



Thought of the Month News and Notes

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Issue: #28
APRIL 2011

Dear Friends,

First, thanks to all of you who provided feedback about the length of the Thought and our newsletter. We are attempting to strike a balance. Please share your thoughts and ideas anytime.

Spring is upon us, at least on the calendar. We hope you enjoy the changing season and keep in touch!

APRIL: Does an Affair Mean the Relationship is Over?



Sadly, an affair represents a lot of rupture in a relationship. The affair is often the result of years of unconscious dissatisfaction and disconnection, even though this may not have ever been talked about. And sadly, again, the amount of romantic energy that is re-ignited with someone new often overpowers any attempt or even desire to return to heal the source of the disconnection.

It does not have to be this way. An affair can be the catalyst for two conscious people to create a whole new relationship full of things they enjoy and hold dear. It can provide a chance to walk away from a house full of muck

and clutter into a new home of deep meaning and adventure.

Several things will be required to make this courageous

move:

- 1. Both will have to be clear about their willingness to transform their relationship through ownership, change, forgiveness, generosity, and understanding;**
- 2. The other person (the "exit") will have to be removed from the picture;**
- 3. Both will have to challenge their assumptions about what is possible with their Partner.**
- 4. Both will have to inventory their own notions about love and make thoughtful decisions about the kind of man or woman they want to be, who they really are, and how they want to express love.**

A seasoned and skillful coach can be of tremendous help in this critical chapter of people's lives. The swirl of emotions often swamps any attempts to reason together about what is really the best course to take.

Feedback and/or questions about this are welcomed.

With hope,

David (& Donna)

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES COMING UP!

**NEXT STEP: OVERCOMING REACTIVITY
May 21-22, 2011, Rehoboth Beach, DE
July 16-17, 2011, Frederick, MD**

**WORKSHOPS:
June 3-5, Frederick, MD
June 25-26, Parenting Workshop, Frederick**

QUOTES OF THE MONTH

Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius. Love, love, love, that is the soul of genius. Wolfgang Amadeus Mozart

To keep your marriage brimming, with love in the wedding cup, whenever you're wrong, admit it; whenever you're right, shut up. Ogden Nash

We cannot really love anybody with whom we never laugh. Agnes Repplier

Love is like the measles. The older you get it, the worse the attack. Mary Roberts Rhinehart

I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought

jewelry. Rita Rudner

Man does not live by words alone, despite the fact that sometimes he has to eat them. Adlai Stevenson

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

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

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