



Connecting
Couples

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Thought of the Month News and Notes

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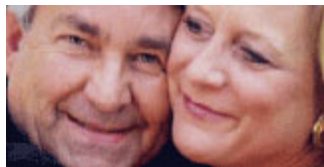
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Dear Friends,

There is still room!!! 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.

Our 2012 workshop schedule will be on our website in the next few weeks, including our new one day workshop, "Gender to Gender: What Men and Women Need to Know about Each Other." Check it out and let us know what questions you have and when you want to register. (Remember, the Getting the Love You Want Workshop is half price the second time around! There's always something that has new meaning for you.)

OCTOBER: The Rug or The Shelf



Many couples use The Rug to keep from feeling the immediate pain of their conflict. It happens all the time. Something gets said or done...there is a reactive response...there is a decision whether to escalate the situation into a full blown and familiar power struggle or to sweep in under The Rug and "move on."

It is more comfortable for many of us to avoid bad feelings and conflict. So The Rug is very useful in the short run. Couples can act and look connected and happy. The problem with The Rug is that it represents hidden information. It's a cover up of negative energy.

This energy doesn't go away. It only goes into hiding. The next time the same type situation occurs, the responses and reactions are even greater because the old brain has stored the bad feelings for future use. The more we sweep things under The Rug, the more negative energy gets attached to the small things.

Now, let me introduce you to the concept of The Shelf. The Shelf is actually a wonderful tool. All couples should have one. The Shelf is where we put our central power struggles and conflicts when we are not directly dealing with them. An example: Some years ago, our son was going to be starring in the high school production of "Barnum." Seems like a good thing, right? But the tension in our relationship grew as the weekend approached. We were having guests visit for the weekend and we went into a familiar pattern of conflict. I grew frustrated as Donna got more and more critical of how little I was "helping out" to get ready. She grew upset at how I seemed to insist that she was worrying too much about everything. (Many of you may know this twisted pattern of male-female conflict.

In the car, on the way to Opening Night, we actually did a smart thing. We crossed the bridge! (It was a quick trip as it is only 3 miles to the high school.) We gained a bit of understanding of each other's worlds....which, of course, helped us feel more connected. Then we agreed to put this saga on The Shelf so we could enjoy our son's experience and our guests. We did so, had a great time with Seth and our friends AND took "it" off The Shelf later when we had more time to attend to it. Now, mind you, we have used The Shelf for this exact same thing many times since and it is so nice to know it's there when we need it.

The point is that this power struggle does not have to overtake our lives and disrupt the many good aspects of our relationship. That's the value of The Shelf. It is a holding place...available through a conscious decision. The decision is to deal with a problem in an intentional way. Perhaps working on it for a time, putting it back on The Shelf (letting it rest as we add positive things to our Space), and then taking it off for more attention.

The Shelf is not The Rug. The Shelf is not a dumpster. It's a Shelf...a storage place for the instructive and valuable grist of opportunity which composes all our central power struggles.

Build a Shelf in your relationship and agree when to use it.

Enjoy your 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

**I was nauseous and tingly all over. I was either in love
or I had smallpox. Woody Allen**

**"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**

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

**Gravitation cannot be held responsible for people falling
in love. Albert Einstein**

**You can't put a price tag on love, but you can on all its
accessories. Melanie Clark**

**If it's the Psychic Network why do they need a phone
number? Robin Williams**

**There is a place you can touch a woman that will drive
her crazy. Her heart. Melanie Griffith**

**If you judge people, you have no time to love them.
Mother Teresa**

**Love is composed of a single soul inhabiting two bodies.
Aristotle**

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

Sincerely,

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

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