole is up,
Now give me the cup;
I'll drink to the
garlands around it;
But first unto those
Whose hands did
compose
The glory of flowers
that crown'd it."
- Robert Herrick, The
Maypole, 1660

"Every year, back
comes Spring, with



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...PLEASE JOIN US:**

**"Conscious and Connected Parenting"
Workshop in Frederick**

June 5-6, 2010

**We are very excited about sharing this
material and the experience from our previous
workshops with parents. Your children will
appreciate that you are participating in
"Mommy & Daddy School" as a way of being
the best parents you can be.**

**(This is powerful for parents of all age
children.)**



**Teleclass,
Monday, June 7,**

**8:00 p.m. - 9:00 p.m. EDT.
Just call 712-432-1438, Access Code
386270#**

**Join us for a chance to review
concepts and tools, learn some new**

nasty little birds
yapping
their fool heads off
and the ground all
mucked up with
plants."

- Dorothy Parker

"It's May! It's May!
The lusty month of
May!...

Those dreary vows
that ev'ryone takes,
Ev'ryone breaks.
Ev'ryone makes
divine mistakes!
The lusty month of
May!"

- Lerner and Lowe

"You can cut all the
flowers but you
cannot keep spring
from coming. "

- Pablo Neruda

"If you've never been
thrilled to the very
edges of your soul by
a flower in spring
bloom,
maybe your soul has
never been in
bloom."

- Audra Foveo

A compliment is like a
kiss through a veil.
-- Victor Hugo

Life is the flower for
which love is the
honey.

-- Victor Hugo

Love, I find, is like
singing. Everybody
can do enough to
satisfy themselves,
though it may not
impress the
neighbors as being
very much.

-- Zora Neale Hurston

Analyzing humor is
like dissecting a frog.

Few people are
interested and the

frog dies of it.
E. B. White

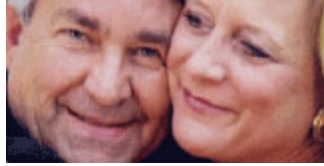
They say that time
changes things, but
you actually have to
change them
yourself.

Andy Warhol

information and ask any questions you may have as you continue your Imago Journey. It's FREE!

Thought of the Month

May: **When Small Things Become Big**



I've seen it time and time again...couples in a huge fight over something that starts so small. Like..."You were ten minutes late again picking me up! Why can't you ever be on time?" or "I'm the only one in this house who ever changes the cat litter! I'm tired of being the slave around here!"

Why is it so easy for huge feelings to emerge and get inflamed over such small things? It happens to Donna and me. Our most likely places for small things to become big are around how we do certain things. For example: driving directions or using the GPS. I'll confess to using MapQuest or the GPS but not letting my path be determined by it. This irks Donna to no end. She says, "Why in the world would you set the GPS and then not follow the directions just because it doesn't 'feel right' to you?" We used to allow this power struggle to get very large. We took some trips not talking to each other for long periods of time. (We're not the only couple who has experienced "silent" vacations.)

Over time, using Imago concepts and tools, we have learned and we have reduced this conflict to one of amusement rather than letting it grow into a "deal breaker"....at least most of the time! Let's examine this common power struggle.

First of all, our relationships with our intimate Partner are pretty complex. We bring a lot more baggage, expectations, and potential for hurt to our Partner than to most other relationships. Secondly, our conflict almost

always arises out of our stories. It never fails.

Donna's story was one in which she received lots of guidance. The "global positioning", if you will, that Donna was to assume was pretty much laid out for her by parent who wanted the best for her. So following directions is simply second nature for Donna. You tell her where we are going and how to get there and she says, "I'm happy. I feel safe."

Not so for David...as a youngest child I had parents who were tired of giving directions. They had already gotten three other kids started and now they had other worries like making a living! So I was left to make

weren't making a living. So I was left to make things up...a lot. That's why the GPS is only a friendly suggestion. I'll get there on my own one way or another.

Okay, so far? Now where does the conflict emerge and even grow? It goes like this: Donna's safety and normal way of doing things is threatened when I'm ignoring the directions. Bad things can happen if you don't follow the suggestions. You do everything you can to plan for any disruptions so as to contain them. When I don't heed the GPS she is genuinely uneasy.

For me, it's a familiar adventure of finding my own way. Maybe we'll be lost, maybe not. But I'll find my own way out. And, on top of that, a childhood trigger for me is being told I can't do it well enough...that someone older and wiser (the GPS lady in this case or maybe even Donna, herself) will have to correct me and pull things out.

You may think this analysis silly or even kooky but it is spot on for us. It explains why Donna thinks she is simply being helpful when I think she is finding fault. It explains why I misunderstand her fear and vulnerability to things getting off track and, more importantly, how I contribute to it.

I hope you will take the time to look at your small things that seem so urgent and that create big power struggles. You'll discover very valid stories fueling most of these conflicts. You might even learn to take some of them in stride.

Please stay in touch!
David (& Donna)

June 7, 2010 for Teleclass

Join us for a chance to review concepts and tools, learn some new information and ask any questions you may have as you continue your Imago Journey.

It's FREE!

8:00 p.m.-9:00 p.m. EST

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Dear Friends,

Wouldn't it be nice if "summertime and the livin' is easy" was true? In the overall scheme of things, living is pretty easy for most of us. We have shelter, food, loved ones in our lives and even funds for discretionary items. We are not hiding from enemies in a war-torn country, waking daily with our security at stake. but amazingly, we let our issues in our lives take on monumental importance and often add fear to the mix. We all do it.

Join Our List

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This month, we'd like you to think about how our attitudes and expectations "set us up" for feelings of fear, anxiety and even anger. Maybe you will see a new way to interact or at least to be open to love, not fear. We hope you enjoy this Thought!

Quotes of the Month

Love is..

**Love one another and you will be happy. It's as simple and as difficult as that.
Michael Leunig**

**Love looks through a telescope; envy, through a microscope.
Josh Billings**

**Love is friendship that has caught fire.
Anonymous**

**It's no trick loving somebody at their best. Love is loving them at their worst.
Tom Stoppard**

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



Tom Stoppard

Love is the wisdom of
the fool and the folly
of the wise.

Samuel Johnson

To love deeply in one
direction makes us
more loving in all
others.

Anne-Sophie
Swetchine

Love is the river of
life in the world.

Henry Ward Beecher

We come to love not
by finding a perfect
person, but by
learning to see an
imperfect person
perfectly.

