



# Connecting Couples

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

## Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)

[News & Notes](#)

Quick Links.

[Register for our 2010  
Workshops](#)

[Register for our Next  
Step Workshops](#)

[Register for our  
Parenting Workshops](#)

[Thought of the Month  
Archive](#)

Join Our List

[Join Our Mailing List!](#)

### 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."  
Anne-Sophie Swetchine

"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."



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

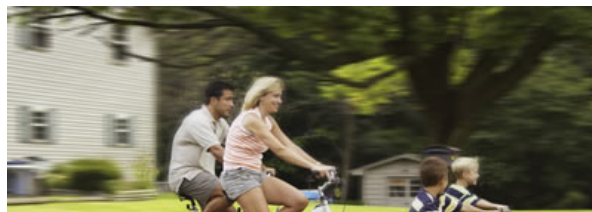
**November 6-7, 2010**

**"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.**



**November 20 - 21, 2010**

**"Conscious and Connected Parenting" 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.)**



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

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.

November 20 - 21 for "Conscious and Connected Parenting" workshop in Frederick. We are very excited about sharing this material and the experience from our previous workshops with parents.



### **Imago Relationships International (IRI):**

**IRI continues to work to spread the word about the powerful relational transformation possible through Imago. It also works to find new ways to support couples on their Journey.**

**Below are two links you might find interesting:**

**LaSplash is an online magazine with lots of in-depth articles and information.**

**[LaSplash online magazine](#)**

**There is now a blog for couples on the IRI website. New articles are posted frequently and regularly**

**[IRI Couples Blog](#)**

#### **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)



[Forward email](#)



This email was sent to info@connectingcouples.net by [info@connectingcouples.net](mailto:info@connectingcouples.net) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Bowman & Associates, PA | 7823 Chestnut Grove Road | Frederick | MD | 21701

