



Connecting
Couples

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Thought of the Month News and Notes

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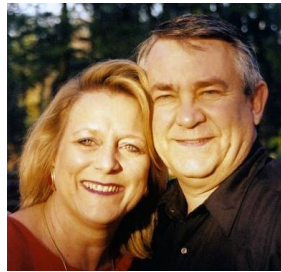
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Issue: #93
January 2017



Dear Friends,

Happy New Year! We are hopeful that 2017 will be transformative, for all of us. We continue to be optimistic.

I am a bit of a reluctant, late-comer to social media but became totally committed when my smart phone texts were returned immediately (or close to it!) from my sons. We are getting used to the fact that there is not always time for a phone conversation and that communication is possible in the oddest times. (Just don't ask where your fellow-texter is at any given moment!)

The same holds true for immediate social media communication, news and transfer of information. I know you know about our Facebook Page but do you also know that I am devoting myself to regular posts? Yes! My years of garnering pearls of communication wisdom are yours just for a quick glance on your smartphone at your FB feed. So if you haven't already "liked" us, please do so and please invite your friends to "like" us too!

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

We don't want you to miss a little nugget or inspiration that might enhance (or save!) your communications!

Keep in touch!

David (and Donna)

JANUARY: 5 Secrets about Men that may Surprise Women

#1 The one thing a man desires most.... Are you thinking success, or fame, or sex, or wealth, or a good golf score? Nope! All of these are nice, but I've discovered that the one thing a man desires the very most is.....to have a happy wife or partner and to feel that he is the chief provider of that happiness.

That's right. All the other things pale in comparison to this one. It is a secret desire because men do not generally go around thinking about this themselves, and they surely will not talk about it. And, while it is certainly unfair to women, any sign that the wife or partner is in discomfort or frustrated tends to send their man into a black hole of despair. That's why men feel so criticized even when women (like my wife, Donna) say "I'm just trying to be helpful" and then the man will either get mad or just go into the cave.

#2 What does a man want from sex?

It is a fact that men generally possess more testosterone than women. Thus, the common perception is that most men are longing for sexual connection at a higher frequency than women. Furthermore, many understand that men are often seeking relationship connection through sex, as this is their "love" language. What many women do not know is that for most men, the pleasure of satisfying his partner is equal to

or even greater than his own physical experience! So, when a man is pestering his partner to have sex, he is really yearning for the experience of being valuable or proficient, or even a good provider for his partner's perceived needs. Men feel the very best when they feel they have satisfied their partner, especially sexually.

#3 Why he won't talk to you?

It's an age old power struggle. "He won't talk to me!" "He must not care about me!" "He must not love me!" NOT TRUE!

When a man will not talk to his partner about something that seems so important to her and to the relationship, it's usually because he is afraid of failing, of making matters worse or of feeling shame for not having the right answer or solution. Even when the female partner has no intention of shaming or seeking a solution, the man can still have this response, although he may not know what is happening either. "Honey, let's talk about something" means the possibility of connection for the woman, where it spells doom for the man.

Men have the secret desire to please their partners above all else, and any hint that she is not pleased can result in shutting down behavior, or an angry response. I have found that when Donna says she is concerned about something but that it is not about me or anything I did, then I have a better chance of staying responsive to her.

#4 Why men have affairs.

I'm sharing my thoughts on this based on my observation of many couples through the years. The common conception is that men have affairs for more or better sex than they have been having, or that they are looking to start a new life with another person. **WRONG!**

I believe most affairs that men "fall" into

have to do with the opportunity to feel respected and appreciated fully by another person. They are not so much about sex and certainly are not to ditch the current partner, in most instances. I believe a man gets DISCOURAGED after years of experiencing an unhappy wife and feeling or being told somehow that he is responsible. Men have the secret desire to be the provider (of satisfaction) to their partner. When there is little experience of being the "champion" or the "hero" then the conditions are ripe for the opportunity for someone else to provide this feeling. Notice I'm not condoning anything, just observing. Also this secret often is as hidden from the man as it is from his partner.

#5 Why men need to feel like winners
I've long noticed that women seek to connect in relationships and men seek to compete. Observe an elementary playground. I'll bet the boys are running around pushing each other down and the girls are involved in some connecting activity. Anthropologists suggest that 4-6 million years ago hunting was largely an individual, thus competitive, survival skill. The winner brought home the game and lived to hunt another day. Gathering and nurturing the young required much more cooperation and connection. As we have evolved, the (winning) survival instinct has less and less to do with manly skills like hunting and hand to hand combat.

So how does a man win these days? Often it is in the workplace, where his position or paycheck can be measured. In an intimate relationship, a man wins by having a satisfied wife, a happy home and routines that bring comfort and not discord. A man also wins when he can solve problems for his partner. Of course this creates a whole new set of challenges. The secret desire of a man to be seen as a provider of satisfaction for his partner is the new effort to "win" in his relationship.

Warmly,

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

February 10-12, Frederick, MD

March 17-19, Frederick, MD

May 5-7, Frederick, MD

Next Step Workshop

April 1-2, 2017, Frederick, MD

QUOTES OF THE MONTH

**"The problem with winter sports is that--
follow me closely here--they generally take
place in winter." Dave Barry**

**"To shorten winter, borrow some money due
in spring. " W.J. Vogel**

**"Welcome, winter. Your late dawns and
chilled breath make me lazy, but I love you
nonetheless. " Terri Guillemets**

**"No winter lasts forever; no spring skips its
turn." Hal Borland**

**"Nothing is as easy to make as a promise this
winter to do something next summer; this is
how commencement speakers are caught."
Sydney J. Harris**

**"What good is the warmth of summer,
without the cold of winter to give it
sweetness. " John Steinbeck**

**"When I was young, I loved summer and hated winter. When I got older I loved winter and hated summer. Now that I'm even older, and wiser, I hate both summer and winter."
Jarod Kintz**

**Oh the weather outside can bite me
And my car won't start to spite me
And I can't feel any of my toes
Winter blows
Winter blows
Winter blows-- Lorie Ring**

**"Winter blues are cured every time with a potato gratin paired with a roast chicken."
Alexandra Guarnaschelli**

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

Sincerely,

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

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