



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #48**  
**February 2013**

**Dear Friends,**

**2013 is rushing by and we are caught up in the momentum! February feels like it is a respite from the major holidays but the advent to a few minor ones---well some people think they are minor, anyway.**

**Valentine's Day is fun in our household, as it is an opportunity to splurge on a few chocolates and to tell each other, family members and friends what they mean to us. Soon we'll have St. Patrick's Day where we all feel Irish, get a little silly, wear green and risk drinking green colored beverages! This month we have Groundhog Day, Love Your Pet Day (20th) Be Humble Day (22nd) and who doesn't love National Tortilla Chip Day on February 24th?! I just discovered National Sleeping Day on the 28th though there is no record of its origin---maybe the creator was sleeping on the job!**

**I recommend taking time to just have fun and celebrate life's less serious side. Fun is always well, FUN! It might just be what will help you and your partner to lighten up and celebrate each other and your relationship! Sometimes all the little tricks we try just don't work and we struggle to get back to "where we were" at the end of a workshop. If you are challenged with dialogue issues, this Thought may help!**

**We are here for you as you begin this new year with hopes and dreams for big and little accomplishments. Remember to keep in communication---we WANT to hear from you!**

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

**Donna and David**

**FEBRUARY: You May Need a Coach**

**We are grateful to be able to provide a**

**wonderful and powerful experience for couples known as the Getting the Love You Want Workshop. We absolutely know that this weekend has changed many lives for good and has saved many marriages. It is humbling and deeply meaningful to have participated in eleven hundred relationships over 13 years.**

**As terrific as the weekend is, I do not have the illusion that all relationships are cured of their core conflicts after the weekend. And I don't expect that all couples who leave the workshop are able to safely communicate safely in "dialogue." I know we weren't.**

**I compare it to a group skiing lesson which often introduces folks to the thrill of navigating down a slope of snow on a couple of thin boards. It is exhilarating to be sure. But graduating from a group ski lesson does not prepare anyone for the difficult situations encountered on a double black diamond slope. I'm guessing many couples could benefit greatly from some coaching sessions from a qualified Imago coach/therapist.**

**Here are some indicators I've thought of that might suggest some professional coaching could ease and enrich your relationship. I hope you identify with some of these:**

- 1. You and your Partner are not even trying to dialogue after a while because you had some hurtful attempts at it;**
- 2. One of you or both of you are requesting dialogue in order to "change" the other. (Be honest, now;)**
- 3. Your time together is all used up in just getting the kids to bed and taking care of family chores;**
- 4. You've forgotten what to say or when to say it in the mechanics of the dialogue, itself;**
- 5. You have something so difficult to discuss that you are afraid to bring it up because you know it will not go well...even as you try to dialogue;**
- 6. You've fallen into a "comfortable" state of parallel, functional, and unconscious relating;**
- 7. You've lost touch with that deep compassion you had for your Partner's childhood story when you left the workshop;**
- 8. You've lost touch with how impactful your own childhood story is on your adaptive behaviors and how they scare your Partner;**
- 9. You are nurturing a resentment toward**

your Partner that keeps you from wanting them to know you better (Intimacy= Into Me See;)

10. One or both of you are not convinced that the childhood has anything to do with the frustration you are now feeling;

11. You have forgotten or are doubting the 90-10 Rule;

12. You are not being affectionate or sexual with each other because it isn't safe;

13. You go through the dialogue, but never truly feel "gotten" (validated;)

14. You are having the famous "half-assed" dialogues. (Donna and I perfected those for a while.)

15. You feel a deep impulse to connect with you Beloved, but it just doesn't seem to happen. And you're losing hope that it ever will.

These are a few of my thoughts about how to know some coaching might help.

I would love your additional thoughts on this, as you are the experts on this subject.

Donna and I will help direct any of you to a great Imago coach in your area. Just ask us.

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

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

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

**April 12-14, 2013, Frederick, MD**

#### **Next Step Workshop**

**March 16-17, 2013, Frederick, MD**

#### **Imago Therapist Couples Workshop**

**May 3-5, 2013, Frederick, MD**

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

**It is a curious thought, but it is only when you see people looking ridiculous that you realize just how much you love them. Agatha Christie**

**A man falls in love through his eyes, a woman through**

**A man falls in love through his eyes, a woman through her ears. Woodrow Wyatt**

**Forget love, I'd rather fall in chocolate! Unknown**

**"I laugh, I love, I hope, I try, I hurt, I need, I fear, I cry. And I know you do the same things too. So we're really not that different, me and you." Colin Raye**

**"Lust fades, so you'd better be with someone who can stand you." The Story of Us**

**Gravitation cannot be held responsible for people falling in love. Albert Einstein**

**"Love at first sight is possible, but it pays to take a second look." Unknown**

**Love-a wildly misunderstood although highly desirable malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow, blood pressure to rise and the lips to pucker."**

**Many a man has fallen in love with a girl in a light so dim he would not have chosen a suit by it. Maurice Chevalier**

**Love is the gross exaggeration of the difference between one person and everyone else. George Bernard Shaw**

**Nothing takes the taste out of peanut butter quite like unrequited love. (Charlie Brown) Charles Schultz**

**True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked. Erich Segal**

**The perfect lover is one who turns into a pizza at 4:00 A.M. Charles Pierce**

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

**Sincerely,**

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

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