



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #50**  
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**Dear Friends,**

**We continue to be astounded by the resilience of the human spirit! The recent national events that have rocked the United States and the awesome and totally selfless acts of individuals responding to an inner call to action give us hope for the world, for us and for our children and grandchildren.**

**Most of us will never have to respond to such major catastrophes and we wonder, would we be up to the challenge? With this big thought in mind, maybe we can step back a bit and look at our own little world. Could it be that stepping up to the challenge might be reaching out to a partner, loved one, co-worker, neighbor? Not in a big way but in a loving and personal way. A kind word, a touch, a smile. What are your expectations about your place in the "big picture?" Maybe by starting "little" we will eventually do something "big"-----or not! But if we take a little step today, we may find our expectations will astound us!**

**As always, if you need us, just call.**

**Donna and David**

### **APRIL: The End of Expectations, The Beginning of Real Love**

**I suppose we all have expectations about all sorts of things. I know I expected that at this stage of life we would be near financial independence and would be vacationing in exotic places for half the year. It hasn't exactly worked out that way. I also expected to lose 30 pounds by May 1. That's also going to be very difficult at this point!**

**On the other hand, I really had little expectations about what it would be like to be a grandfather. It has turned out to be a spectacular joy. I think fondly about Abby every single day.**

**Isn't it odd that sometimes we are wonderfully surprised when our expectations are at their lowest? This brings me to my newest thought about relationships. (This thought is a corollary of last month's ideas.) Our happiness and satisfaction in relationship is probably inversely proportional to our expectations. In other words, the fewer expectations we set up, the more satisfied we probably are.**

**Don't get me wrong. I have compassion for people who find themselves disillusioned, sometimes bitterly so, in their experience of marriage and intimacy. But let me ask you this, "Are you better served by focusing all your energy on your disappointment or by working on your own contentment and serenity and your appreciations of what is good?"**

**I'll never forget the privilege I had as a 20 year old Seminary student to have a small group meeting with the late Granger Westberg, a granddaddy of the pastoral counseling movement and a pioneer of the holistic health movement. His famous book "Good Grief" is in 50th anniversary edition now on Amazon. He said to us (43 years ago:) "'Gratitude' is the best 'attitude' for health and aliveness. And resentment in any form is a plan for sickness and death." An amusing thought for a twenty year old has evolved into a life principle for a 63 year old. (I wish I could tell you I live by it all the time. Donna wishes this too.)**

**I love the character played by Katherine Hepburn in "On Golden Pond". She is a somewhat crusty woman herself, but she maintains a PMA (positive mental attitude). She encourages both her husband and her daughter who are prone to negativity about life and about their relationship. She clearly has not gotten everything she has wanted in life, but when negativity swirls around her she will have no part of it. When her husband is**

mentally failing, she fearfully and courageously says "You're my Knight in shining armor. Don't you forget it. We're going to get back on that horse and I'm going to be right behind you, holding on tight....and away we're going to go..go..go."

What a model for any of us to follow the next time we are fearful of not having our expectations met by our partner or by our relationship.

Try something! Write down all the major joys and disappointments of your life. Keep going until you have 5 positive things to every 1 negative. Study it. Then share your list with your partner and family. You'll be moving toward health for you and those around you.

Note: I love any feedback you have from reading this thought. I'd even like to hear if it should be shorter or more expanded. Personal stories are the very best. Thank You.

David (and 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**

**May 17-19, 2013, Frederick, MD**

**June 14-16, Frederick, MD**

### **Imago Therapist Couples Workshop**

**May 3-5, 2013, Frederick, MD**

#### **QUOTES OF THE MONTH**

**Women marry men hoping they will change. Men marry women hoping they will not. Albert Einstein**

**Why does a woman work ten years to change a man, then complain he's not the man she married? Barbra Streisand**

If it's true that men are such beasts, this must account for the fact that most women are animal lovers. Doris Day

"Love is everything it's cracked up to be. That's why people are so cynical about it...It really is worth fighting for, risking everything for. And the trouble is, if you don't risk everything, you risk even more." Erica Jong

Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity. Albert Einstein

"Love is like quicksilver in the hand. Leave the fingers open and it stays. Clutch it, and it darts away." Dorothy Parker

"Love is friendship set on fire." unknown

"Love is an ideal thing, marriage a real thing." Goethe

"Love is the master key that opens the gates of happiness." Oliver Wendell Holmes

"Maybe love is like luck. You have to go all the way to find it." Robert Mitchum

"Love stretches your heart and makes you big inside." Margaret Walker

"Love is more than three words mumbled before bedtime. Love is sustained by action, a pattern of devotion in the things we do for each other every day." Nicholas Sparks

"We're 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." Dr. Seuss

"To love is to receive a glimpse of heaven." Karen Sunde

"A love song is just a caress set to music." Sigmund Romberg

"Love is an act of endless forgiveness, a tender look

which becomes a habit." Peter Ustinov

"Love is like a violin. The music may stop now and then, but the strings remain forever." unknown

"Love doesn't make the world go round, love is what makes the ride worthwhile." Elizabeth Browning

"Oh, life is a glorious cycle of song,  
A medley of extemporanea;  
And love is a thing that can never go wrong;  
And I am Marie of Roumania." Dorothy Parker

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

**Sincerely,**

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

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