Sam Keen

Love is an act of
endless forgiveness, a
tender look which
becomes a habit.

Peter Ustinov

Falling in love
consists merely in
uncorking the
imagination and
bottling the common-
sense..

Helen Rowland

"I feel like Zsa Zsa
Gabor's eighth
husband on her
wedding night: I
know what I'm
supposed to do...I
just have to figure
out a way to make it
interesting." - many
attributions

Love needs no map,
for it can find its way
blindfolded.

Anonymous

A life lived in love will
never be dull.

- Leo Buscaglia

Love many things, for
therein lies the true
strength, and
whosoever loves
much performs much,
and can accomplish
much, and what is
done in love is done
well.

- Vincent van Gogh

Life is meaningless
only if we allow it to
be. Each of us has the
power to give life
meaning, to make our



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...OLD AND
NEW...PLEASE JOIN US!!!**

**"The Next Step: Overcoming
Reactivity": July 31 - August 1 in
Frederick.**

Check out our website for all the details!

**NEW...."Keep It Going"
Classes...**

We are VERY excited! See below:

**WHO: Men who want more peace and
women who want more connection***

**WHAT: Seven classes providing review, new
information, practice, and hands on help from
David and Donna**

WHEN: 7:00 p.m. - 9:30 p.m. (ET)

**Mondays: July 12; July 26; August
3; September 20; October 18;
November 15**

**WHERE: The Bowman Home
7823 Chestnut Grove Road
Frederick, MD 21701**

**WHY: Being in a conscious relationship
requires time, attention, and practice. Life
often makes these things difficult so here is a
chance to make them happen.**

**HOW: Call (301-898-0527; 301-404-7711) or
e-mail (info@ConnectingCouples.net) to
register.**

COST: \$700 per couple (early discount before

time and our bodies
and our words into
instruments of love
and hope.
- Tom Head

The more I think it
over, the more I feel
that there is nothing
more truly artistic
than to love people.
- Vincent van Gogh

I love being married.
It's so great to find
one special person
you want to annoy for
the rest of your life."
- Rita Rudner

Your task is not to
seek love, but merely
to seek & find all the
barriers within
yourself that you
have built against it.
- Rumi

Love's greatest gift is
its ability to make
everything it touches
sacred.
- Barbara De Angelis

Why love if losing
hurts so much? We
love to know that we
are not alone.
- C. S. Lewis

Keep feeling the need
for being first. But I
want you to be the
first in love. I want
you to be the first in
moral excellence. I
want you to be the
first in generosity.
- Martin Luther King,
Jr.

Every time we love,
every time we give,
it's Christmas.
- Dale Evans

Wake at dawn with a
winged heart and
give thanks for
another day of loving.
- Kahlil Gibran

"A woman might as
well propose: her
husband will claim
she did." - Edgar
Watson Howe

"No man is truly
married until he
understands every
word his wife is NOT
saying." - unknown

"An old man who
marries a young wife

2021 \$700 per couple (early discount before
July 1)

\$840 per couples (after June 30)

Total payment due prior to July 12.

*Participation in GTLYW workshop
required.

Thought of the Month

June: **The Set-Up**



Which of the following is most likely to have a
positive outcome...a conversation that starts
with, "We've got to talk about something!" or
one that begins with, "Would you be able to
come into my world to hear my thoughts
about something?"

The first sounds like a demand. The second is
an appeal. The first invites the old brain or
lizard brain to action. The second appeals to
the new brain or frontal lobe. The first offers
no choice or freedom. The second provides a
choice. The first says, "What I need right now
is all-important." The second says, "What you
need right now is also important to me."

We're talking about the way you set things
up. We're talking about the best way to
approach people, in this case, your partner or
your family. Nobody would go into the
supervisor's office to ask for a raise or any
consideration without carefully planning how
to set up and begin the conversation. Why do
we think we can blurt out our reactions in any
manner to our partner?

Another analogy is from the world of
billiards. I watch in amazement as those
billiards experts make amazing trick shots,
with balls going in every pocket and jumping
all over each other. Well, when they replay
the shot on T.V., you see what the secret is.
It's in the set-up...the exact way everything is
put in place before the shot!

grows younger - but she grows older." - folk saying

"There will be sex after death, we just won't be able to feel it." - Lily Tomlin

"A bride at her second wedding does not wear a veil. She wants to see what she is getting." - Helen Rowland

"Don't threaten me with love, Baby. Let's just go walking in the rain." - Billie Holiday

So, if you want immediate results in improving your relationship, pay attention to the way you approach your partner...the set-up.

Here are some concrete steps to try:

- 1. Always make an appointment for any conversation that could have different viewpoints: "Would this be a good time to share something from my world?"**
- 2. For topics that may wake up your partner's lizard, try to take ownership: "I know this is more about me than it is about you."**
- 3. Re-frame frustrations with abundant language: "It would really make me happy if you could remember to wipe off the kitchen counters."**
- 4. Get to the feeling behind issues as quickly as possible: "I feel overwhelmed when shoes are left in the hallway."**
- 5. Put a small physical gesture with your comments to your partner, like taking their hand or touching their face.**
- 6. Say the big positive thing that is true before the little negative thing that is also true: "You know I love having you as my life partner. I also wish we could work out a way to remove the clutter from our house."**

Not all these gems will work for everyone. Work out your own conscious setup steps. Positive, genuine, and safe (i.e. non-critical) are the key concepts.

Have fun setting up your conversations. Call if you need help. Better yet....join us for our second level workshop or our new classes!

Enjoy your summer!

David (& Donna)

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**NEW...."Keep It Going" Classes...
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July 2010

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Dear Friends,

Summer is in full swing! Opportunities to cook and eat outdoors make the mundane seem special and promote togetherness. We always liked summers when the kids swam all day and nightly baths weren't important. They were clean, weren't they? And how lovely is it when there is no homework or getting clothes ready for the next school day and maybe just walking the dog is enough "work" for the evening.

Join Our List

[Join Our Mailing List!](#)

Those extra hours of daylight really can "lighten up" our very existence and give us pause--petty arguments seem to take too much effort and laying on the grass, swinging from a tire swing hung on a tree or floating on a raft feels like heaven! We say, go for it! Enjoy and give yourself and your loved ones permission to be a child again and relish summer. Make the livin' easy!

