



Connecting
Couples

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Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for 2011
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

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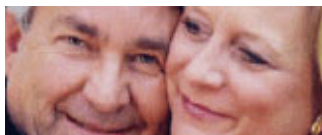
Dear Friends,


It really is beginning to feel like Fall...finally! Although we are not experiencing Fall the way we did as children by getting our school books and pens together and thinking about homework, we ARE planning exciting things for the Fall

We are looking forward to seeing many of you again at our "Next Step..." workshop November 5 - 6 in Rehoboth Beach AND/OR at our "Conscious and Connected Parenting" workshop November 12 - 13 in Frederick. (There is \$100 discount for the parenting workshop if you register before October 1.)

Many of you have asked for an additional workshop and we are SO excited to offer a new opportunity for couples in 2012. It is a one day workshop, "Gender to Gender: What Men and Women Need to Know about Each Other." It will be posted on our website within the next month. Check it out and let us know what questions you have and when you want to register.

SEPTEMBER: Working Things Out





How does a couple go about resolving something when each person's feelings are in direct contrast with the Partner's feeling? One person says, "I want us to spend several days at Thanksgiving with my family." The Partner says, "That's the last thing I want us to do at Thanksgiving. I want to just spend time with you and our kids and have some time to relax." **IMPASSE!**

I have thought of six patterns that couples employ in response to these situations. For simplicity sake, I will name each one.

(Note that these are patterns or dances that couples move into based on childhood adaptations and their brilliant adaptations that allowed them to survive. Each pattern, while seeming dysfunctional and, perhaps, feeling hurtful to the Partner are, nonetheless, ways of staying safe and stabilizing Connection. In other words, couples operate the best they know until one, or both, become strong enough to act out of a new awareness/a new consciousness. Wow! That sounds profound!)

Back to simplicity:

Pattern 1: WIN/LOSE: (YOU WIN): One person dominates most or every decision or situation.

Pattern 2: WIN/LOSE - LOSE/WIN: (IT'S ME OR YOU): The Couple takes turns dominating situations/decisions, each having dominance in their own "domain."

Pattern 3: LOSE/LOSE: (IT'S JUST ME): Both people dig in their heels in most situations and are unlikely to budge from their view. (See the movie, "War of the Roses")

Pattern 4: WIN ½ - LOSE ½: (KEEPING SCORE): This Couple often agrees that, "We'll do it your way this time and my way next time."

Pattern 5: GIVE IN TO WIN: (BARTERING): This couple might bargain, "I will go visit your family if you will let me buy the motorcycle I want."

Pattern 6: WIN - WIN: (YOU AND ME): Obviously, this is the "road less traveled." This requires conscious,

intentional dialogue and a generous spirit. The goal is to optimize the mutual satisfaction of each Partner, understanding and honoring different needs from both worlds.

And now I offer some tips for achieving Pattern 6 (Win-Win):

1. Develop an honest scale. How strongly (on a scale of 1 - 10) do you feel about visiting your family, buying the motorcycle (or whatever the "issue" might be.)
2. Do no harm! If a decision will deeply hurt your Partner, don't make it!
3. Use Dialogue to discuss the childhood wants and desires that lie beneath the current preferences and frustrations. New understandings sometimes change everything.
4. Always be open to a new option. Instead of visiting the family or buying a motorcycle, what about taking a cruise you have been talking about? How great would that be? (Did I just say that...giving up a motorcycle?)
5. Keep in mind that connecting safely with our Partner is far more valuable than any one decision or "win."

So...please join Donna and me as we continue to try to understand and figure out the endless options life offers (as well as each other.) WHAT AN ADVENTURE!

Hope you have a great fall!

David (& Donna)

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

Be sure to watch this space or check our web site for future opportunities.

Getting the Love You Want Workshops

November 18-20, Frederick, MD
(don't forget to refer a friend!)

Next Step: Overcoming Reactivity

November 5-6, Rehoboth Beach, DE

Parenting Workshop

November 12-13, Frederick, MD
NOTE: SEE SPECIAL OFFER OF \$100 OFF ABOVE

QUOTES OF THE MONTH

Love is a grave mental disease. - Plato

"You don't love someone for their looks, or their clothes, or for their fancy car, but because they sing a song only you can hear."

"If I never met you, I wouldn't like you. If I didn't like you, I wouldn't

love you. If I didn't love you, I wouldn't miss you. But I did, I do, and I will."

"Love me when I least deserve it, because that's when I really need it." Swedish Proverb

"Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours"

"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly" Sam Keen

"I don't wish to be everything to everyone, but I would like to be something to someone." Javan

Ah me! love can not be cured by herbs. - Ovid

Love is being stupid together. - Paul Valery

We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love. - Author Unknown

Love is what makes two people sit in the middle of the bench when there is plenty of room at both ends. - Author Unknown

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

Sincerely,

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

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