



Connecting
Couples

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

Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for 2013
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

[Be Sure to "Like" Us
on Facebook!](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #51
May 2013

Dear Friends,

As we close Spring and the weather warms up to summer, we are conscious of change...in the weather and the national sense of hope and resiliency. Our hopes and prayers are with all of you, those affected by the recent events, those who have loved ones involved and those of us who have love and empathy for our fellow Americans. We keep you in our thoughts!

Are you doing what you can to take care of yourself, your loved ones and friends? Often we tend to reach out to others, to respond to what we perceive is a greater need and in doing so, neglect those closest to us. Perhaps turning off the television, Facebook, Twitter, Tumblr...social media and media in general and focusing on the here and now with our loved ones can give us a better perspective. Take a walk, read a story to a child, give a loving touch or just a smile to someone. For you, too, take a moment and breathe! All will be fine as long as we have hope and love.

As always, if you need us, just call.

Donna and David

MAY: The Issue is not the Issue

Couples often come into an appointment and are asking to work on (or sometimes rehash) a conflict they recently had. Here's the funny part. Quite often one or both of the partners cannot remember exactly what their fight was about. They remember the negative feelings but not the issue.

Want to know why? The issue is not the issue.

It's crazy. Couples can get into knock down, bar the doors, emotionally laden power struggles around a text message unreturned. Or around who was supposed to pick up Jenny from soccer.

Donna and I once had a three day standoff having to do with me (of course) putting some plates in a cupboard where they did not belong (according to Donna.) Now let me ask you: "What could be so important about where plates are put that two very intelligent, peace-loving, and highly trained, well reputed Imago coaches would go at each other with such vociferousness?" (I'm not making this up.)

Some of you know us well enough to answer this. We've danced this number many times before. I felt criticized for yet another small mistake that any "reasonable" person should just get over. I dug in. Donna felt again the sense of having to take care of everything while I was being oblivious or uncaring. She had had enough. Incensed would be the word.

Going deeper. When things calmed a bit we came back to what we know and teach. Of course the stories of childhood are involved. The incident triggered for me an apparently still open wound of being shamed for not doing things quite right. Somehow that feeling lodged in me with my father, who I wanted to impress but just never made it. He was not a mean man. Donna drew it back to a story of having to take care of things that other people did not want to or know how to take care of. This feeling of being responsible and taken for granted is deep and can still get triggered.

Here's the point: When we were able to name the negative feelings behind the incident and then get to the childhood hurts underneath it all, we were able to turn the conflict into an opportunity for compassion and understanding.

Just do this. In the next "conflict" you get into as a couple, stop and think "Is this issue really driving this energy, or is a deeper and more profound sense of disconnection, fear, or disrespect involved. I'll bet that many women

reading this will find a fear of disconnection, of not feeling supported, of feeling uncherished at the heart of it. And I'll bet that many men will find a sense of being disrespected, criticized or shamed in some way at the heart of it.

And then go deeper. Apply your own childhood story and that of your partner to the conflict and see if the dots don't connect. It takes some searching to be sure but the discovery can save your relationship a lot of heartache. Perhaps there are no issues- only temporary disconnections.

We love any feedback that you have. Also I'm learning to work our Facebook page. Be patient. I'm old. Oh, and be sure to "Like" us! There is a link in the Quick Link box above.

Why not consider a repeat of the workshop? Many couples have found that doing the workshop again is a real boost to their connection. *And at half price it's a bargain.*

Coming up: June 14-17----July 19-21-----
September 13-15

Second level "Overcoming Reactivity"-
November 16-17

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.*

Getting the Love You Want Workshops

June 14-16, Frederick, MD

July 19-21, Frederick, MD

September 13-15, Frederick, MD

QUOTES OF THE MONTH

**"By changing nothing, nothing changes."Tony
Robbins**

"Today is the first day of the rest of your life."

Anonymous

"All great changes are preceded by chaos." Deepak Chopra

"Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward." C.S. Lewis

"Sometimes good things fall apart so better things can fall together." Marilyn Monroe

"Whenever you find yourself on the side of the majority, it's time to pause and reflect." Mark Twain

"When in doubt, choose change." Lily Leung

"If work were so pleasant, the rich would keep it for themselves." Mark Twain

"If what you're doing is not your passion, you have nothing to lose."

"Remembering you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart." Steve Jobs, Stanford commencement address 2005

"Use what talents you possess, the woods will be very silent if no birds sang there except those that sang best." Henry van Dyke

"Fear, uncertainty and discomfort are your compasses toward growth."

"The greatest mistake you can make in life is to be continually fearing you will make one." Elbert Hubbard

"To create more positive results in your life, replace 'if only' with 'next time.'"

"If you run you stand a chance of losing, but if you don't run you've already lost." Barack Obama

"As soon as anyone starts telling you to be "realistic," cross that person off your invitation list." John Eliot

**"I can accept failure, everyone fails at something.
But I can't accept not trying." Michael Jordan**

**"The reasonable man adapts himself to the world;
the unreasonable one persists in trying to adapt the
world to himself. Therefore, all progress depends on
the unreasonable man."George Bernard Shaw**

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

Sincerely,

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

[Forward email](#)



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

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