Quotes of the Month

Love and Laughter

The story of a love is not important - what is important is that one is capable of love. It is perhaps the only glimpse we are permitted of eternity.
Helen Hayes

We can do not great things - only small things with great love.
Mother Theresa

"Don't threaten me with love, Baby. Let's just go walking in the rain." Billie Holiday

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



"A happy family is but
an earlier heaven."
George Bernard
Shaw

"Life is not a matter
of holding good cards,
but of playing a poor
hand well."
Robert Louis
Stevenson

"Get up and dance,
get up and smile, get
up and drink to the
days that are gone in
the shortest while."
Simon Fowler

"If you wait to do
everything until
you're sure it's right,
you'll probably never
do much of anything."
Win Borden

"We do not remember
days, we remember
moments. The
richness of life lies in
memories we have
forgotten."
Cesare Pavese

Optimism is the faith
that leads to
achievement. Nothing
can be done without
hope and confidence.
Helen Keller

Hope is a waking
dream.
Aristotle

Hope enough to
remove all anxious
fears concerning the
future.
Johann Wolfgang Von
Goethe

For hope is but the
dream of those that
wake.
Matthew Prior

None without hope
e'er loved the
brightest fair,
But love can hope
where reason would
despair.
Lord Lyttelton

The thing always
happens that you
really believe in; and
the belief in a thing
makes it happen.
Frank Lloyd Wright

Think you can, think
you can't; either way
you'll be right.



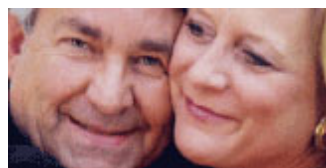
IT'S NOT TOO LATE.....PLEASE JOIN US

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Reactivity": July 31 - August 1 in
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details!**



Thought of the Month

July: **"The Unhappily Married Woman"**



(An important note: I find myself spending a lot of time lately pondering the things I see in my office and in our workshops, trying to understand more about the "workings" of relationships. It is a mystery because partners almost always show up with best intentions and a desire to be the best partner they can be for the person they love. I have been considering the differences I experience between men and women as they "report" on their relationship. I want to share some of these observations about women this month and about men next month. I am also clear that this sounds exclusive of

Henry Ford

What a man thinks of himself, that is what determines, or rather indicates, his fate.

Ralph Waldo Emerson

When fortune closes one door, it opens another.

Sa'di

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.

Ralph Waldo Emerson

"I think of life as a good book. The further you get into it, the more it begins to make sense."

Harold Kushner

Kindness is the golden chain by which society is bound together.

Goethe

A kind and compassionate act is often its own reward.

William John Bennett

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

My religion is very simple. My religion is kindness.

The Dalai Lama

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu

Kind words can be short and easy to speak but their echoes are truly endless.

Mother Teresa

It is difficult to give away kindness. It

same sex relationships but I trust that those of you who know me (and us) know that our intent and commitment are about inclusion. Our experience is that, most often, similar dynamics show up in all relationships, even though language still limits our ability to articulate such. Make sense? Please feel free to share your thoughts with me as I am seeking ways of creating more and more safety and connections with all couples. David)

"The Unhappily Married Woman"

It is painfully clear to me that women, in general, are more unhappily married than men. I see it empirically when couples come into my office for coaching. It is evidenced by our workshop evaluations where women score more than two points lower on the question, "Rate your satisfaction with the relationship at the beginning of the workshop." On a scale of 1 - 10, two points seem quite significant. Charles Osgood even revealed a survey on his show, "Sunday Morning", that reported that more women would marry a different man than men would marry a different woman if given the opportunity to "do it over."

I've come to the conclusion that many women (not all) are lonely in their relationships. So why are women feeling alone? And burdened, I might add.

Let's start with the housework. Now enlightened men (like me) will surely agree with the idea that household chores should be shared. Now, go ask 100 women if this is really the case....that household chores really do get shared equally. I've also noticed that when men help out, it is something to be noticed and applauded. For women, it is just expected.

How about special event planning? Here again, women feel the burden, in general. After talking with couples about holidays, it is my observation that women basically "do" holidays, as well as other family events. Men get kudos for helping out.

Women often feel alone with their and their emotions. They can be left afraid to share them for fear of arousing anger and/or shame in their partner. Or they might quit sharing emotions after one too many "fix-it" responses.

Some women feel alone in the bedroom. If sex is the only time of feeling really desired and cherished by their partner, then even the bedroom can become a lonely and trapped experience.

So, men...this next part is just for you. Take heart and read on:

How can you make your wife feel less lonely and more connected and appreciated?

1. Do the dishes.
2. At least act interested in the holidays and, most important, express appreciation for all she is doing

keeps coming back to you.
Cort Flint

Compassion for others begins with kindness to ourselves.
Pema Chödrön

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
Theodore Isaac Rubin

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.
Henry James

The main thing in one's own private world is to try to laugh as much as you cry.
Maya Angelou

What soap is to the body, laughter is to the soul.
Yiddish Proverb

A smile is an inexpensive way to change your looks.
Charles Gordy

A good laugh and a long sleep are the best cures in the doctor's book.
Irish Proverb

You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants.
Stephen King

Always laugh when you can. It is cheap medicine.
Lord Byron

The more one worries, the older one gets; the more one laughs, the younger one feels.
Chinese proverb

The human race has one really effective weapon, and that is laughter.
Mark Twain

importantly, express appreciation for all she is doing.

3. Listen and validate her dreams.
4. Show her physical attention free of sexual expectations (and tell her you just want to be close to her.)

That's it! Put one or more of these in your life and you will see positive changes.

Next month: "The Angry Man"

Still learning together,
David

GET IN THE SWIM WITH CONNECTING COUPLES!

THE NEXT STEP: Overcoming Reactivity

July 31-August 1, Frederick, MD



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Quotes of the Month

Thoughts of Love

"The most important thing in life is to learn how to give out love, and to let it come in."
Morrie Schwartz

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold." Judith Olney

"To love abundantly is to live abundantly, and to love forever is to live forever."
Henry Drummond

"To love deeply in one direction makes us more loving in all others."

Issue: #20.
August 2010

Dear Friends,

Summer is almost over and kids and college students are heading back to school. When we hit this time of the year, we begin feel a sense of urgency. What about all of those plans and goals we had for the summer? You may relate: more sailing, more beach, less work, more exercise, less stress! Well, you get the idea.

