



Connecting
Couples

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Thought of the Month News and Notes

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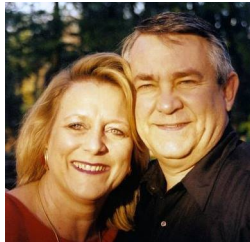
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Dear Friends,

I'm sure we have all heard multiple comments and opinions on the state of division and friction in our world, politics and in our families. It seems that mere conversation can be an avenue for strife and disagreement and when we add social media to the mix, you can anger or alienate someone you have never met! Well, I can't solve the communication problems in the world but I do know quite a bit about helping couples solve their communication issues.

I would like to share some secrets about men. Often we wonder what makes them "tick" and I think I know! Please read on.

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Keep in touch!

David (and Donna)

**NOVEMBER: The Secret to a Man's
Heart**

I know the title may sound a little melodramatic but I don't care. I believe I know something about men that is vitally important. However, it escapes their Partners all too often in the brutal facts of trying to successfully live together in this complicated world.

Allow me to go back 24 years to when my father was 83 and nearing the end of his life. I had heard from wise mentors that "the big conversation" was important for a man to have with his father, especially if the relationship had any loose ends about it.

But what could I authentically come up with for my final "big conversation" with my father? Could I say, "I just loved all the times you played ball with me?" Hardly. Could I say, "I loved how you coached my little league team?" No, I was afraid to even ask to play little league what with all the farm work. Could I say, "Thank you for teaching me about girls and relationships and how to be a good lover?" Not really. I saw an emotionally paralyzed man whose only comment on women was that they are bad drivers. He also denigrated the smutty dancers on the Red Skelton show. Could I say, "Thanks for the confidence you had in me and for teaching me about success?" Are you kidding? My father saw himself as a failure, beaten down, and unlucky. He also unwittingly projected a criticism on me for many things I tried to do. And when I had obvious successes, there was no comment; no celebration.

So what do I do for "the big conversation"? I decided to share with him appreciations that were real...things I could honestly say. Like how he went to work every day to single-handedly provide for a family of six. And, like how when he came home the farm work started. Like how he got laid off from a big company and still managed to keep the farm going. Like how he was faithful to my Mother, to the family, and to the church. Like how he quit smoking when the deacons made that a condition of him joining the Deacon Board. Like how he revived his love of fishing and

joined me while I was learning the art of catching small mouthed bass.

I kept emotion out of the conversation for the most part...for his sake and for mine too. But I did go heavy on the word "respect", for this was true. I found that I could say that I respected this man in many ways with complete enthusiasm. I did almost all the talking. He sat there with the same stoic look (some would call it a scowl) that I had known for 45 years. As I was leaving I told him I loved him and gave him a hug. He sat in stunned silence. I had never uttered such a thing or touched him before in my memory. It was nerve racking for me.

He died a week later. My Mother confided in me that a big change had come over him after my visit; some peace about his heart failure condition; some sense of relief.

A man needs to know he is respected. He needs to know he has had a positive effect on the people closest to him, especially his Partner. He will never ask for this respect outright. To do this would bring shame. Those around him will need to discern this DESPERATE need in a man, no matter how subtle it shows up. You'll have to dig it out. No matter if it shows up negatively in angry or disconnected behaviors. In fact, most of the refusals that men exhibit to showing up lovingly are the result of feeling a deficit of respect. Replenish this deficit and you'll get a new man, a loving man, and a man at peace.

So try this. If there is a man in your life find a way to tell him of your genuine respect for him. No matter how empty he leaves you feeling sometimes. And don't stop there. Give specific examples of authentic respect you and others have for him. Tell him you believe in him...in his essence as a good man. Do some thought beforehand. Spell it out as simply and as honestly as you can. Don't expect any reply. Just see what happens.

And tell me about it! Please!

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

January 11-13, 2019, Frederick, MD

February 8-10, 2019, Frederick, MD

QUOTES OF THE MONTH

**Most good relationships are built on mutual
trust and respect. Mona Sutphen**

**The bond that links your true family is not one
of blood, but of respect and joy in each other's
life. Richard Bach**

**We live in a diverse society - in fact, a diverse
world - and we must learn to live in peace and
with respect for each other. Stan Lee**

**Football is like life - it requires perseverance,
self-denial, hard work, sacrifice, dedication
and respect for authority. Vince Lombardi**

**Honest communication is built on truth and
integrity and upon respect of the one for the
other. Benjamin E. Mays**

**Be a warrior when it comes to delivering on
your ambitions. And a saint when it comes to
treating people with respect, modeling
generosity, and showing up with outright
love. Robin S. Sharma**

**Different people have different opinions, and
it's okay to respect all of them. Juan Pablo
Galavis**

**Without feelings of respect, what is there to
distinguish men from beasts? Confucius**

**I look for these qualities and characteristics in
people. Honesty is number one, respect, and
absolutely the third would have to be loyalty.
Summer Altice**

Respect your partner. Be happy in your partner's happiness. Divyanka Tripathi

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

Sincerely,

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