

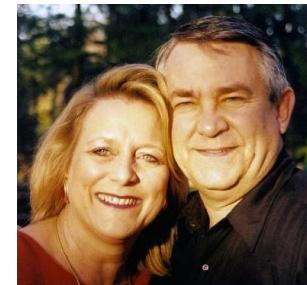


Connecting  
Couples

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# Thought of the Month

## News and Notes



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### Quotes of the Month

“Compassion is a seed, empathy is the root, kindness is the stem, charity is the tree, and love is the fruit.” Matshona Dhliwayo

“There comes a time when everyone should seriously empathise. There's no room for hate and

Dear Friends,

It's hard to believe that summer is almost over. It has been such an upside down world since mid-March and we keep thinking something is going to change soon and everything will be back to normal. I'm not sure that our normal will be our old normal. Everyone says there will be a new normal, that we are already experiencing it!

We are thinking of you all: those who are ill and those who have lost friends or loved ones, those affected by upheaval, job loss, trauma and anxiety. Take care of yourselves and your loved ones. Be kind. Be safe.

Keep in touch!

David (and Donna)

### August: On the Topic of Sex

*[It's not too late to join our workshop on Emotional and Physical Intimacy this Saturday, August 29. It will be done on Zoom with three segments of two hours each.](#)*

Here are a few thoughts about sex that may get you interested:

- **The most vital organ in the service of good sexual experience is.... The Brain.**
- **Women most often need to feel emotionally connected to want sex.**
- **Men most often want to have sex to feel emotionally connected.**
- **Women tend to get aroused after sex begins.**

violence in this world.  
Germany Kent

“When someone shares their distress or their inadequacies, the natural inclination is to comfort them. To mollify. When we do this we brush over their emotions, often because they make us uncomfortable. Most times, people don’t want a blanket. They want someone who is willing to stand outside and shiver with them in the cold.”

Jacqueline Simon Gunn

“Empathy healed the moment. Words were not necessary when compassion created understanding in grief.” Mala Naidoo

“Empathy is the gateway; compassion is the way.” Scott Perry

“A child is not born with affection, adoration, and kindheartedness. A person accrues empathy and sympathy from experiencing our own pain.” Kilroy J. Oldster

“In place of fellow feeling, seeing each other alone, is enough to raise the empathy of human beings.” Nurudeen Ushawu

- Men tend to get aroused and then want sex to begin.
- A vast number of couples live in marriages where sex has disappeared.
- The longer a couple has been together, the harder it is for them to talk about sex.
- “Foreplay begins ten minutes after the last orgasm.” Esther Perel
- Estimates are that 26-75% of people cheat on their partner. (Not very useful info)
- There are infinitely more ways to cheat these days.
- There are equally more ways to get caught.
- Affairs occur even in happy marriages.
- Affairs have three possible outcomes: 1) End the relationship 2) Heal and transform the relationship 3) Relationship continues with hurt, confusion, and disconnection
- Safety is necessary but not sufficient for erotic energy.
- “We used to get married in order to have sex. Now we get married and limit sex to just one person.” Esther Perel
- Sex can be more about feeling alive than feeling turned on.
- Vulnerability from a man can be a huge turn on.
- Respect from a woman can be a huge turn on.
- Anger from a man is a huge turn off.
- Criticism from a woman is a huge turn off.
- Most infidelity is to fill some personal empty place and not a desire for a new person.
- “A good way to create arousal is to plan a time for it.” Tammy Nelson
- Sexual generosity is an important skill to develop for lasting satisfaction.

***You can register for the virtual Intimacy Workshop we are doing this Saturday, August 29 by going on our website here: [www.ConnectingCouples.net](http://www.ConnectingCouples.net)***

See you then.



Be sure to watch this space or check our web site for future opportunities.

To be determined at a later date:

MORE Zoom sessions and workshops