It is so typical for most of us to focus on what we didn't do and have regrets, anxiety and sometimes anger. Wow, haven't you noticed that when we are angry with ourselves, the next step is to find someone to blame...often our partner or spouse? We invite you to forget about what you didn't accomplish and just enjoy the memories you created this summer. We know there are many little things that with thought, you will cherish!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES...PLEASE JOIN US:

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November 6 - 7**

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loving in all others.
Anne-SophieSwetchine

"Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same."
Flavia Weedn

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."
Kahlil Gibran

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile."
Franklin P. Jones

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."
Thornton Wilder

"In the sweetness of friendship let there be laughter, for in the dew of little things the heart finds its morning and is refreshed."
Kahlil Gibran

"Have a heart that never hardens, a temper that never tires, a touch that never hurts."
Charles Dickens

"To love and be loved is to feel the sun from both sides."
David Viscott

"Begin to see yourself as a soul with a body rather than a body with a soul."
Wayne Dyer

I can no other answer make but thanks. And thanks.
William Shakespeare, Twelfth Night

That best portion of a good man's life/His little, nameless, unremembered acts of kindness and of love.
William Wordsworth

People who give will never be poor. Anne Frank, The Diary of Anne Frank

Pleasantest of all ties is the tie of host and guest.
Aeschylus, The Libation

"Conscious and Connected Parenting" November 20 - 21 Workshop in Frederick.

We are very excited about sharing this material and the experience from our previous workshops with parents. Your children will appreciate that you are participating in "Mommy & Daddy School" as a way of being the best parents you can be. (This is powerful for parents of all age children.)



Teleclass, September 13 (8:00 p.m. - 9:00 p.m.) EDT

We will explore "The Art of Abundant Requests" or how to ask for what you need from your partner using abundant language. Such a request provides a safe opportunity for your partner to give you what you need and avoids inviting a defense instead.
Just call 712-432-1438, Access Code 386270#



Bearers

One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

Anne Morrow Lindberg,

North to the Orient
Kindness is always fashionable. Amelia
Edith Barr

All the Days of My Life
Give me one friend,
Little deeds of
kindness/Little words of
love; Help to make earth
an Eden/Like the heaven
above.

Fletcher Carney

Happiness is a butterfly,
which, when pursued, is
always just beyond your
grasp, but which, if you
will sit down quietly,
may alight upon you.
Nathaniel Hawthorne

All seasons are beautiful
for the person who
carries happiness within.
Horace Friess

For every minute you are
angry you lose sixty
seconds of happiness.
Ralph Waldo Emerson

Happiness is an attitude.
We either make
ourselves miserable, or
happy and strong. The
amount of work is the
same.
Francesca Reigler

Never miss an
opportunity to make
others happy, even if you
have to leave them alone
in order to do it.
Anonymous

Happiness often sneaks
in through a door you
didn't know you left
open.

John Barrymore

We tend to forget that
happiness doesn't come
as a result of getting
something we don't
have, but rather of
recognizing and
appreciating what we do
have.
Frederick Keonig

Happiness is like a
kiss...you must share it
to enjoy it.
Anonymous



Thought of the Month

August: The Angry Man



Last month I tried to describe the common phenomenon of the unhappy but married woman. This month I promised a similar description of "The Angry Man." This is not meant to be a thorough discussion of either anger or of men. I simply want to describe a few things I see happening in relationships.

I've observed for some time that many men are experienced as detached or disgruntled or angry in their intimate relationship. When this is the case their partner is usually at loose ends to know what to do. Her fear based reactions are usually criticism or labeling ("You are depressed.") Or she may just feel sad and empty.

Of course none of these reactions are helpful but, rather, serve to drive the detachment deeper. What is really going on here with men? Let's see if I can explain this. I've come to understand that most men would rather feel like good husbands and fathers than anything else in their life. In traditional terms being a good husband and father meant being a good provider and protector. Long ago, when that meant bagging game and fending off dangerous enemies, the task was conceptually clear and easy. Even into the last century, the provider role was pretty well defined. My Father was respected by my Mother for "working" no matter how meager his salary was. He was not really expected to be "emotionally available" which is what I hear many women long for now.

Now we are getting to the real "rub." Men are in a tough spot. First, there are fewer ways to fill the role of protector. The woolly mammoth is gone and, for the most part, women protect themselves anyway. The provider role is also diminished while the instinct to provide is still there. Most women are perfectly capable of providing for themselves. What's a husband to do....all these instincts and no place to use them? The desire to connect through providing and protecting is an art of diminishing value

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

"Life is all about timing...the unreachable becomes reachable, the unavailable become available, the unattainable...attainable. Have the patience, wait it out."

Stacey Charter

"Wisdom doesn't automatically come with old age. Nothing does—except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place."

Abigail Van Buren

"It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy."

George Lorimer

"Always do what you are afraid to do."

Ralph Waldo Emerson

"The most important things in life aren't things."

Anthony J D'Angelo

"Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind."

Ashley Smith

"The summer night is like a perfection of thought."

Wallace Stevens

"Laughter is inner jogging."

Norman Cousins

"The cure for anything is salt water—sweat, tears, or the sea."

Isak Dinesen

"Let your working ideas go for a picnic—sometimes the fresh air and ant bites are just what they need."

Carrie Latet

"How wonderful it is that

art of shimmering water.

Women want emotional connection ...a relationship of equality where men share in everything. No wonder many men are angry! For, you see, underneath this anger and passive detachment is a simple fear, "We don't know what to do!" We have an unhappy partner. We don't know how to fix it. And we are left feeling like schmucks! We know how to kill the spiders in the bedroom and bring in a paycheck but these count for only so much. Especially when our partner also has a paycheck and there are only so many spiders to fulfill our hero needs.

We know we need to be better connected emotionally but that's not the style for most of us men. (Nobody helped me learn anything about feelings.) How on earth do we connect with our partner in the way she needs and still be ourselves?

One simple suggestion for men...get in touch with your partner's fear of disconnection and develop compassion for her fearful reactions rather than becoming angry with her or shutting her out. (FYI: Anger is the biggest turn off to a woman....ever! If you don't believe me, just ask her.)

