



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](#)

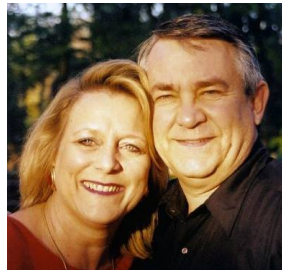
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magazine](#)

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Dear Friends,

Every individual is different, every couple, unique! That's what makes life so delicious. We never know exactly what to expect and even though too much mystery can be stressful and tiresome, a surprise now and then just keeps the juices flowing. I'm not talking about an elaborate or scary surprise but just a little something that warms the heart and reminds us that life is good. Read on and let me know what *you* think!

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Keep in touch!

David (and Donna)

SEPTEMBER: Surprise!

Esther Perel has posed a thoughtful series of questions that go like this: "How can a comforting and monogamous relationship also provide enough excitement to keep that relationship enlivened." Or: "How can you maintain erotic energy in a relationship with someone you are sure of, and used to, and

utterly familiar with?" Out of these questions she has gone on to study the nature of affairs and is a leading expert in helping understand this phenomenon.

I have some thoughts that may help.

I believe couples do need the confidence and safety of their Partner's respect and love. We do need romance: the words, actions, sights, sounds, and touches that define love and that are passed back and forth between couples. We need this kind of romance on a regular basis.

But we also need the excitement generated by receiving unpredictable surprises which take us back to our erotically charged romantic days. How do we bring back the pleasure of the unexpected and the unpredictable? Practice being a detective. Listen for offhanded comments.

"That parasailing really looks like fun"

"I heard that restaurant is amazing"

"I love Chris Pratt movies"

"Remember when we used to"

These are clues to our Partner's secret wishes or dreams.

Donna is great at this. In fact I have to be careful in what I say these days. "That speedboat is awesome" could wind up with us parking a boat in our driveway with nowhere to use it. She did provide an awesome surprise about a year ago. She told me to pack my bags on a Friday evening. She then drove us off into Pennsylvania with me wondering (and guessing) all the way what sporting event or concert was playing.

When we drove into Reading, Pennsylvania I thought she had totally flipped. She parked the car and we walked down a rather deserted street (What is in Reading, PA?) Then a small marquee began to come into view. Then I saw it! "An evening with Mel Brooks." What a surprise! This 90 year old legend standing there on stage (after a

showing of Blazing Saddles of course.) Then an hour and a half of pure joy and animation from my idol.

I want to note here that Donna does not even like Mel Brooks movies except for "High Anxiety" and "Life Stinks". (I should remind her that we both laughed our way through "The Producers" in Washington, D.C.) The point is that your surprise needs to be something your Partner would find exhilarating, and not just something "you" would like.

Also, bear in mind that not all surprises have to be as dramatic as a trip to see Mel Brooks in person. Bringing your Partner a favorite coffee can unlock the very same endorphins that gave us excitement when we first fell in love.

So Make a Plan! Surprise Your Partner!

As always, your comments are welcomed. Also, if you have a topic in mind for a Thought, please let me know.

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 2-4, 2018, Frederick, MD

**November 30-December 2, 2018, Frederick,
MD**

QUOTES OF THE MONTH

A real man only lies to his woman when he's surprising her. Mitch Cuento

Always try new things in life and you will be able to live a life filled with surprises and

excitement. Anurag Prakash Ray

**We think that we know what life has to offer,
but life never fails to surprise us! Anmol
Andore**

**Expectation hurts a lot when it is not fulfilled.
When you don't expect, every moment is a
surprise and surprises give happiness and it is
happiness which counts. Anil Sinha**

**Remember that life's most treasured
moments come unannounced. Unknown**

**One of the most beneficial and valuable gifts
we can give to ourselves in this life: is
allowing ourselves to be surprised! Unknown**

**If there was no tomorrow, there would be no
surprises; if there was no yesterday, there
would be no memories; if there was no
present, there would be no moments. Payton
Macdonald**

**In the end..you'll see who's fake... who's true
and who would risk it all for you... and trust
me... some people will totally surprise
you. Unknown**

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

Sincerely,

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

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