



Connecting
Couples

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Thought of the Month News & Notes

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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!

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Dates: June 7; September 13; December 6.



The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

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

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

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