And, finally, some specific things for women to do to help your partner feel like your hero and want to be closer to you:

1. When he is angry or shut down, remind yourself that he is fearful of being a failure with you and/or your kids.
2. Tell him regularly and frequently something you think he does or did really well (especially any emotional or relational behavior) PERIOD!!!! (Leave off the "but...")
3. Offer gestures of support even if you are feeling hurt (e.g. a hug, a shoulder rub, taking his hand, a cup of coffee, etc.)
4. Keep your thoughts about what he is feeling or should be feeling to yourself.
5. Tell him how lucky you are to have him as your partner.

There you go! Enjoy your adventure!

With awe,

David (& Donna)

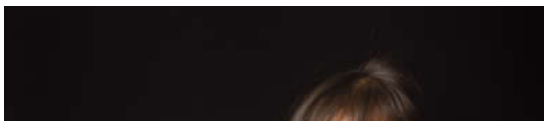
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nobody need wait a single moment before starting to improve the world."

Anne Frank

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

Storm Jameson

"If I had to live my life again, I'd make the same mistakes, only sooner."

Tallulah Bankhead

The greatest pleasure in life is doing what people say you cannot do.

Walter Bagehot

"Home is the place where, when you have to go there, they have to take you in."

Robert Frost

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry."

E.B. White



November 20 - 21

"Conscious and Connected Parenting" workshop in Frederick. (This is powerful for parents of all age children.)

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Quotes of the Month

Quotes to Inspire

"Perhaps our eyes
need to be washed by
our tears once in a
while, so that we can
see life with a clearer
view again."
Alex Tan

Happiness is a
butterfly, which,
when pursued, is
always just beyond
your grasp, but
which, if you will sit
down quietly, may
alight upon you.
Nathaniel Hawthorne

All quotes are

**Issue: #21.
September 2010**

Dear Friends,

We are delighted at the prospect of cooler weather and the anticipation of new beginnings. Do you remember the excitement you had for the first day of school? Okay, maybe for some it was dread but as we got older, we always looked forward to seeing old friends and meeting new ones! For some of us (who shall remain nameless) it was a clothes shopping opportunity, one happily undertaken. No matter your past recollections, Fall is upon us and we will slide swiftly into the holidays.

Before you get too involved in new activities and the old ones ramp up, we encourage you to take some time for yourself and for you partner. Pour a cup of coffee, sit back and take a breather. We hope you enjoy this Thought!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



All seasons are beautiful for the person who carries happiness within.
Horace Friess

For every minute you are angry you lose sixty seconds of happiness.
Ralph Waldo Emerson

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.
Francesca Reigler

Kindness is the golden chain by which society is bound together.
Goethe

A kind and compassionate act is often its own reward.
William John Bennett

You cannot do a kindness too soon, for you never know how soon it will be too late.
Ralph Waldo Emerson

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold."
Judith Olney

"To love abundantly is to live abundantly, and to love forever is to live forever."
Henry Drummond

"To love deeply in one direction makes us more loving in all others."
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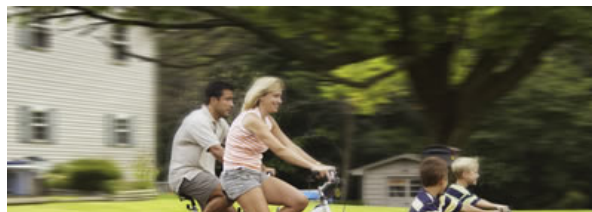
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"Have a heart that
never hardens, a
temper that never
tires, a touch that
never hurts."
Charles Dickens

"To love and be loved
is to feel the sun from
both sides."
David Viscott

There is no remedy
for love, but to love
more.
Henry David Thoreau,

A successful marriage
requires falling in
love many times,
always with the same
person.
Mignon McLaughlin

There is no more
lovely, friendly and
charming
relationship,
communion or
company than a good
marriage.
Martin Luther

He is husband, she is
wife.

She fears not him,
they fear not life.
Robert Frost

When you realize you
want to spend the
rest of your life with
somebody, you want
the rest of your life to
start as soon as
possible.
Billy Crystal as Harry
in When Harry Met
Sally

When you give each
other everything, it



Thought of the Month

September: How to Talk to Your Partner: Part 1 - The Set Up



The one thing I hear most from couples who have been to an Imago workshop or a private session goes like this: "We did a great job when we were here but at home it all fell apart when 'such and such' happened." So, for the next several months, I will give you "down to earth" tips that Donna and I have found produce successful Dialogue and lead to safer Connection.

First, let's examine the approach or the set up, as I call it. Look carefully at how you are approaching your Partner with what you wish to say. Dr. John Gottman, a leading researcher on what makes couples tick, says that the "harsh start up" is responsible for more break-ups than any other factor. What does he mean by the "harsh start up?"

I think we all know what he means:

"Did you forget the trash pick-up again?"
"Why do I always have to clean up the kitchen?"
"Your room is a mess!"
"Do you think I am made of money?"
"Where were you all this time?"

Now, let's examine this category of responses called "harsh star-ups":

- they probably all point to a Truth;
- each one alone is tolerable;
- they are universally heard in relationships;
- the intent is benign.

Also:

- they invite defensiveness;
- they are easily perceived as critical or shaming;
- there is no good or satisfactory response;
- over time they build a crescendo of feeling: unease,

becomes an even trade. Each wins all.
Lois McMaster Bujold,

One word frees us of all the weight and pain of life: That word is love.
Sophocles

Take the first step in faith. You don't have to see the whole staircase, just take the first step.
Dr. Martin Luther King

Look at yourself, like yourself, and find the positive.
Dana Buchman

In faith and hope the world will disagree, but all mankind's concern is charity.
Alexander Pope

It is never too late to be what you might have been.
George Eliot

Better to do something imperfectly than to do nothing flawlessly.
Robert Schuller

If you can imagine it, you can achieve it. If you can dream it, you can become it.
William Arthur Ward

Peace cannot be achieved through violence, it can only be attained through understanding.
Ralph Waldo Emerson

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."
Bill Watterson

"I have not failed. I've just found 10,000 ways that won't work."
Thomas Edison

tension, defensiveness, resentment, retaliation, disconnection, apathy, etc...

Trust me on this...there are tons of people, some reading this, who are, right now, considering an affair or leaving their Partner because they have had a diet of harsh "Start-Ups."

Okay....the Remedy...two simple skills:

1. Start any conversation that could be "dicey" with a soft and safe approach:

"Would you be willing to..."

"I would love it if you could..."

"Would it work for you to..."

"Would you cross the bridge into my world for a bit..."

"Would you come to my world and try to see my view?"

