



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

The Month of May,
Spring & Random
Thoughts

"The world's favorite
season is the spring.
All things seem
possible in May."
- Edwin Way Teale

"Be like a flower and
turn your face to the
sun."
- Kahlil Gibran

"What potent blood
hath modest May."
- Ralph W. Emerson

"Sweet spring, full of
sweet days and roses,
A boy whose sweets

**Issue: #17.
May 2010**

Dear Friends,

We were thumbing through a copy of "Life's Little Instruction Book" the other day and a few instructions stood out: # 144 Take someone bowling; # 173 Be kinder than necessary; and #252 Take good care of those you love. Okay, two of these (you know which two) are key to good relationships and maybe, just maybe if we practiced #s 173 and 252 #144 would be a lovely way to spend time with a loved one. Try it!

As the seasons change and our blood warms, we find that optimism is contagious. Loving and being loved is such a gift and honing our skills at sharing that gift is time well spent. We hope you enjoy this Thought!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.



"A box where sweets
compacted lie."
- George Herbert

"Spring rain
leaking through the
roof
dripping from the
wasps' nest."
- Matsuo Basho

"People ask me what
I do in winter when
there's no baseball.
I'll tell you what I
do.
I stare out the
window and wait for
spring."
- Rogers Hornsby

"An optimist is the
human
personification of
spring."
- Susan J.
Bissonette

"When April steps
aside for May,
Like diamonds all the
rain-drops glisten;
Fresh violets open
every day:
To some new bird
each hour we listen."
- Lucy Larcom

"It's spring fever....
You don't quite know
what it is you do
want, but it just fairly
makes
your heart ache, you
want it so!"
- Mark Twain

"Spring is God's way
of saying,
'One more time!' "
- Robert Orben

"In springtime, love
is carried on the
breeze. Watch out for
flying passion or
kisses whizzing by
your head."
- Emma Racine
deFleur

"The May-pole is up,
Now give me the cup;
I'll drink to the
garlands around it;
But first unto those
Whose hands did
compose
The glory of flowers
that crown'd it."
- Robert Herrick, The
Maypole, 1660

"Every year, back
comes Spring, with



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

**"Conscious and Connected Parenting"
Workshop in Frederick**

June 5-6, 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.**

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



**Teleclass,
Monday, June 7,**

**8:00 p.m. - 9:00 p.m. EDT.
Just call 712-432-1438, Access Code
386270#**

**Join us for a chance to review
concepts and tools, learn some new**

nasty little birds
yapping
their fool heads off
and the ground all
mucked up with
plants."

- Dorothy Parker

"It's May! It's May!
The lusty month of
May!...

Those dreary vows
that ev'ryone takes,
Ev'ryone breaks.
Ev'ryone makes
divine mistakes!
The lusty month of
May!"

- Lerner and Lowe

"You can cut all the
flowers but you
cannot keep spring
from coming. "

- Pablo Neruda

"If you've never been
thrilled to the very
edges of your soul by
a flower in spring
bloom,
maybe your soul has
never been in
bloom."

- Audra Foveo

A compliment is like a
kiss through a veil.
-- Victor Hugo

Life is the flower for
which love is the
honey.

-- Victor Hugo

Love, I find, is like
singing. Everybody
can do enough to
satisfy themselves,
though it may not
impress the
neighbors as being
very much.

-- Zora Neale Hurston

Analyzing humor is
like dissecting a frog.

Few people are
interested and the

frog dies of it.
E. B. White

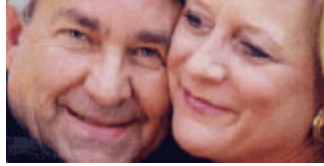
They say that time
changes things, but
you actually have to
change them
yourself.

Andy Warhol

information and ask any questions you may have as you continue your Imago Journey. It's FREE!

Thought of the Month

May: When Small Things Become Big



I've seen it time and time again...couples in a huge fight over something that starts so small. Like..."You were ten minutes late again picking me up! Why can't you ever be on time?" or "I'm the only one in this house who ever changes the cat litter! I'm tired of being the slave around here!"

Why is it so easy for huge feelings to emerge and get inflamed over such small things? It happens to Donna and me. Our most likely places for small things to become big are around how we do certain things. For example: driving directions or using the GPS. I'll confess to using MapQuest or the GPS but not letting my path be determined by it. This irks Donna to no end. She says, "Why in the world would you set the GPS and then not follow the directions just because it doesn't 'feel right' to you?" We used to allow this power struggle to get very large. We took some trips not talking to each other for long periods of time. (We're not the only couple who has experienced "silent" vacations.)

Over time, using Imago concepts and tools, we have learned and we have reduced this conflict to one of amusement rather than letting it grow into a "deal breaker"....at least most of the time! Let's examine this common power struggle.

First of all, our relationships with our intimate Partner are pretty complex. We bring a lot more baggage, expectations, and potential for hurt to our Partner than to most other relationships. Secondly, our conflict almost

always arises out of our stories. It never fails.

Donna's story was one in which she received lots of guidance. The "global positioning", if you will, that Donna was to assume was pretty much laid out for her by parent who wanted the best for her. So following directions is simply second nature for Donna. You tell her where we are going and how to get there and she says, "I'm happy. I feel safe."

Not so for David...as a youngest child I had parents who were tired of giving directions. They had already gotten three other kids started and now they had other worries like making a living! So I was left to make

weren't making a living. So I was left to make things up...a lot. That's why the GPS is only a friendly suggestion. I'll get there on my own one way or another.

Okay, so far? Now where does the conflict emerge and even grow? It goes like this: Donna's safety and normal way of doing things is threatened when I'm ignoring the directions. Bad things can happen if you don't follow the suggestions. You do everything you can to plan for any disruptions so as to contain them. When I don't heed the GPS she is genuinely uneasy.

For me, it's a familiar adventure of finding my own way. Maybe we'll be lost, maybe not. But I'll find my own way out. And, on top of that, a childhood trigger for me is being told I can't do it well enough...that someone older and wiser (the GPS lady in this case or maybe even Donna, herself) will have to correct me and pull things out.

You may think this analysis silly or even kooky but it is spot on for us. It explains why Donna thinks she is simply being helpful when I think she is finding fault. It explains why I misunderstand her fear and vulnerability to things getting off track and, more importantly, how I contribute to it.

I hope you will take the time to look at your small things that seem so urgent and that create big power struggles. You'll discover very valid stories fueling most of these conflicts. You might even learn to take some of them in stride.

Please stay in touch!
David (& Donna)

June 7, 2010 for Teleclass

Join us for a chance to review concepts and tools, learn some new information and ask any questions you may have as you continue your Imago Journey.

It's FREE!

8:00 p.m.-9:00 p.m. EST

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June 5-6, 2010 for "Conscious and Connected Parenting" workshop in Frederick.



Imago Relationships International (IRI):

IRI continues to work to spread the word about the powerful relational transformation possible through Imago. It also works to find new ways to support couples on their Journey.

Below are two links you might find interesting:

LaSplash is an online magazine with lots of in-depth articles and information.

[LaSplash online magazine](#)

There is now a blog for couples on the IRI website. New articles are posted frequently and regularly

[IRI Couples Blog](#)

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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