



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,

Have you ever stepped back after a conversation with a Partner, child or loved one and just said to yourself "what does he/she want? I thought I was on track but wow, was I off base!" If you have had this experience, you are definitely not alone. We have ALL been there.

This Thought explores this idea and maybe will give you a bit more insight. Then again, it may bring up even more questions. When it does, remember, we are here for you. Call, e-mail or let us know how we can help!

As always, if you need us, just call.

Donna and David

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JULY 2014: "What Do Couples Want?"

There is no question that we want a lot from our Relationships. I have often thought and said that we expect a lot more from our Relationship than we ever used to. My parents did not expect all that much. My Mother kept the house and my Father worked at a milk plant to provide for the family. I never heard my Mother complain that my Father was emotionally unavailable. And it never crossed my Father's mind that my Mother should have a career and help with providing income for the family. She

never expected him to do laundry or wash dishes. He never expected her to take the car to the shop (she did not even drive) or to mow the lawn.

It was pretty simple. I guess they understood each other. It worked! Maybe, today, we want too much: two thriving careers, two equally superb, available and involved parents, a very involved and rewarding social life, plenty of passion and intimacy, responsible community involvement, and, of course, free time to experience leisure and personal interests. WOW! Sounds impossible, doesn't it?

NOW, what do we REALLY want from our Partner? I have discovered the answer to this after being with thousands of couples (NOT to mention my 31 years with Donna) and the answer may be surprising. Some may say it is sex. Some may say it is companionship. Many people say they want better communication. But, after all these years, professionally and personally, I believe our deepest need in Relationship is none of these.

I believe our deepest need is: *to be understood*--to be gotten. Bruce Willis says this through his character in "The Story of Us." He says there is "no better feeling than to be gotten."

We feel so, so "gotten" and understood in the Romantic Phase (i.e. drugged and deluded.) We are shocked and hurt when that feeling does not last. (By the way...I think this is what kids also want. More than to get their way or to get by with something, I think kids want most to be understood....to be validated. *Are you going to register for the Conscious and Connected Parenting workshop in September?*)

What do we do when we no longer feel understood by our Partner? How do we get

our Partner to really "get" us? I have discovered two fast tracks to getting back to that feeling of being deeply understood, of being "gotten."

The first is: *seek first to understand*. You have no idea the generosity your Partner holds for you if you are willing to first cross the Bridge with curiosity and compassion and validate their World. When your Partner feels truly "gotten" by you, it is amazing the change that occurs. It opens up the Relationship to that wonderful place of mutual understanding and Connection.

The second track is: especially for men. IF we can just learn to show our Partner our full self, our fears, our fragile places, our weaknesses, then our Partner feels trusted, close, and connected with us. Ironically, it is in being vulnerable that we are seen as wanting to be deeply connected.

It is the opposite of poker (which I have been practicing online with cheap chips...another of my "phases" as Donna identifies.) In poker, we try mightily to hide our weaknesses and portray our strengths...never showing what we really have.

PLEASE don't do your Relationship like a poker game. Risk sharing your vulnerability with your Partner and they will honor you and thank you for it. Show your hand first!

Please let me know what you think! AND, get that registration in for the Conscious and Connected Parenting workshop!

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

August 15-17, 2014 Frederick, MD

September 12-14, 2014 Frederick, MD

October 10-12, 2014 Frederick, MD

Parenting Workshop

September 6-7, 2014 Frederick, MD

QUOTES OF THE MONTH

I doubt whether the world holds for any one a more soul-stirring surprise than the first adventure with ice-cream. Heywood Broun

The secret to humor is surprise. Aristotle

There is no surprise more magical than the surprise of being loved: It is God's finger on man's shoulder. Charles Morgan

Searching is half the fun: life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party. The only thing that should surprise us is that there are still some things that can surprise us. Jimmy Buffet

"What is love? Love is when one person knows all of your secrets... your deepest, darkest, most dreadful secrets of which no one else in the world knows... and yet in the end, that one person does not think any less of you; even if the rest of the world does."

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity. George S. Patton

It's great to be a blonde. With low expectations it's very easy to surprise people. Pamela Anderson

The only thing that should surprise us is that

there are still some things that can surprise us. Francois de La Rochefoucauld

Sometimes you surprise the goalkeeper and sometimes the goalkeeper surprises you. In my career, I tried to do more of the first than the second. Eric Cantona

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

Sincerely,

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

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