



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #45  
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**Dear Friends,**

**Life has certainly been a roller coaster lately. Our hearts and thoughts go out to all who have been affected by the major event, "Sandy." We have had power outages but know that many of you have been more sorely tried and we pray for those who have lost loved ones, friends, homes and material goods.**

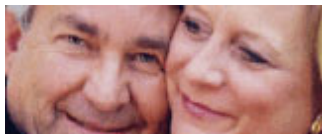
**It seems that there is never enough time to do all that we have on our lists and especially not enough time to spend with those we love but it is at times like this that we are reminded about the true important things in life. Prioritizing family and friend time is so important and often we find the stresses of everyday creeping in and over-taking this time. I'm sure we are not alone in thinking that carpool duty, preparing meals and housework is "family" time, but really, is it? Wouldn't a child rather have you toss a ball with them or read a story or watch a favorite movie and share popcorn? How about a walk with your partner? Yes, even time for a dialog is precious. Those duties that we all must do should never be allowed to take over our lives and squeeze out time with those we love--it definitely takes planning but the result is priceless! We have been reminded that love of family and friends is by far the most important thing we possess. Let us never take it for granted!**


**Keep in communication---we WANT to hear from you!**

**As always, if you need us, just call.**

**Donna and David**

**NOVEMBER: "Are You a Competing Couple?"**





I like to coin phrases for what I see in relationships. It's a privilege I give myself for having been around for a good while. One phenomenon that I see is what I call the "competing couple." You probably know who you are. You fight with each other over things that often don't amount to a hill of beans! One will say, "It rained on Tuesday." and the other replies, "No, it rained on Wednesday." Then, the other says, "I'm sure it was Tuesday." "No, it had to be Wednesday because...." Then the energy in the couple's Space becomes about who was "right." And then you can see the lizards from each person come crawling out like gilas in a desert twilight, ready for an ugly, devolved, and drawn out battle.

It is now about winning, about survival. Most of us know this feeling, "I've got to get my point across." "I've got to win this." "I can't let him/her be right again." "I'm digging in on this one." What is going on here? Why are these feelings so common to so many of us?

It is actually amusing to step back and watch the things couples will compete over. I also get amused watching people fight and claw over some silly give-away at a store or a sporting event. It seems like most of us have an intrinsic need to "not to be left out." When the Nationals baseball team is giving away tee shirts, I believe our worry about "not getting" far exceeds our desire to have one. It's like when we were children fighting to the death over things that aren't even important and that we don't even really want.

Maybe I've found the answer...the childhood story. Probably most of us had a rival sibling vying for parental attention. Or in some other way, we didn't get all we needed. Perhaps in our own personal stories, we can see why it's so important for us to not lose the 'fight.' What is the remedy here? Let me suggest that other than reflecting on our childhood story and its resulting adaptations (this is always a good idea) we might also look at our attachments.

Am I attached to the need to win...to be right? What am I afraid of if it turns out I am wrong...or don't have the answer?

Intimate relationship is not about winning, or about being right, or even about appearing smart! Relationship is about connection, about crossing the Bridge to acknowledge and validate the precious Other, even if their view is opposite of ours.

If we can get attached to the idea of growing and perfecting the Connection rather than perfecting our position or our own standing, then we will be on the way to real love and

relational maturity.

As always, I appreciate your feedback and questions.

David (and Donna)

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES  
COMING UP!**

***Be sure to watch this space or check our web  
site for future opportunities.***

### **Next Step Workshop**

**November 10-11, Frederick, MD  
(PLEASE NOTE: Venue change from Rehoboth  
Beach, DE)**

### **Getting the Love You Want Workshops**

**November 30-December 2, Frederick, MD**

#### **QUOTES OF THE MONTH**

**If you were going to die soon and had only one phone  
call you could make, who would you call and what would  
you say? And why are you waiting? Stephen Levine**

**Sometimes it is the person closest to us who must travel  
the furthest distance to be our friend. Robert Brault**

**Sticks and stones are hard on bones  
Aimed with angry art,  
Words can sting like anything  
But silence breaks the heart.  
Phyllis McGinley, "Ballade of Lost Objects," 1954**

**Assumptions are the termites of relationships. Henry  
Winkler**

**Having someone wonder where you are when you don't  
come home at night is a very old human need. Margaret  
Mead**

**Shared joy is a double joy; shared sorrow is half a  
sorrow. Swedish Proverb**

**Remember, we all stumble, every one of us. That's why  
it's a comfort to go hand in hand. Emily Kimbrough**

**There are days when you need someone who just wants  
to be your sunshine and not the air you breathe. Robert  
Brault**

**There's one sad truth in life I've found  
While journeying east and west -  
The only folks we really wound**

The only folks we really wound  
Are those we love the best.  
We flatter those we scarcely know,  
We please the fleeting guest,  
And deal full many a thoughtless blow  
To those who love us best.  
Ella Wheeler Wilcox

Don't smother each other. No one can grow in the  
shade. Leo Buscaglia

In the end, who among us does not choose to be a little  
less right to be a little less lonely. Robert Brault,

You can kiss your family and friends good-bye and put  
miles between you, but at the same time you carry them  
with you in your heart, your mind, your stomach,  
because you do not just live in a world but a world lives  
in you. Frederick Buechner

Present your family and friends with their eulogies now -  
they won't be able to hear how much you love them and  
appreciate them from the grave. Anonymous

Piglet sidled up to Pooh from behind. "Pooh!" he  
whispered. "Yes, Piglet?" "Nothing," said Piglet, taking  
Pooh's paw. "I just wanted to be sure of you." A.A.  
Milne

I felt it shelter to speak to you. Emily Dickinson

**We are on this journey with you. Keep in touch!**

**Sincerely,**

**David and Donna Bowman  
Bowman & Associates, PA**

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