"Would you listen as I try and speak my truth?"

Find the wording that fits you genuinely so as to avoid "jumping your Partner in the dark."

2. Work on remembering, believing, and reporting the 90-10 Rule. (Forgot the 90-10 Rule? It's time for a refresher workshop!)

"I know my feelings are mostly about me and my Story and only a bit about you and what you are doing."

"I know this is about me and that old place where..."

"I know this is about me. I am unsure what it connects with and I am curious to figure this out."

Say these things to your Partner (or your children...or whomever....) Use whatever variation works for you. You have to believe it and you have to say it! The result

will be a Partner (or others) far more at ease and willing to listen. The tension in your household will lessen. People will be happier. You could save your relationship.

Next Month: "Connecting the Dots of the Childhood Story"

In Connection,
David

November 6 - 7 for "The Next Step: Overcoming Reactivity" opportunity in Rehoboth Beach, Delaware....off season prices in a delightful beach town. Just let us know you are interested and we will do everything we can to make the weekend possible for you.

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Quotes of the Month

Friendship, Kindness
& Love

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stumble, every one
of us. That's why it's

a comfort to go
hand in hand."

Emily Kimbrough

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butterfly, which,
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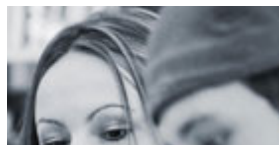
**Issue: #22.
October 2010**

Dear Friends,

Life is in full swing by October, isn't it? Routines are established, the familiar helps to ground us when all the wonderful inconsistencies that make up LIFE just seem to crowd in upon us. Sometimes at this time of the year, Donna and I look to the child within us and ask one another "what are you going to be for Halloween?" Believe it or not, we either laugh or surprise each other. "Cat Woman?" "A hippie?" While you are thinking about Donna as Cat Woman, settle in and read this Thought. It is part 2 of How to Talk to Your Partner.

We hope you take a moment to try the exercise because you and your partner are so important to each other, to your families and to your community. You deserve to take time to make your love the best it can be.

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



which, if you will sit
down quietly, may
alight upon you.

Nathaniel
Hawthorne



True friendship is
like sound health,
the value of it is
seldom known until
it be lost.

Charles Caleb Colton

True friendship
comes when the
silence between two
people is
comfortable.

Dave Tyson Gentry

Friendship is always
a sweet
responsibility, never
an opportunity.

Kahlil Gibran

Nothing makes the
earth seem so
spacious as to have
friends at a
distance; they make
the latitudes and
longitudes.

Henry David
Thoreau

A single rose can be
my garden... a single
friend, my world.

Leo Buscaglia

A true friend is
someone who
reaches for your
hand and touches
your heart.

Anonymous

You can always tell
a real friend: when
you've made a fool
of yourself he

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Thought of the Month

October:

How to Talk to Your Partner - Part 2: Connecting the Dots of the Childhood Story



I know that Donna and I would still be locked in our power struggle had we not repeatedly visited (and committed to memory) each other's childhood story. For years much of what she needed seemed to carry a flavor of criticism about something I wasn't doing right. And for those same years, the frequency of my feeling criticized kept her shut down, as though she could never voice her wants. What a conundrum! And it's a classic one, too.

We moved to a welcomed new level when I finally got it that her pattern was not a desire to criticize but was, rather, a childhood desire to have her own voice about some things *she* wanted and not just what others wanted or thought she should have. And she finally got it that my sensitivity to her "criticism" was not an attempt to shut her down but was a leftover vulnerability to hearing about how I didn't do things right.

Now, let's be clear about our childhood stories. Donna and I had good and well meaning parents who loved and provided for us in wonderful ways. Heaven knows, many of you reading this may say, "Is that all those two have to worry about? They should have lived *my* story!" True, but this nasty "little" power struggle showed up in our relationship for years with great energy and fierceness, none the less.

Want to have your Partner feel better about you? Make sure they can recite your primary childhood unmet needs and they can remember that you are reacting out of that need 90% of the time.

Want to feel better about your Partner? Make sure you can recite your Partner's story of unmet needs and remember that they are reacting out of that need 90% of the time...especially when they are acting weird or mean.

I suggest you track down your GTLYW manual or the packets we gave you at the workshop. Find the Parent Child Dialogue and do it both ways. Do it each week until it gets into your

of yourself. He doesn't feel you've done a permanent job.

Laurence J. Peter

The most beautiful discovery true friends make is that they can grow separately without growing apart.
Elisabeth Foley

Wishing to be friends is quick work, but friendship is a slow ripening fruit.
Aristotle

No road is long with good company.
Turkish proverb

I can no other answer make but thanks. And thanks.
William Shakespeare, *Twelfth Night*

That best portion of a good man's life/His little, nameless, unremembered acts of kindness and of love.
William Wordsworth

Pleasantest of all ties is the tie of host and guest.
Aeschylus, *The Libation Bearers*

'Tis sweet to know there is an eye will mark/Our coming and look brighter when we come

when we come.
Lord Byron, "Don
Juan"

One can never pay
in gratitude; one can
only pay "in kind"
somewhere else in
life.

Anne Morrow
Lindberg, *North to
the Orient*

Kindness is always
fashionable.
Amelia Edith Barr,

Give me one friend,
just one, who meets
the needs of all my
varying moods.
Esther Mary Clark

Little deeds of
kindness/Little
words of love; Help
to make earth an
Eden/Like the
heaven above.
Julia Fletcher Carney

and do it both ways. Do it each week until it gets into your front of mind awareness.

Then (and I'm serious) enjoy stepping back from your next conflict, take a breath or two and picture your Partner as a little kid. Remind yourself (in one sentence) of what they needed as a child and didn't get. Then reframe their part of the argument as child's plea for help. Be careful not to condescend or diminish the picture in any way. Just quietly see if you can get a different view of what your Partner is saying or doing. Next picture *yourself* as a kid in the same way. Be willing to own your own story and reactions as being about you and not about your Partner. (Remember that "90...10" rule we would all like to forget?) And remember to always use the most powerful relational tools: generosity, grace, forgiveness, space, gratitude and abundance.

Couples who cross the "hump" of really getting the childhood stories are on their way to a new level of relationship.

