



Connecting  
Couples

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## Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)  
[News & Notes](#)

Quick Links.

[Register for our 2010 Workshops](#)  
[Register for our Next Step Workshops](#)  
[Register for our Parenting Workshops](#)  
[Thought of the Month Archive](#)

Join Our List

[Join Our Mailing List!](#)

### Quotes of the Month

#### Thoughts of Love

"The most important thing in life is to learn how to give out love, and to let it come in."  
Morrie Schwartz

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold." Judith Olney

"To love abundantly is to live abundantly, and to love forever is to live forever."  
Henry Drummond

"To love deeply in one direction makes us more loving in all others."

**Issue: #20.**  
**August 2010**

**Dear Friends,**

Summer is almost over and kids and college students are heading back to school. When we hit this time of the year, we begin feel a sense of urgency. What about all of those plans and goals we had for the summer? You may relate: more sailing, more beach, less work, more exercise, less stress! Well, you get the idea.

It is so typical for most of us to focus on what we didn't do and have regrets, anxiety and sometimes anger. Wow, haven't you noticed that when we are angry with ourselves, the next step is to find someone to blame...often our partner or spouse? We invite you to forget about what you didn't accomplish and just enjoy the memories you created this summer. We know there are many little things that with thought, you will cherish!

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

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

**"The Next Step Overcoming Reactivity"  
November 6 - 7**

**Opportunity in Rehoboth Beach, Delaware....off season prices in a delightful beach town. Just let us know you are interested and we will do everything we can to make the weekend possible for you.**

loving in all others.  
Anne-SophieSwetchine

"Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same."  
Flavia Weedn

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."  
Kahlil Gibran

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile."  
Franklin P. Jones

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."  
Thornton Wilder

"In the sweetness of friendship let there be laughter, for in the dew of little things the heart finds its morning and is refreshed."  
Kahlil Gibran

"Have a heart that never hardens, a temper that never tires, a touch that never hurts."  
Charles Dickens

"To love and be loved is to feel the sun from both sides."  
David Viscott

"Begin to see yourself as a soul with a body rather than a body with a soul."  
Wayne Dyer

I can no other answer make but thanks. And thanks.  
William Shakespeare, Twelfth Night

That best portion of a good man's life/His little, nameless, unremembered acts of kindness and of love.  
William Wordsworth

People who give will never be poor. Anne Frank, The Diary of Anne Frank

Pleasantest of all ties is the tie of host and guest.  
Aeschylus, The Libation

## "Conscious and Connected Parenting" November 20 - 21 Workshop in Frederick.

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, September 13 (8:00 p.m. - 9:00 p.m.) EDT

We will explore "The Art of Abundant Requests" or how to ask for what you need from your partner using abundant language. Such a request provides a safe opportunity for your partner to give you what you need and avoids inviting a defense instead.  
Just call 712-432-1438, Access Code 386270#



## Bearers

One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

Anne Morrow Lindberg,

North to the Orient  
Kindness is always fashionable. Amelia  
Edith Barr

All the Days of My Life  
Give me one friend,  
Little deeds of  
kindness/Little words of  
love; Help to make earth  
an Eden/Like the heaven  
above.

Fletcher Carney

Happiness is a butterfly,  
which, when pursued, is  
always just beyond your  
grasp, but which, if you  
will sit down quietly,  
may alight upon you.  
Nathaniel Hawthorne

All seasons are beautiful  
for the person who  
carries happiness within.  
Horace Friess

For every minute you are  
angry you lose sixty  
seconds of happiness.  
Ralph Waldo Emerson

Happiness is an attitude.  
We either make  
ourselves miserable, or  
happy and strong. The  
amount of work is the  
same.  
Francesca Reigler

Never miss an  
opportunity to make  
others happy, even if you  
have to leave them alone  
in order to do it.  
Anonymous

Happiness often sneaks  
in through a door you  
didn't know you left  
open.

John Barrymore

We tend to forget that  
happiness doesn't come  
as a result of getting  
something we don't  
have, but rather of  
recognizing and  
appreciating what we do  
have.  
Frederick Keonig

Happiness is like a  
kiss...you must share it  
to enjoy it.  
Anonymous



## Thought of the Month

### August: The Angry Man



Last month I tried to describe the common phenomenon of the unhappy but married woman. This month I promised a similar description of "The Angry Man." This is not meant to be a thorough discussion of either anger or of men. I simply want to describe a few things I see happening in relationships.

