



Connecting  
Couples

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## Thought of the Month News and Notes

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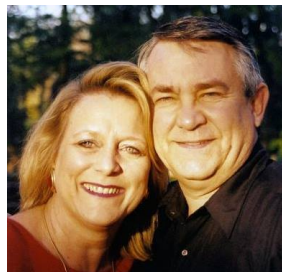
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**Dear Friends,**

**Spring is springing. In some places at least and sleet is sleeting in others. Snow is snowing and wind is blowing and we find ourselves just rolling with it! Sometimes it is just fun to BE, no expectation, no agenda, no big plans, just BE. If you find it hard to do this, I have a recommendation: stow the electronics, mute the "noise" and hold your Honey's hand. And. Just. Be.**

**When you are thoroughly in the moment, refreshed and ready, enjoy this Thought. There are some great nuggets about what women want that you both will want to read.**

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**David (and Donna)**

**MARCH: 5 Things Women Need to  
Feel Loved (that men should learn)**

**[This month the Thought is a reflection of](#)**

**what I have observed in working with couples regarding women.**

### **5 Things women need to feel loved (that men should learn)**

- 1. To feel connected**
- 2. To feel cherished**
- 3. To feel secure**
- 4. To feel equal (cooperation)**
- 5. To feel comfort**

#### **1. To feel connected.**

**One of the most prevalent experiences of conflict in couples that I have observed is around the women's need to feel connected. In the experience of disconnection women are likely to react with either hurt feelings or criticism. Men often misunderstand these reactions as signaling that they are seen as lousy husbands. Then men typically have just two responses: to withdraw or to get angry. As you can imagine, neither of these responses helps the women to feel more connected. In fact it sets up a cycle that Donna and I describe as the fear/shame cycle. The fear of disconnection from the women creates shame of failure in the man which creates even more fear of disconnection and even more shame etc. The RX is to help the man see that the woman is just crying out for connection with him and to help the woman to present this connection need in an abundant way rather than in a shaming way.**

#### **2. To feel cherished**

**Being connected is necessary for a woman to feel loved, but more is needed. Couples can be connected in such a negative pattern that the feelings of love can actually erode. What I hear from working with couples is that women want to feel "cherished" although they rarely use that word. The need is really to know that their partner has them at the top of their priorities. That they are seen as special in the eyes of the partner. One woman said "I want the**

assurance that you have me in your mind when you do or say things." Each man will have to discern what specific behaviors or words will help his partner feel cherished. I suggest simply asking "What can I do to help you feel special?" or "when do you feel most cherished by me?"

### **3. To feel secure**

I want to be careful here. I am aware that most women are perfectly capable of taking care of themselves financially, professionally, and every other way. This is not a sexist view of this security need. I have, however, noticed with couples a need for the women to feel secure in the commitment, the reciprocity of connection, the finances, and in all other areas of life. Anxiety results when this security is in question. Anthropologists would say this need is a carry over from ancient times when the woman was the childbearer, the gatherer, and the keeper of the family unit. Men do not seem to voice the security need of "being cared for" in the same way. I do know that the relationship improves dramatically when the man is aware of and attentive to this need.

### **4. To feel equal**

My experience of women and equality in intimate relationships does not have so much to do with equal pay or any of the other issues of social inequality. Intimacy for women is more about having a partner, a real presence, someone willing to pitch in. For all of our progress in the area of liberation consciousness, women still tend to be the directors of the household, the keepers of everyone's appointments, the CEO's of family goings on. I've found that most women do not mind this. They just want to know they have a willing partner. Someone who is ready to help. Someone who notices the things that need to be done and is willing to cooperate in tasks. Women feel connected and cherished and secure simply by knowing their partner

really wants to "partner" with them in all things. Men should always be ready to ask "Is there something I can do to help you?"

#### **5. To feel comfort**

I come to the last ingredient for a woman to feel loved in an inverse way. I have noticed the extreme hurt that emerges when there is a negative life situation and comfort is not experienced. It is as though one of the ways the man is counted on as a provider is to be there and to provide comfort. Notice that there is no fixing required. Comfort is not an action so much as a presence, an awareness that a hurt has occurred. Men need to understand that this need is far more obvious to the woman than to the man. While underneath men need comfort just as much, they are not as conscious of the need and thus sometimes miss how pronounced this need is in the woman.

Your comments are always appreciated.

**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**

**May 5-7, Frederick, MD**

**June 16-18, Frederick, MD**

**July 21-23, Frederick, MD**

#### **Next Step Workshop**

**April 1-2, 2017, Frederick, MD**

QUOTES OF THE MONTH

**Spring is nature's way of saying, 'Let's party!'  
Robin Williams**

**Spring has returned. The Earth is like a child  
that knows poems. Rainer Maria Rilke**

**I want to do to you what spring does with the  
cherry trees. Pablo Neruda**

**The best and most beautiful things in this  
world cannot be seen or even heard,  
but must be felt with the heart. Helen Keller**

**Real love stories never have endings. Richard  
Bach**

**I love you not only for what you are,  
but for what I am when I am with you.  
I love you not only for what you have made of  
yourself, but for what you are making of me.  
I love you for the part of me that you bring  
out. Elizabeth Barrett Browning**

**Two things you should NEVER say to the one  
you love:  
"I love you, but..." and "If you loved me, you  
would..."  
Should you really qualify love with conditions?**

**Come live in my heart, and pay no rent.  
Samuel Lover**

**Saying "I Love You" is like a warm fuzzy, it  
feels good for only a short while.  
When you tell someone you love them by  
doing something for them, the message will  
mean much more and last longer.**

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

**Sincerely,**

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

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