



Connecting
Couples

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Thought of the Month News and Notes

In This Issue

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

Quick Links

[Register for 2014
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

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Dear Friends,

I hope you don't mind but I am asking you to watch another video! Do you think this is dangerous? I know that the internet holds such interesting, varied delights and creative input that heading down that road can be a huge opportunity for loss of productivity and the dangers of just not getting day-to-day life done!

I have a feeling though that this video will be a little different. It is somewhat disturbing, and not your usual internet "cat video" because it is hard not to see the distress of the baby when she fears a loss of connection to her Mother. We all just want to make her a happy, smiling baby once again. I wonder if watching it will awaken a memory or past feeling of a loss in your own life. I am interested in your thoughts.

As always, if you need us, just call.

Donna and David

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MARCH 2014: "Pure Delight"

We have a granddaughter named Abby. She lives in Virginia and we see her at least once a month. I cannot tell you how great I feel when she first sees me, throws her arms open (unprompted by anyone), her face lights up all over and she shouts, "Pop Pop!"

Let me tell you it is amazing to be delighted in with such pure, unpolluted Connection. At those moments I could happily die and say, "Life has been good." (Lest you worry, I have sometimes felt Donna's delight in me through our 30 year Journey together.) Now, I want you to watch another YouTube video, "Still Face Experiment: Dr. Edward Tronick" Watch it now!!!

[Still Face Experiment: Dr. Edward Tronick](#)

Have you watched it?

Notice how powerfully the child crashed when she was cut off from any response from her Mother. She had been deriving her aliveness and wholeness from experiencing the delight her Mother shared with her just by being with her.

When that delight became a neutral experience (not even negative, mind you) the child grew anxious and began de-compensating. When the Mother renewed her delight, her daughter quickly recovered and returned to behavior based on Connection....which, by the way, is our natural state.

Let's put it in simple terms. We all want to feel someone's delight in being with us...in the fact they are with us...in the fact that we exist (regardless of our ability to please them!) We wanted it as children and we want it as adults. My heart aches for all the people/children (myself included) who yearned more than anything to be approved of...to be fully seen for their efforts...to be accepted regardless of their shortcomings by their caregivers. My Father always looked grumpy and depressed. That did not feel like delight. It felt like judgment and disappointment. It felt like he may be disgusted with me. My Mother was different. Although she was pretty unconditional with me, she was so unsure and anxious about everything, even her delight in me felt diminished.

I want you to know that I understand many of you reading this experienced anything but delight from your caregivers while growing up. You may feel enraged or you may be crying as

your read this Thought. I know that and your feelings make perfect sense. Here's the point. Why not resolve to find delight in your Partner? They are yearning for you to be delighted in them but they don't know how to tell you....or even how to receive it! (Expressing that yearning as a child was perhaps met with rejection, judgment, or even shame.) With all this, just know they still need it....and you need it as well!

Why would you deprive each other of the very thing you did not get growing up but always, always wanted, needed and deserved?

Now, watch the video again and picture your Partner (and yourself) as that child. Then, if you are really serious about transforming your Relationship, create an intention about how you will greet your Partner the next time you see him/her...and if you are really courageous, act on that intention!

As always, I welcome your thoughts.

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

April 4-6, 2014 Frederick, MD

May 2-4, 2014 Frederick, MD

Next Step Workshop

April 26-27, 2014 Frederick, Md

QUOTES OF THE MONTH

In nature we never see anything isolated, but everything in connection with something else which is before it, beside it, under it and over it. Johann Wolfgang von Goethe

Communication - the human connection - is the key to personal and career success. Paul J. Meyer

I believe in love at first sight. You want that connection, and then you want some problems. Keanu Reeves

It's interesting that I had such a close relationship with my grandfather. Because your parents always judge you: they say, 'You shouldn't do this, you shouldn't do that.' But with your grandparents you have a feeling that you can say anything or you can do anything, and they will support you. That's why you have this kind of connection. Novak Djokovic

Until I realized that rock music was my connection to the rest of the human race, I felt like I was dying, for some reason, and I didn't know why. Bruce Springsteen

I've had moments when I've thought about somebody, picked up the phone to call them and they are on the line already, and I think that maybe there's some vibration, some connection. Clint Eastwood

When someone has a strong intuitive connection, Buddhism suggests that it's because of karma, some past connection. Richard Gere

Everybody laughs the same in every language because laughter is a universal connection. Yakov Smirnoff

You know it's right when you feel this undeniable connection and chemistry. Ali Larter

There's something dangerous about what's funny. Jarring and disconcerting. There is a connection between funny and scary. Christopher Walken

I have never felt any ethnic connection between the Greeks and me other than how hairy I am. George Michael

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

Sincerely,

**David and Donna Bowman
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