I've observed for some time that many men are experienced as detached or disgruntled or angry in their intimate relationship. When this is the case their partner is usually at loose ends to know what to do. Her fear based reactions are usually criticism or labeling ("You are depressed.") Or she may just feel sad and empty.

Of course none of these reactions are helpful but, rather, serve to drive the detachment deeper. What is really going on here with men? Let's see if I can explain this. I've come to understand that most men would rather feel like good husbands and fathers than anything else in their life. In traditional terms being a good husband and father meant being a good provider and protector. Long ago, when that meant bagging game and fending off dangerous enemies, the task was conceptually clear and easy. Even into the last century, the provider role was pretty well defined. My Father was respected by my Mother for "working" no matter how meager his salary was. He was not really expected to be "emotionally available" which is what I hear many women long for now.

Now we are getting to the real "rub." Men are in a tough spot. First, there are fewer ways to fill the role of protector. The woolly mammoth is gone and, for the most part, women protect themselves anyway. The provider role is also diminished while the instinct to provide is still there. Most women are perfectly capable of providing for themselves. What's a husband to do....all these instincts and no place to use them? The desire to connect through providing and protecting is an art of diminishing value

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

"Life is all about timing...the unreachable becomes reachable, the unavailable become available, the unattainable...attainable. Have the patience, wait it out."

Stacey Charter

"Wisdom doesn't automatically come with old age. Nothing does—except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place."

Abigail Van Buren

"It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy."

George Lorimer

"Always do what you are afraid to do."

Ralph Waldo Emerson

"The most important things in life aren't things."

Anthony J D'Angelo

"Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind."

Ashley Smith

"The summer night is like a perfection of thought."

Wallace Stevens

"Laughter is inner jogging."

Norman Cousins

"The cure for anything is salt water—sweat, tears, or the sea."

Isak Dinesen

"Let your working ideas go for a picnic—sometimes the fresh air and ant bites are just what they need."

Carrie Latet

"How wonderful it is that

art of shimmering water.

Women want emotional connection ...a relationship of equality where men share in everything. No wonder many men are angry! For, you see, underneath this anger and passive detachment is a simple fear, "We don't know what to do!" We have an unhappy partner. We don't know how to fix it. And we are left feeling like schmucks! We know how to kill the spiders in the bedroom and bring in a paycheck but these count for only so much. Especially when our partner also has a paycheck and there are only so many spiders to fulfill our hero needs.

We know we need to be better connected emotionally but that's not the style for most of us men. (Nobody helped me learn anything about feelings.) How on earth do we connect with our partner in the way she needs and still be ourselves?

One simple suggestion for men...get in touch with your partner's fear of disconnection and develop compassion for her fearful reactions rather than becoming angry with her or shutting her out. (FYI: Anger is the biggest turn off to a woman....ever! If you don't believe me, just ask her.)

And, finally, some specific things for women to do to help your partner feel like your hero and want to be closer to you:

1. When he is angry or shut down, remind yourself that he is fearful of being a failure with you and/or your kids.
2. Tell him regularly and frequently something you think he does or did really well (especially any emotional or relational behavior) PERIOD!!!! (Leave off the "but...")
3. Offer gestures of support even if you are feeling hurt (e.g. a hug, a shoulder rub, taking his hand, a cup of coffee, etc.)
4. Keep your thoughts about what he is feeling or should be feeling to yourself.
5. Tell him how lucky you are to have him as your partner.

There you go! Enjoy your adventure!

With awe,

David (& Donna)

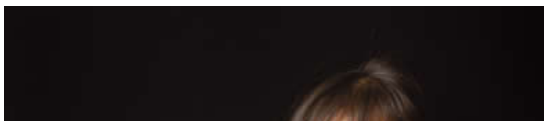
September 13

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It's FREE!

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nobody need wait a single moment before starting to improve the world."

Anne Frank

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

Storm Jameson

"If I had to live my life again, I'd make the same mistakes, only sooner."

Tallulah Bankhead

The greatest pleasure in life is doing what people say you cannot do.

Walter Bagehot

"Home is the place where, when you have to go there, they have to take you in."

Robert Frost

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry."

E.B. White



November 20 - 21

"Conscious and Connected Parenting" workshop in Frederick. (This is powerful for parents of all age children.)

### **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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