



Connecting Couples

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Thought of the Month News and Notes

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Dear Friends,

Happy Thanksgiving! How many times have you said that greeting this week, to friends, colleagues, fellow shoppers and anyone you happened to meet? I lost count for myself but must admit that I really enjoy this little segue into the full blown holiday season!

It is the special season for gratitude, for thankfulness and we can spread the love without embarrassment. We say this often to you, but can never say it too often: we are grateful for you! You are ever present in our thoughts and lives, in our workshop planning, our conversations, our happiness in your successes and our worry during your times of stress and difficulty. We are hopeful that you also feel some gratitude for our presence in your lives. We are hopeful that when you have an issue, a question or just want to share happiness, that you think of us! We ARE in this together; more than any business relationship, we are partners with you for success and happiness and LOVE.

So, once again, Happy Thanksgiving! Thank you for being part of our lives.

As always, if you need us, just call.

Donna and David

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NOVEMBER: "Hidden in Plain Sight!"

Many people who come to Imago are puzzled by our invitation to look into their Story and their Partner's Story. What do you mean, my Story? I don't remember my Story! What if I didn't have a Story? One woman said, "I don't like my Story. Could I have someone else's?"

Let's get simple, fanel Your Story is simply the



way you learned to adapt to your environment in order to stay safe and survive. We're not judging anything here. Everyone who makes it to adulthood has shown some brilliance in their adaptive behaviors (i.e. the formation of their Story.)

If your home was violent or chaotic, then you may have learned to stay out of the way or keep to yourself a lot. Or, you may have learned you had to fight back. (Of course, your Partner may be way frustrated by your "unresponsive" behavior or scared of your "fighting back" behavior.)

If your home was detached and full of neglect, you may crave attention and be sort of hailstormy. Or you may have denied that you needed attention. (Of course, your Partner may experience you as needy/demanding or cold and unemotional.) Everybody has a Story. Bill Clinton has a Story that contributed to the way he acted as President. George W. Bush has a Story that contributed to the way he acted as President. Everybody has a Story.

Why is our Story important? It provides conscious information that leads to understanding behaviors that could otherwise be experienced as frustrating or, even mean.

Our Partner has little use for our adaptations, whatever they were. (Remember, they see us whole and fully alive.) AND, at the same time, when hearing our Story can develop great compassion for how brilliant they were and how they still fit into the context of our life. AND, learning our own Story actually allows us to become conscious and choose freedom from our adaptations that are no longer useful.

We are NOT little kids anymore. We have already survived (even if our lizard doesn't know that and continually tries to convince us we have to do what was necessary many years ago!) Through compassion for our Story, our Partner can invite us to grow into more mature behaviors that serve our intimate adult relationship. AND, of course, we are doing the same for our Partner.



It's right under your nose. You are telling your Story every time you move...or think...or get mad...or cry...or drink too much...or hide in your cave...or desire affection....or withhold affection...or long for appreciation...or..... It is impossible not to be telling our Story! And...we will tell our Story until we don't need to tell it anymore because it has been heard, validated and we feel safe enough to live in full aliveness, no longer needing our brilliant adaptations.

Happy Storytelling!

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

December 6-8, Frederick, MD

January 3-5, 2014, Frederick, MD

January 31- February 2, 2014 Frederick, MD

QUOTES OF THE MONTH

If the only prayer you said in your whole life was, "thank you," that would suffice. Meister Eckhart

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude. E.P. Powell

**So once in every year we throng
Upon a day apart,
To praise the Lord with feast and song
In thankfulness of heart.
Arthur Guiterman, The First Thanksgiving**

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John Fitzgerald Kennedy



Remember God's bounty in the year. String the pearls of His favor. Hide the dark parts, except so far as they are breaking out in light! Give this one day to thanks, to joy, to gratitude! Henry Ward Beecher

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow. Edward Sandford Martin

**Our rural ancestors, with little blest,
Patient of labour when the end was rest,
Indulged the day that housed their annual grain,
With feasts, and offerings, and a thankful strain.
Alexander Pope**

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? Erma Bombeck, "No One Diets on Thanksgiving," 26 November 1981

It has been an unchallengeable American doctrine that cranberry sauce, a pink goo with overtones of sugared tomatoes, is a delectable necessity of the Thanksgiving board and that turkey is uneatable without it. Alistair Cooke

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. Erma Bombeck

Thanksgiving, after all, is a word of action. W.J. Cameron

**He who thanks but with the lips
Thanks but in part;
The full, the true Thanksgiving
Comes from the heart.
J.A. Shedd**

Thanksgiving was never meant to be shut up in a single day. Robert Caspar Lintner

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

Sincerely,



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

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