



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #52**  
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**Dear Friends,**

**Ah, summer! Is there any better time to sit on a deck with a glass of sweet tea and just "be?" Wouldn't it be delightful to face the summer as a young child with the thrills of lazy days, bike rides, swimming and playing hide-and-seek until your Daddy stood on the porch and whistled you home? Nostalgia is a great way to beat stress and be in the here-and-now. Try listening to some of the music you loved in high school--it can bring back the joys of less complicated days and heighten the relaxation of summer days ahead.**

**We try also to grasp at the simple joys in complicated times and we wish for you the same. This month's Thought is a round about way to step back from reactions that complicate life, be a little more relaxed and maybe a lot less inclined to react without taking time to give your Partner or loved one the benefit of caring thought.**

**We hear from you so often about what a difference the Workshop has made in your lives. We would like to invite you to think of a couple you know who could really use the workshop. We will send the referring persons a copy of the new Imago best seller "Making Marriage Simple". Helping heal the planet and receiving a free book.**

**Don't you want a couple you care about to have the tools that benefit your relationship? Our next workshop is July 19-21. Don't wait...share the joy!**

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

**Donna and David**

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**JUNE: Forgiving Your Partner (for Being**

## Themselves)

**I know...it sounds a little funny. But the more I've observed myself and others, the more I believe there is something to this. I'm thinking today of those much smaller "issues" that keep coming up again and again as an affront to us. Things such as....our Partner always being late....or when our Partner needs us to load the dishwasher in just a certain way.**

**I'll give a D & D example that may help. Donna is an organizational wizard. She co-planned the international Imago conference when it was in D.C. She thinks through the way things can work best in our own life right down to the way the refrigerator is organized with which items going into certain colored containers. Some of you are thinking, "What's wrong with that?" Others are thinking, "Sounds obsessive to me." Neither of these thoughts is useful.**

**What I have found to be most constructive is to withhold my reptilian irritation at "being told how things work best" and to bring into focus my compassion for Donna's Story. Growing up it was important for her to orchestrate many things so that life would work best for everyone. The oldest of four children, she became proactive, preventive, and skilled at keeping life running smoothly.**

**Don't get me wrong. It used to rankle me that over and over again, I was "criticized" for not doing things "right." That's why I use the word forgiveness. It's more than just accepting your Partner's different world. It's actively integrating the reason for the behavior and offering positive compassion for something that could cause real conflict.**

**Oh, before I forget...Donna has learned to forgive me for my "exuberant periods." You know how Van Gogh had a Blue Period in his work? Well, I have had many exuberant periods of obsession in my life. There's my Horticulture Period, my Woodworking Period, my Stock Market Period, my Classical Music History Period, my Model Rocket Period, my Thai Cooking Period, my Model Railroad Period, and my Opera Period. Still to come are my**

**future periods of Learn to Play the Saxophone and Hike Every National Park.**

**Donna can clearly get frustrated when so much of my energy and attention (and our life) are consumed with my passions. But she also knows my Story of being dissuaded and scolded by my Father when I expressed my energy and exuberance for many things. It felt punishing and shaming for him to call me down for jumping around, making noise, and asking so many questions.**

**So...here's the deal. The next time your Partner is doing that thing again that irritates you or seems designed to disrespect you, control you or criticize you, just ask yourself one or both of these questions. "Is this a behavior they genuinely (and brilliantly) learned as an adaptation in their childhood to stay safe and survive?" "Is this an expression of that part they had to hide in their childhood?"**

**If you can see your Partner with new eyes and hear them with new ears, you can develop a compassion and connection that will serve your relationship well.**

**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**

**July 19-21, Frederick, MD**

**September 13-15, Frederick, MD**

### **QUOTES OF THE MONTH**

**A handful of patience is worth more than a bushel of brains. Dutch Proverb**

**Our patience will achieve more than our force. Edmund Burke**

**It is very strange that the years teach us patience - that the shorter our time, the**

**greater our capacity for waiting. Elizabeth Taylor**

**There are two cardinal sins from which all others spring: Impatience and Laziness. Franz Kafka**

**Patience has its limits. Take it too far, and it's cowardice. George Jackson**

**We could never learn to be brave and patient, if there were only joy in the world. Helen Keller**

**The fates have given mankind a patient soul. Homer, The Iliad**

**If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent. Isaac Newton**

**How can a society that exists on instant mashed potatoes, packaged cake mixes, frozen dinners, and instant cameras teach patience to its young? Paul Sweeney**

**The key to everything is patience. You get the chicken by hatching the egg, not by smashing it open. Arnold H. Glasgow**

**Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind. Leonardo da Vinci**

**I am extraordinarily patient, provided I get my own way in the end. Margaret Thatcher**

**There will be a time when loud-mouthed, incompetent people seem to be getting the best of you. When that happens, you only have to be patient and wait for them to self destruct. It never fails. Richard Rybolt**

**As anyone who has ever been around a cat for any length of time well knows,cats have enormous patience with the limitations of the human kind. Cleveland Amory**

**Patience is the companion of wisdom. Saint Augustine**

**Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew. Saint Francis de Sales**

**When traveling with someone, take large doses of patienceand tolerance with your morning coffee. Helen Hayes**

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

**Sincerely,**

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

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