



Connecting  
Couples

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## Thought of the Month News and Notes

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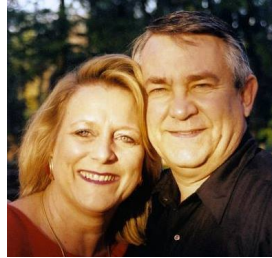
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**Issue: #129**  
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**Dear Friends,**

**Is it only February? Is it only me or does the world seem to be on "fast forward?" For a short month we have any number of national and local distractions and if that isn't enough, we have partnership and family distractions. On a high note, we have a new puppy that is keeping us busy and grounded. I hope you can find a fun and loving distraction close to home to moderate the big distractions of the world around us!**

**Be sure and read to the end of the Thought as I have a "special offer" for readers of this email!**

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

**Keep in touch!**

**David (and Donna)**

**FEBRUARY: Can You Take a  
Compliment? (The Origins of Self  
Rejection)**

**There are some people who always seem to think more highly of themselves than they should. This essay is not for them. This**

**Thought is for the vast number of people who have difficulty receiving praise or compliments. Allow me to give a brief explanation of this phenomenon.**

**It starts when we come into the world. Unless the circumstances are really irregular, most of us come into the world like our new puppy, Lily. She is wholly alive, full of connectional energy, eager to engage with curiosity with her surroundings. ("Oh, wow...there's another stick to play with!") In the beginning we are all perfectly receptive to love and attention. No amount of mirroring or affection is too much. We learn from this positive attention that the world is an ok place...a safe place. And we are whole.**

**As we grow up we experience inevitable disruptions to all this positive attention. If our caretakers are sufficiently attuned to our developmental needs then we are guided through natural disruptions and disappointments. If, however, our caretakers are distracted from this nurturing task for whatever reason, we are left with frustration that is experienced as pain.**

**Now remember we are just little people. We do not calculate that it's our parents who are deficient. We assume the problem is us and our stupid needs. After a while we begin to look at our unmet needs as futile, or worse yet...dangerous. Now we are developing an allergy to having these needs. Getting close to them only brings more pain. ("I hate myself for always wanting to be noticed or praised or .....") Now we see how self-hatred or self-rejection gets started.**

**Then someone like our partner comes along and somehow indicates "You're wonderful". Or "You're so good at this". And we have an immediate reaction. It's like these words are toxic. We may deny it. We may cry. We may have an anxiety attack. We may get afraid or become angry. Whatever the response, it is difficult to receive or give love.**

**It all goes back to the self-rejection pattern that was unconsciously set up early on. My invitation is to work at letting yourself be loved by understanding this phenomenon and discussing it with your partner.**

**We can help as well.**

**I would love your responses to this thought.**

### **KEEP READING, PLEASE!!!**

**Donna and I would also like to give you an early bird discount for our "Overcoming Reactivity" workshop coming up April 25-26. Readers of this newsletter can take \$100 off the fee for a registration made by March 15. This two day second level event is a valuable review of all things Imago with many powerful new tools added. The goal is to "get over the hump" of having on and off connection.**

**PJ said "The workshop was a safe place to share our largest and most vexing relationship problems"**

**AK said "The first workshop helps you understand your relationship with your partner. This workshop allows you to challenge yourself to be better for yourself and your partner, resulting in a surprising level of Real love."**

**Don't miss this opportunity! To register, call me at 301-404-7711. [You Can Find Out More Here](#)**

**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**

**March 27-29, 2020, Frederick, MD**

## **Next Step Workshop**

**April 25-26, 2020, Frederick, MD**

### **QUOTES OF THE MONTH**

**You know you're old when someone compliments you on your alligator shoes, and you're barefoot. Phyllis Diller**

**We are prepared for insults, but compliments leave us baffled. Mason Cooley**

**I don't take compliments very easily. I think most musicians suffer from low self-esteem to some extent. James Taylor**

**Kindness is the language which the deaf can hear and the blind can see. Mark Twain**

**It's always the compliments from people you love that mean so much. Maria Bamford**

**Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough. Franklin D. Roosevelt**

**Our brand of democracy is hard. But I can promise that a year from now, when I no longer hold this office, I'll be right there with you as a citizen - inspired by those voices of fairness and vision, of grit and good humor and kindness that have helped America travel so far. Barack Obama**

**This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. Dalai Lama**

**It's important to work hard, stay humble, and not let the criticism or the compliments go to your head. Jessica Sanchez**

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

**touch!**

**Sincerely,**

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