



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

Happy New Year! Our wishes for you are for health, happiness and love! How hard can that be? I know, really, really HARD! We all struggle daily with our bodies and the care or lack-of-care we have inflicted upon them. January always seems to nudge us a bit towards a healthy diet, more exercise, less of the things that hinder our health and more of the things that nurture it. Who hasn't said that it is too cold, windy, snowy (put in your excuse) to exercise and who hasn't thought that a batch of chocolate chip cookies is just the thing for cabin fever? But love, we can all experience more of this---with our partner, our children, our parents and our friends. Everyone wants it...take a moment to share it and then sit back and feel the love!

Love and making our way through the challenges, joys and surprises is our specialty. No, we are not experts and we do not always have the answers but we do have the experience of helping thousands of couples work through every kind of issue you can imagine. We hope that we count you among those we've helped and suggest that you may be ready for a "tune up" or may know a couple who is struggling now and would benefit from our workshop - maybe a co-worker who shared a personal difficulty with you and who would find some answers that you are not experienced to give. Share this Thought of the Month or just give them our phone number. We look forward to a year of sharing the love with you and new couples!

As always, if you need us, just call.

Donna and David

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JANUARY: "Creating a New Story"

OK! So you got involved with Someone who lit your every candle in the Romantic Stage. But now it seems they have changed! They seem uncooperative...no longer interested in meeting your needs...unhappy with you...even critical or down right hateful! So just to remind you...your Relationship is moving along just as it should...according to Imago theory!

You chose Someone who really does put you in the same feeling state you had as a child. You feel abandoned...or disrespected...or pushed around...or discounted...or overwhelmed with your Partner's needs. AND you react as you learned to do as a child: pulling away...acting out...becoming sad and depressed...running away...fighting back. It makes so much sense to follow what worked for you as a kid. (It was actually brilliant as a child! You Survived! Congratulations!

But, wait! Here's a News Flash! You don't have to be a victim of your childhood Story! The goal is not to keep living our childhood over and over. The goal is to grab your Partner by their Essence and to create a new Story together for the both of you!

Here's how it works:

Donna meets David and he's so much fun and doesn't worry about how things look or what gets done in any particular time frame. This is startlingly refreshing for Donna. She grew up in an "everything in its place" kind of home and fun happened on a schedule. Donna begins to fall for David. David meets Donna who has an answer for every problem. She knows what should be done as well as when and where and for how long. This is very comforting to a guy who had little guidance in the way of life and had to make it up on his own. (Do you see where this is going?)

After a year or so, Donna gets put out with a guy who only wants to have fun and doesn't care about how

things get done. She feels as burdened as she did as a kid. David gets equally put out with a person who know how everything should be done...not to mention when and where! It feels pretty bossy and controlling to him. "They" are in the power struggle. Donna shuts down her thoughts and needs as she did as a little girl and David either jokes about it or gets angry just as he did as a little boy. BUT NOW they begin creating (or recreating) new childhood stories for each other.

David loves seeing the surprised delight on Donna's face when she says, "You need to take care of that" and he says, "It's already done. I'm way ahead of you!" Donna loves the joy she sees on David's face and the Connection she experiences when she relaxes and surprises David with some fun activity with no time frame or "purpose."

(Note: The last two paragraphs are today's growth report. Last week....not so much!)

Donna and I are in the process of understanding each other's Story and our own Story. (And, let's be very clear...we have been in this process for decades...and our Adventure goes on and on....!) The fascinating punch line to all this is that in growing conscious of helping and healing our Partner's Story, we are changing and growing our own Story at the same time.

P.S. I know some of you are working at just having one day of peaceful communication and experience between you. Let us help you...it's one moment...one day at a time...and then you string more and more of them together...closer and closer. (That's why we have workshops and offer coaching.)

Please respond to this Thought as you wish and submit ideas for future Thoughts.

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

January 31- February 2, 2014 Frederick, MD

February 28-March 2, 2014 Frederick, MD

April 4-6, 2014 Frederick, MD

Next Step Workshop

April 26-27, 2014 Frederick, Md

QUOTES OF THE MONTH

"Do one thing every day that scares you." Eleanor Roosevelt

"We are what we pretend to be, so we must be careful about what we pretend to be." Kurt Vonnegut, Mother Night

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too." Paulo Coelho, The Alchemist

"What's meant to be will always find a way" Trisha Yearwood

In the book of life, the answers aren't in the back. Charles M. Schulz

"The flower that blooms in adversity is the rarest and most beautiful of all." Walt Disney Company

"Sometimes you wake up. Sometimes the fall kills you. And sometimes, when you fall, you fly." Neil Gaiman, The Sandman, Vol. 6: Fables and Reflections

What we got here is... a failure to communicate. Cool Hand Luke (1967)

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." Maya Angelou

"The unexamined life is not worth living." Socrates

"It's not the load that breaks you down, it's the way you carry it." Lou Holtz

"I was never really insane except upon occasions

when my heart was touched." Edgar Allan Poe

"Love is the absence of judgment." Dalai Lama XIV

"To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer."
Mahatma Gandhi

"I dream my painting and I paint my dream." Vincent van Gogh

Life is uncertain; always eat dessert first. Anonymous

"And still, after all this time, the Sun has never said to the Earth,
"You owe me."
Look what happens with love like that.
It lights up the sky." Hafez

Deal with the faults of others as gently as with your own. Chinese proverb

"It's hard to beat a person who never gives up." Babe Ruth

"Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness." Steve Maraboli

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

Sincerely,

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

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