



Connecting Couples

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

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

Friendship, Kindness
& Love

"Remember, we all
stumble, every one
of us. That's why it's
a comfort to go
hand in hand."
Emily Kimbrough

Happiness is a

butterfly, which,
when pursued, is
always just beyond
your grasp. but

**Issue: #22.
October 2010**

Dear Friends,

Life is in full swing by October, isn't it? Routines are established, the familiar helps to ground us when all the wonderful inconsistencies that make up LIFE just seem to crowd in upon us. Sometimes at this time of the year, Donna and I look to the child within us and ask one another "what are you going to be for Halloween?" Believe it or not, we either laugh or surprise each other. "Cat Woman?" "A hippie?" While you are thinking about Donna as Cat Woman, settle in and read this Thought. It is part 2 of How to Talk to Your Partner.

We hope you take a moment to try the exercise because you and your partner are so important to each other, to your families and to your community. You deserve to take time to make your love the best it can be.

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



which, if you will sit
down quietly, may
alight upon you.

Nathaniel
Hawthorne



True friendship is
like sound health,
the value of it is
seldom known until
it be lost.

Charles Caleb Colton

True friendship
comes when the
silence between two
people is
comfortable.

Dave Tyson Gentry

Friendship is always
a sweet
responsibility, never
an opportunity.

Kahlil Gibran

Nothing makes the
earth seem so
spacious as to have
friends at a
distance; they make
the latitudes and
longitudes.

Henry David
Thoreau

A single rose can be
my garden... a single
friend, my world.

Leo Buscaglia

A true friend is
someone who
reaches for your
hand and touches
your heart.

Anonymous

You can always tell
a real friend: when
you've made a fool
of yourself he

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

November 6 - 7, 2010

"The Next Step: Overcoming Reactivity"

Please join us for this 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.

"Conscious and Connected Parenting" Workshop in Frederick

November 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.

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



Thought of the Month

October:

How to Talk to Your Partner - Part 2: Connecting the Dots of the Childhood Story



I know that Donna and I would still be locked in our power struggle had we not repeatedly visited (and committed to memory) each other's childhood story. For years much of what she needed seemed to carry a flavor of criticism about something I wasn't doing right. And for those same years, the frequency of my feeling criticized kept her shut down, as though she could never voice her wants. What a conundrum! And it's a classic one, too.

We moved to a welcomed new level when I finally got it that her pattern was not a desire to criticize but was, rather, a childhood desire to have her own voice about some things *she* wanted and not just what others wanted or thought she should have. And she finally got it that my sensitivity to her "criticism" was not an attempt to shut her down but was a leftover vulnerability to hearing about how I didn't do things right.

Now, let's be clear about our childhood stories. Donna and I had good and well meaning parents who loved and provided for us in wonderful ways. Heaven knows, many of you reading this may say, "Is that all those two have to worry about? They should have lived *my* story!" True, but this nasty "little" power struggle showed up in our relationship for years with great energy and fierceness, none the less.

Want to have your Partner feel better about you? Make sure they can recite your primary childhood unmet needs and they can remember that you are reacting out of that need 90% of the time.

Want to feel better about your Partner? Make sure you can recite your Partner's story of unmet needs and remember that they are reacting out of that need 90% of the time...especially when they are acting weird or mean.

I suggest you track down your GTLYW manual or the packets we gave you at the workshop. Find the Parent Child Dialogue and do it both ways. Do it each week until it gets into your

or yourself. He doesn't feel you've done a permanent job.

Laurence J. Peter

The most beautiful discovery true friends make is that they can grow separately without growing apart.
Elisabeth Foley

Wishing to be friends is quick work, but friendship is a slow ripening fruit.
Aristotle

No road is long with good company.
Turkish proverb

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

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

'Tis sweet to know there is an eye will mark/Our coming and look brighter when we come

when we come.
Lord Byron, "Don
Juan"

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,

Give me one friend,
just one, who meets
the needs of all my
varying moods.
Esther Mary Clark

Little deeds of
kindness/Little
words of love; Help
to make earth an
Eden/Like the
heaven above.
Julia Fletcher Carney

and do it both ways. Do it each week until it gets into your front of mind awareness.

Then (and I'm serious) enjoy stepping back from your next conflict, take a breath or two and picture your Partner as a little kid. Remind yourself (in one sentence) of what they needed as a child and didn't get. Then reframe their part of the argument as child's plea for help. Be careful not to condescend or diminish the picture in any way. Just quietly see if you can get a different view of what your Partner is saying or doing. Next picture *yourself* as a kid in the same way. Be willing to own your own story and reactions as being about you and not about your Partner. (Remember that "90...10" rule we would all like to forget?) And remember to always use the most powerful relational tools: generosity, grace, forgiveness, space, gratitude and abundance.

Couples who cross the "hump" of really getting the childhood stories are on their way to a new level of relationship.

Next Month: "Be Nice to Your Partner"

In Connection,

David

November 6-7, 2010
**"The Next Step: Overcoming Reactivity"
in Rehoboth Beach, Delaware**

November 20-21, 2010
**"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)**



[Forward email](#)

 **SafeUnsubscribe™**

 Trusted Email from
Constant Contact™

Try it FREE today.

This email was sent to info@connectingcouples.net by info@connectingcouples.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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