Next Month: "Be Nice to Your Partner"

In Connection,

David

November 6-7, 2010
**"The Next Step: Overcoming Reactivity"
in Rehoboth Beach, Delaware**

November 20-21, 2010
**"Conscious and Connected
Parenting" workshop in Frederick.**



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Connecting Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

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Quotes of the Month

Thanksgiving

If the only prayer you
said in your whole life
was, "thank you," that
would suffice.
Meister Eckhart

So once in every year
we throng
Upon a day apart,
To praise the Lord
with feast and song
In thankfulness of
heart.
Arthur Guiterman,
*The First
Thanksgiving*

**Issue: #23.
November 2010**

Dear Friends,

How many people have you heard say lately, "It can't be November already. Where did the year go?" We have asked ourselves the same question! At this time of year we tend to think about all of the things we were going to do in 2010: attend more of the kid's games, more family nights, help our partner more around the house, get that one big client/contract/job...whatever it was, 2011 is just around the corner!

Recently the Collector Edition of the "Back to the Future" movies came out and we were once again intrigued with the idea of going back and "seeing" our parents and grandparents before we came into the picture. Wouldn't that be an eye-opener when we check our "baggage?" Oh, and how fun would it be to be able to change the future---you know, a chance to re-do actions, re-do conversations and make them come out perfectly?

Well, we know we can't time travel and yes, the year is almost over but the calendar is just a guide...it does not really matter in the overall scheme of life. There are still more games to attend, more nights to gather as a family, and always, always things we can do to support our partner. Oh, and work? It will be there tomorrow, jobs will come and go but we have the perseverance to keep on keeping on, even when things get tough. That seems to be hard-wired into us. What helps? You know the answer, connecting!

Take time to connect with others and us! We are here for you. Share your problems and ideas for other

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John Fitzgerald Kennedy

Thanksgiving was never meant to be shut up in a single day.

Robert Caspar Lintner

The very fact that a man is thankful implies someone to be thankful to.

John Baillie

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes.

This is not coincidence.

Erma Bombeck

My mother is such a lousy cook that Thanksgiving at her house is a time of sorrow.

Rita Rudner

Gluttony and surfeiting are no proper occasions for thanksgiving.

Charles Lamb

An optimist is a person who starts a new diet on Thanksgiving Day.

Irv Kupcine

I love Thanksgiving turkey... it's the only time in Los Angeles that you see natural breasts.

Arnold

Schwarzenegger

Thanksgiving, man! Not a good day to be my pants.

Kevin James

Coexistence: what the farmer does with the turkey - until Thanksgiving.

Mike Connolly

for you. Share your problems and ideas for other Thought topics and make sure you consider us when counting your blessings this holiday. We count you as one of our blessings!



MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES...PLEASE JOIN US:

Teleclass, Monday, December 6, 8:00 - 9:00:

Just call 712-432-1438, Access Code 386270# and join us for a review and discussion of Validation. How do we validate something that doesn't seem "true" and doesn't match our experience? And why is it important? What power does Validation have to create Connection?

FIRST EVER "Getting the Love You Want Workshop" we will offer in Honolulu, Hawaii (January 7, 2011 - January 9, 2011!)

We are so excited to have the opportunity to bring the experience to Hawaii. Please consider joining us and sharing the invitation with anyone you know who may be interested. (Remember, repeating this workshop is half price for you, as "Bowman Alumni.")





Thought of the Month

November:

How to Talk to Your Partner - Part 3: Speak the Same As You Speak to Others



...in other words, be at least as nice in talking to your family as you would be with your customer, your employer, your rabbi, your best friend, etc....

Why do we think we have license to be impolite, demeaning or critical with our Partner when we could never imagine behaving that way with anyone else? I suppose the answer is partly that we feel safe with our "close-in" people....safe enough to be our "real" selves. But safety should not be an opportunity to hurt the ones around us. It is more of a responsibility to keep the Space clean.

The late Erma Bombeck wrote a piece about treating friends and kids the same. (I think it applies to our Partner, as well.)

She says:

A leading psychologist said parents should treat their children [Partners] as they would treat their best friend...with courtesy, dignity, and diplomacy...I thought about it. Did I really talk to my best friends like I talked to my children? Just suppose...our good friends, Fred and Eleanor, came to dinner one night and...

Well, it's about time you two got here? What have you been doing? Dawdling? Leave those shoes outside, Fred. They've got mud on them. And shut the door. Were you born in a barn?...
...Fred! Take it easy on the chip dip or you'll ruin your dinner. I didn't work over a hot stove all day long to have you nibble like some bird...

...You all wash up and I'll take up the food. Don't tell me your hands are clean Eleanor, I saw you playing with the dog...

...Eleanor, don't talk with food in your mouth. I can't understand a word you're saying. And use your napkin.

At that moment in my fantasy, my son walked into the room. "How nice of you to come," I said pleasantly.

"Now what did I do," he sighed.

Final thoughts:

"Be at least as nice to your Partner as you are to your dog."

OR

"Be the kind of person with your Partner that your dog thinks you are."

Hope you have great Connections and great Celebrations during this Thanksgiving season!

David (& Donna)

Thanksgiving is so called because we are all so thankful that it only comes once a year.

P.J. O'Rourke

Thanksgiving comes to us out of the prehistoric dimness, universal to all ages and all faiths. At whatever straws we must grasp, there is always a time for gratitude and new beginnings.

J. Robert Moskin

There is one day that is ours. There is one day when all we Americans who are not self-made go back to the old home to eat saleratus biscuits and marvel how much nearer to the porch the old pump looks than it used to.

Thanksgiving Day is the one day that is purely American.

O. Henry

Let us remember that, as much as been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.

Theodore Roosevelt

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
Thornton Wilder

On Thanksgiving Day, all over America, families sit down to dinner at the same moment - halftime.
Author Unknown

Dear Lord, we beg but

one boon more:
Peace in the hearts of
all men living,
peace in the whole
world this
Thanksgiving.
Joseph Auslander

Thanksgiving is
America's national
chow-down feast, the
one occasion each
year when gluttony
becomes a patriotic
duty.
Michael Dresser

Forever on
Thanksgiving Day
The heart will find the
pathway home.
Wilbur D. Nesbit

Grace isn't a little
prayer you chant
before receiving a
meal. It's a way to
live.
Attributed to
Jacqueline Winspear

We give thanks for
unknown blessings
already on their way.
Author Unknown

To speak gratitude is
courteous and
pleasant, to enact
gratitude is generous
and noble, but to live
gratitude is to touch
Heaven.
Johannes A. Gaertner

A thankful heart is not
only the greatest
virtue, but the parent
of all the other

virtues.
Cicero

But see, in our open
clearings, how golden
the melons lie;
Enrich them with
sweets and spices,
and give us the
pumpkin-pie!
Margaret Junkin
Preston

Thanksgiving is
possible only for
those who take time
to remember; no one
can give thanks who
has a short memory.
Author Unknown

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Quotes of the Month

Thoughts on Sharing

**Keep your fears to
yourself, but share
your inspiration
with others.
Robert Louis
Stevenson**

**Thousands of
candles can be lit
from a single
candle, and the
life of the candle
will not be
shortened**

**Issue: #24.
December 2010**

Dear Friends,

We wish you the joy of the holidays! Are you enjoying or are you stressing? We find that we are doing a bit of both, though enjoying is definitely on our to-do list, where stressing does not even appear. Funny how we allow this to happen.

