



Connecting
Couples

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Thought of the Month News & Notes

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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.



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!
Let us know how to support you.





**Excited about spring,
David & Donna**

QUESTIONS??

**E-mail or call 301-898-0527 or 301-404-7711
info@connectingcouples.net**

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