



Connecting Couples

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Thought of the Month News and Notes

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Dear Friends,

Fall is in the air and we are energized! We love our conversations with you and the special notes and e-mail messages about how our workshops have impacted your relationships. You didn't know you could contact us? You didn't think that your issue was "important" enough? You can and it is!

So often, today's challenges leave us all in our heads-- technology, work problems, family dynamics and the roller coaster day to day just coping with life on this beautiful planet in the 21st Century! We NEED each other! Oh yes, we've all heard remarks that no tombstone would have the caption, "I wish I had attended one more meeting!" Well, I have never seen that message either and I know it wouldn't be my choice. But, share time with a loved one, friend or acquaintance? Yes, I'm there! Our workshops are a way to spend time with couples in a special connection. We know you loved your workshop and have shared this with those you know who may be struggling.

Remember, we ALL need each other. Let's not forget to reach out. Take advantage of the workshops and opportunities coming up. Reach out to a friend or co-worker or someone who can benefit from the energy and caring we can provide.

We have room for just a few more couples for the Next Step Workshop in November on the 16th and 17th. There is room for YOU!

[See the links below and on the side panel.](#)

As always, if you need us, just call.

Donna and David

SEPTEMBER: The Anatomy of Anger

This is one I feel I have covered before, but it seems to crop up so often, we will look at it again. (I experience this with couples in our workshops and in my office....as well as with Donna more often than either of us would like.)

First, let's review the assumptions:

- 1. Most of us do not enjoy anger and the resulting behaviors.**
- 2. Anger between couples can be about the fiercest and most powerful emotion found on the planet.**
- 3. Anger and aggression are protective mechanisms, just as in other mammals.**
- 4. Frustration is just a polite word for anger.**
- 5. Anger is a secondary emotion.**
- 6. We say things in anger that we don't really mean.**

Let me explain how anger is a secondary emotion. Say your child runs out in the street and is nearly hit by a car. Your response might well be one of anger and scolding, "How many times have I told you to look before entering the street?" Are you really angry? Isn't the first and strongest emotion terror? Your child scared you to death and the response popped out as anger...the secondary emotion.

Guess what?!?!? It's the same with your Partner! When they do something that makes you angry, I'll bet that underneath you are afraid of something. Perhaps it is about being disconnected, discounted, embarrassed, abandoned, invalidated, bossed around, misunderstood, taken for granted, invisible, etc., etc., etc.

The next time your Partner "makes" you angry, ask yourself, "What am I afraid of? What am I afraid will happen? What is lying beneath this reaction of anger?" Then ask yourself, "What is the attending hurt beside this fear? How will it hurt me to feel...invisible...embarrassed... abandoned...taken for granted....etc?" THEN...NEXT...most important of all, ask

yourself, "What does this remind me of from my growing up?" It is uncanny how this path of inquiry will begin to make sense to you. It requires some courage, persistence, curiosity and maturity to go through these steps but the payoff is great.

So, in summary, anger is a secondary emotion driven by some personal fear and hurt. Underneath it all lies a childhood hurt or injustice that is still waiting to be validated and fully healed. (By the way, when your Partner is the one who is angry, just apply the same concepts and questions. You might want to analyze it within yourself quietly and with curiosity. Most people are not up for analysis when they are in the Lizard's grip.)

You may want to even post this "formula" around your house as a reminder when Lizards show up in your Relationship, your home, at work, etc: $\text{Fear} + \text{Hurt} = \text{ANGER}$

So, go forth....be angry....just be sure you are also curious!

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

October 18-20, Frederick, MD

December 6-8, Frederick, MD

Next Step Workshops

November 16-17, 2013, Frederick, MD (Only room for a few more couples!!)

QUOTES OF THE MONTH

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. Rosa Parks

**Anger is a wind which blows out the lamp of the mind.
Robert Green Ingersoll**

**Love is what we were born with. Fear is what we
learned here. Marianne Williamson**

**Holding on to anger is like grasping a hot coal with the
intent of throwing it at someone else; you are the one
who gets burned. Buddha**

**We fear violence less than our own feelings. Personal,
private, solitary pain is more terrifying than what
anyone else can inflict. Jim Morrison**

**When angry, count to four; when very angry, swear.
Mark Twain**

**The fear of becoming a 'has-been' keeps some people
from becoming anything. Eric Hoffer**

**Some movie stars wear their sunglasses even in
church. They're afraid God might recognize them and
ask for autographs. Fred Allen**

**Speak when you are angry and you will make the best
speech you will ever regret. Ambrose Bierce**

**No good work is ever done while the heart is hot and
anxious and fretted. Olive Schreiner**

**In order to succeed, your desire for success should be
greater than your fear of failure. Bill Cosby**

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

Sincerely,

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

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