We spent time lately enjoying a small play put on by young children and we began to discover the true enjoyment of the event, the process and the infectious joy of the children. By sharing in this moment in time, we remembered why we were always taught to *share*. Sharing increases our sense of well-being: our happiness is doubled and our joy just seems pure!

During the rush and stress of the holidays when we are urged to give, try sharing: a quiet moment, a movie, a meal, a walk, or just a touch. Share time with your partner, loved ones and friends. Maybe there will be more enjoyment all around!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



shortened.
Happiness never
decreases by
being shared.
Buddha

There is no delight
in owning
anything
unshared. Seneca

Sharing food with
another human
being is an
intimate act that
should not be
indulged in lightly.
M.F.K. Fisher

Happiness is not
so much in having
as sharing. We
make a living by
what we get, but
we make a life by
what we give.
Norman MacEwan

If you share your
light with the
world, truth and
goodness will be
your constant
companions.
Michael Teal

Those who have
much are often
greedy, those who
have little always
share. Oscar Wilde

Pain shared is
pain lessened; joy
shared is joy
increased. Thus do
we refute entropy.
Spider Robinson

Life is about
giving, and the
rest is taken care
of. Peter Cajander

Our most valuable
possessions are
those which can
be shared without
lessening those



HONOLULU, HAWAII WORKSHOP

IT'S NOT TOO LATE!!
JOIN US FOR OUR FIRST EVER

**"Getting the Love You Want
Workshop" in Honolulu, Hawaii
(January 7, 2011 - January 9, 2011!)**

**We are so excited to have the
opportunity to bring the experience to
Hawaii. Please consider joining us and
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(Remember, repeating this workshop
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Thought of the Month

December:

How to Talk to Your Partner - Part 4:
Be "Silent"



...essing those
which, when
shared, multiply.
Our least valuable
possessions, on
the other hand,
are those which,
when divided, are
diminished.

William H.
Danforth

The miracle is
this: the more we
share the more we
have. Leonard
Nimoy

A smile is the light
in your window
that tells others
that there is a
caring, sharing
person inside.
Denis Waitley

Shared sorrow is
half sorrow.
Danish Proverb

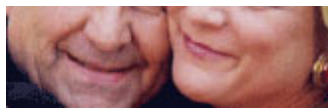
That is what
friendship means.
Sharing the
prejudice of
experience.
Charles Bukowski

Keep your fears to
yourself, but share
your courage with
others. Robert
Louis Stevenson

In the sweetness
of friendship let
there be laughter,
and sharing of
pleasures. Kahlil
Gibran

What we share
with another
ceases to be our
own. Edgar
Quinet

The idea that
happiness could
have a share in



Perhaps the most intimate and healing communication
does not involve words at all. Think about it!

We use lots of words about this and that. We talk 'til we
are blue in the face...sometimes with our kids or our
Partner. And do our words help or hurt? My guess is
that the more words we use, the less we are really
connecting with the person with whom we are trying to
"communicate."

I have become a believer in quiet, non-verbal
communication. Sometimes, even in my office, a couple
will experience connection only through eye contact and
becoming truly present, just to have it fall apart once
they begin "talking."

It's a bit of a paradox. I firmly believe couples need to
talk to each other, and I've been known to say that
talking fuels intimacy. At the same time, the tongue can
be, as the Bible says, "an unruly evil, full of deadly
poison."

Over the holiday season, why not try some "mistletoe"
communication? No words...just a soft kiss, a six second
hug, a simple touch, or just sitting together.

A kiss says, "I really like you."
A six second hug says, "I love having you in my life."
A simple touch says, "Just thinking of you warmly."

Please do not underestimate the power of taking your
partner's hand, of gazing into their eyes, of a quick neck
rub...all while saying nothing.

In fact, a positive stretch you can make (a gift for your
Partner) is to see how much appreciation you can show
your Partner with the least amount of words.

**Wishing You Wonderful Connections, Great
Celebrations, and Happy Holidays,
David (& Donna)**

**STAY TUNED FOR OUR 2011 UPDATES ON OUR
WEBSITE...including a Blog!**



beauty would be too much of a good thing.
Walter Benjamin



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David and (Donna)



Competition should not be for a share of the market-but to expand the market. W. Edwards Deming

Share our similarities, celebrate our differences. M. Scott Peck

Often, we are too slow to recognize how much and in what ways we can assist each other through sharing such expertise and knowledge. Owen Arthur

Women's propensity to share confidences is universal. We confirm our reality by sharing. Barbara Grizzuti Harrison

A large family makes you accept sharing your parents. Martha Reeves

Infinitely more important than sharing one's material wealth is sharing the wealth of ourselves - our time and energy, our passion and commitment, and, above all, our love. William E. Simon

Intimacy, as I am using it, is sharing my reality with you. Keith Miller



Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses. Ann Landers



People have really gotten comfortable not only sharing more information and different kinds, but more openly and with more people - and that social norm is just something that has evolved over time. Mark Zuckerberg



People say New Yorkers can't get along. Not true. I saw two New Yorkers, complete strangers, sharing a cab. One guy took the tires and the radio; the other guy took the engine. David Letterman



Sharing a triumph with someone you love is an incredible high. Cynt

Sharing is sometimes more demanding than giving. Mary

Catherine Bateson

Sitting down to eat in our house is about sharing, you know, talking about the day you've had, be it in school or work or whatever, so that's very important to us. Liam Neeson

Talent is always conscious of its own abundance, and does not object to sharing.

Alexander Solzhehnitsyn

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