



Connecting
Couples

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

Thought of the Month News & Notes

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Quotes of the Month

"Never, never,
never give up!" -
Winston Churchill

"Success seems to
be largely a matter
of hanging on after
others have let go."
-William Feather

"Never Quit. Don't
ever, ever quit.
Recognize that

stopping now,
regrouping to try a
new approach isn't
quitting. If you quit

Issue: #13.

January
2010

Dear Friends,

We wish you the best that this new decade can offer: hope and happiness in your relationships, renewed confidence that things in our world will move forward in a positive way and most of all, we wish that you will experience kindness and love. Some of you will be great believers in resolutions and others will be the the exact opposite, not making any promises you won't keep. Whatever you need in your life, our wish for you is that you make time to realize it and when you struggle, as we all do, know that we are with you on your journey, as always.



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...PLEASE JOIN US:**

"The Next Step:Overcoming Reactivity"

you'll regret it forever." -Rudy Ruettiger

"Great works are performed not by strength but by perseverance."
-Samuel Johnson

"A word to the wise ain't necessary, it's the stupid ones who need the advice. - Bill Cosby

"Character consists of what you do on the third and fourth tries."
-James A. Michener

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." - Dale Carnegie

"A champion is someone who gets up, even when he can't."
-Jack Dempsey

Optimism is the faith that leads to achievement.
Nothing can be done without hope and confidence.
- Helen Keller

Hope is a waking dream.
- Aristotle

The thing always happens that you really believe in; and the belief in a thing makes it happen.
- Frank Lloyd Wright

opportunity Frederick, MD January 30-31, 2010

This is designed to help couples learn more about each other as well as how to actually **USE** the dialogue at home. (If you feel like you are still trying to figure out how to apply everything from the Getting the Love You Want Workshop, then this is exactly the experience for you!) Some feedback from the last "...Next Step..." workshop:

"The 'Show Up' exercise alone was worth the cost of the workshop. It made the weekend for me - everything else we did was a bonus." (D);

"Amazing growth! We've come to look forward to conflict because it's safe for us with the use of the 'Dialogue' & other exercises.....We're ready for Level 3!" (D);

"This has helped up save our marriage and allow us to be happy & communicate like we never could before." (C);

"This has been a life changing experience..." (S); "Outstanding experience--- and opportunity to again learn how rich life can be when you show up & are present." (P);

"...Dave and Donna show 'safe' ways to 'lift the heavy stuff' without getting hurt." (P);

"Show up, follow the directions, and all will be well!"

Just let us know you are interested and we will do everything we can to make the weekend possible for you.

"Conscious and Connected Parenting" Workshop in Frederick

February 20-21, 2010

We are very excited about sharing this material and the experience from our previous workshops with parents. Your children will appreciate that you are participating in "Mommy & Daddy School" as a way of being the best parents you can be

the best parents you can be.

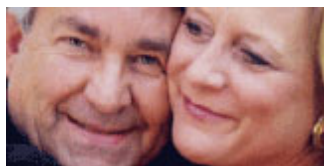
(This is powerful for parents of all age children.)



**E-mail or call to let us know you want to participate so we can send you the number to call. 301-898-0527 or 301-404-7711
info@connectingcouples.net**

Thought of the Month

January: **Does Familiarity Breed Contempt?**



It's an old saying, but is it true?

As far as elected Presidents are concerned this saying surely seems to be true. Many recent Presidents, including the current one, have gone down in popularity and up in contempt the more people get to know them and their policies.

Come to think of it....it is much like a marriage or intimate relationship. There is a definite "falling in love" period (i.e. the Romantic Stage) of some length or another. The honeymoon is the period where tolerance is extended and irritations are overlooked. It is a time when we are generous with our patience and compassion and slow with our frustrations and criticism.

But then, after awhile, something very natural happens. We get used to our Partner. We become familiar with every pattern and aspect of this person's behavior. There are many wonderful aspects of this familiarity and there are also some hazards.

The romantic hormones ("love drugs") that had covered up any negative reactions have now dissipated. And our "best behavior" has devolved into our natural state. Donna thought, in the beginning, that I was a guy who kept a neat car and a balanced checkbook. (Neither of us realized that I was really a

Think you can,
think you can't;
either way you'll be
right.
- Henry Ford

What a man thinks
of himself, that is
what determines, or
rather indicates, his
fate.
- Ralph Waldo
Emerson

"In order to
succeed, your desire
for success should
be greater than
your fear of failure.
- Bill Cosby

When fortune
closes one door, it
opens another. -
Sa'di

bit of a slob who wanted to impress his new Love.) David thought, in the beginning, it was so great to know someone who could manage everything. (Neither of us realized the power struggle that would ensue with one person managing everything!)

Does familiarity breed contempt? Well, maybe contempt is too strong a word for many couples. But we do fall into patterns of reacting to the "surprising" reversions our Partner makes to their adaptive behaviors. (E.g. she feels dismayed and abandoned by his increasing energy around playing video games. He is surprised and anxious about her frequent nights out with her girlfriends.)

Our reactive patterns to this "new" familiarity can form the basis of the way we will interact with our Partner. This is where criticism, sarcasm, stonewalling, cave dwelling, and many other patterns begin. We unconsciously develop ways of keeping safe, of course. You can see these disconnecting patterns of behavior in couples that have been together for years. We learn a Dance that "gets us through" and after awhile even a Relationship of contempt feels normal.

This is why the Imago system, and, specifically the Getting the Love You Want Workshop, are so vital. We wake up to what is really trying to happen in the Relationship and what our Dance of conflict has been about. We begin to see our Partner with different eyes and hear them with different ears. We can make conscious choices to move into new conscious patterns and new behaviors. We can create a "new" Relationship....the one we thought would happen so naturally in the Romantic Stage.

Please consider joining us for "The Next Step...." workshop in order to continue moving forward in your Relationship Journey (even if you don't think you are "ready!")

With great hope for 2010,

David (& Donna)

January 30-31, 2010 for "The Next Step: Overcoming Reactivity" opportunity in Frederick, MD

February 20-21, 2010 for "Conscious and Connected Parenting" workshop in Frederick.



FYI: Special Opportunity

We love Hedy and Yumi and we often refer to them and attribute so much to them. We really want to support the opportunity for "our" couples to have an experience with them. **It's a once in a lifetime experience not to be missed!**

**Join
Hedy and Yumi Schleifer
on Saturday, January 30 in Annapolis, Maryland
for
"the Wonder of Connection"
a special one-day workshop in Annapolis,
Maryland.**

**For more information, please contact Stacey
Smith at 410-626-0870**

or

[click here for more information and registration](#)

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The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

Please stay in touch and let us know how to support you.

**With Love and Abundant Blessings,
David and (Donna)**

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