



Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes

In This Issue

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

Quick Links

[Register for
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

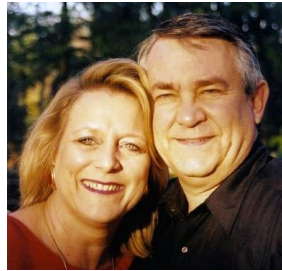
[LaSplash online
magazine](#)

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

Join Our List

[Join Our Mailing List!](#)

Issue: #101
October 2017



Dear Friends,

Fall is such a pretty time of the year at our place. We love walking down the road, crunching leaves under our feet and anticipating a crackling fire at the end of our trek. This is also a good time to catch our breath before the flurry of holiday activities are upon us and to re-connect. Yes! We do that too....take time for us. I suggest you think about this also. When was the last time you took a walk with your partner? Had a quiet cup of coffee for just the two of you? Maybe it's time!

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

Keep in touch!

David (and Donna)

**OCTOBER: From Judgment
to Freedom**

**It is no wonder that couples can easily get
locked into a pattern of judgment and blame**

with each other. We learn about judgment at a very early age.

Imagine a two year old boy playing in his room with his newest discovery...a box of crayons. He first takes out one crayon at a time. But how much more fun to dump all 16 crayons out on the carpet at once. That way he can pick anyone he wants. He is also feeling restricted to just color on one page of the book. How much more exciting would it be to use the great big white wall to explore colors and figures? He discovers new freedom and joy. He is playing.

Enter his mother. If she has had a frustrating day at work or is in a power struggle with his father, she may have a lot of negative feelings about this mess on the wall. She will convey those feelings to the boy one way or another. She may take away his new treasure....the crayons. She may even spank him.

To the boy everything has changed and he is confused. This person who holds him and cuddles him and protects him and shows him warm love, has now turned on him in a mean way. He is being punished and he has no idea why. His freedom to be himself has been eroded a bit. It is no longer safe to be himself and to play exactly the way he wants.

As he grows the list of "judgers" expands. His freedom to be himself may be further eroded at school or with other relatives. He learns to judge himself before getting into more trouble.

Ok. I can hear some of you saying "What is wrong with a spanking? This is how we learn to behave" or "Are you saying to let a kid do anything he wants?" or " There are natural disciplines we need to learn as humans."

I agree that learning is going on here. But the learning I am describing right now is the

learning that others are not completely safe and unconditional. That not everything about us will bring positive attention. And we will adapt. Some will adapt by staying out of the way and avoiding any chance of judgment. Others will adapt by taking on the "Judgers" and fighting back.

Fast forward to adulthood. Even though the wife loves her husband, she feels discounted when he comes home late and doesn't call to tell her. Now here is the important part. She will likely respond to her husband the very way she learned to respond to being discounted as a kid. She may just cry, or she might be enraged. She may threaten to run away.

And the husband, upon receiving this "judgment," will, in return, respond with his own arsenal of defenses that he learned growing up. And the scene gets uglier and uglier, even though these are two beautiful people who have a Space of love and connection between them. (And, of course, if they have children, then there are little ones witnessing as a way of handling their future emotional wounds.)

No wonder we think that our Partner is the source of our grief and hurt and disappointment.

It seems in each incident that it just has to be "their" fault. And then after a pattern of these slights or judgments going back and forth, we form a narrative that our Partner is out to get us...to criticize...to blame...to clam up...to withhold.

Let me invite you to consider where this blame and judgment originated in each of us. And to further consider how we learned to judge back or to otherwise cope with our wounds in order to survive. This is the illusory satisfaction of "getting even". Let me further invite you to the relief and spectacular freedom of putting energy into

your own story, realizing that you are no longer that helpless child. And that you can learn new and positive (though vulnerable) ways to communicate your desire for joyful connection with your Partner. Of course the Imago workshops or some Imago coaching can really help you back on track if you've jumped the rails for a spell.

As always I welcome your comments or feedback.

Happy Fall!

David

**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

November 10-12, 2017, Frederick, MD

January 5-7, 2018, Frederick, MD

February 9-11, 2018, Frederick, MD

Next Step Workshop

December 2-3, Frederick, MD

Parenting Workshop

February 3-4, 2018, Frederick, MD

QUOTES OF THE MONTH

**"Autumn is the hardest season. The leaves are all falling, and they're falling like they're falling in love with the ground."
Andrea Gibson**

"But when fall comes, kicking summer out on its treacherous ass as it always does one day

sometime after the midpoint of September, it stays awhile like an old friend that you have missed. It settles in the way an old friend will settle into your favorite chair and take out his pipe and light it and then fill the afternoon with stories of places he has been and things he has done since last he saw you." Stephen King, 'Salem's Lot

"Fall is my favorite season in Los Angeles, watching the birds change color and fall from the trees." David Letterman

"Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address." Nora Ephron

"Love the trees until their leaves fall off, then encourage them to try again next year." Chad Sugg

**"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."
Henry David Thoreau**

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

Sincerely,

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

Bowman & Associates, PA, 7823 Chestnut Grove Road, Frederick, MD 21701

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@connectingcouples.net in collaboration with

Constant Contact 

Try it free today