



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

Once again, national issues are facing us as we look to this holiday season. Last month it was a super storm and hurricane and this month another tragedy affecting the community in Connecticut. As we individually and collectively process and deal with these issues, we search for answers and strength to be there for those who need us and to survive ourselves. Our hearts are heavy and we pray for all those affected, yet again.

Although we can get overwhelmed at the holidays anyway, adding to this general "busyness" and stress can push us into higher levels of distress. When it does, it is natural to need an outlet: overeating, alcohol consumption, over-spending, short-temper and general need for relief! We hear you! We are all in the same situation though our degree varies. We encourage you to **BREATHE!** Just take time to step away and do whatever self-care activities work for you and your loved ones. When we think of others, it somehow helps us to deal with our own issues and may be a short-term answer.

Don't forget to lean on your partner and ask for what you need. Plan some time together and together you can stay strong and more centered! As we said last Thought, love of family and friends is by far the most important thing we possess. Let us never take it for granted!


Keep in communication---we WANT to hear from you!

As always, if you need us, just call.

Donna and David

DECEMBER: "What Causes Couples to Fight?"





When you see a couple in conflict it is easy to begin surmising that they don't like each other at that moment. Or even to think they don't love each other anymore. There's a big difference!

When a couple fights it does not suggest to me that they don't love each other. It's just the opposite. I think they do love each other and are just put out or disappointment and moving into protest about not getting the connection that they want. People who do not care for each other do not have the energy or desire to carry on a fight!

Harville Hendrix has never been so clear about what really goes on in the power struggle as he was at the Imago Relationships International conference in Vancouver six weeks ago. I want to summarize his presentation.

*Relationship is about Connection.
Connection is our Essence. We are "wired" for Connection.
The Experience of Connection is Joy. The Loss of Connection is Anxiety.
The Loss of Connection leads to...
Anxiety (about Disconnection) and Desire (for Connection) which leads to...
Self-absorption and Loss of the Idea of Otherness which leads to...
Emotional Symbiosis (i.e. "You are in my movie so you play the part I give you.") which leads to...
Loss of Empathy where "Others" become "Objects" of Fear (of Disconnection) and Desire (for Connection) then...
We create a "Story" about the World and about our Partner. This "Story" is mostly a projection of our own Worst Fears and Deepest Desires...
With which our Partner will sometimes unwittingly collude. Assumptions from this Understanding are....
All desire is for Restored Connection.
All Conflict is an Attempt to Restore Connection.
Most of our Behavior (both Good and Bad) is an Attempt to Restore Connection.
Paradoxically, the way into Deep Connection is to be fully Differentiated from our Partner.
We have to Emotionally Separate from the Symbiotic Trap to be Truly Connected and Interdependent.
And Dialogue is the Tool!*

Hope this all makes sense and is helpful as you think of your own experience of your relationship. Please share your thoughts and questions with me.

Donna and I hope you and your loved ones have blessed holidays and a joyful New Year!

David

**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

**January 11-13, 2013, Frederick, MD
February, 8-10, 2013, Frederick, MD**

Next Step Workshop

March 16-17, 2013, Frederick, MD

QUOTES OF THE MONTH

**This is my wish for you: peace of mind,
prosperity through the year, happiness that
multiplies, health for you and yours, fun around
every corner, energy to chase your dreams, joy
to fill your holidays! D.M. Dellinger**

**Time for work- yet take much holiday for art's
and friendship's sake. George James De Wilde**

**To many people holidays are not voyages of
discovery, but a ritual of reassurance. Philip
Andrew Adams**

**For centuries men have kept an appointment
with Christmas. Christmas means fellowship,
feasting, giving and receiving, a time of good
cheer, home. W.J. Ronald Tucker**

**Even as an adult I find it difficult to sleep on
Christmas Eve. Yuletide excitement is a potent
caffeine, no matter your age. Carrie Latet**

**Christmas is a time when kids tell Santa what
they want and adults pay for it. Deficits are
when adults tell the government what they want
and their kids pay for it. Richard Lamm**

**Blessed is the season which engages the whole
world in a conspiracy of love! Hamilton Wright
Mabie**

**Love is what's in the room with you at Christmas
if you stop opening presents and listen. Author
unknown, attributed to a 7-year-old named
Bobby**

Christmas is forever, not for just one day

Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon
a shelf.

The good you do for others is good you do
yourself...

Norman Wesley Brooks, "Let Every Day Be
Christmas," 1976

The best and most beautiful things in the world
cannot be seen or even touched. They must be
felt with the heart. Wishing you happiness. Helen
Keller

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

Sincerely,

David and Donna Bowman
Bowman & Associates, PA

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