



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

Happy Spring! Does this time of year make you yearn for renewal? Sometimes I get more introspective and contemplate those discarded resolutions from January and re-visit them. I feel that this spring I will definitely exercise more, eat less, finish that book (am I reading it or writing it?) and spend more time thinking about dialogue with Donna and coaching you in your dialogues with your Partner.

Speaking of dialogue and all of the ins and outs of this very simple yet complicated technique, I have been noticing how others communicate in the world: television commentators, journalists, bloggers, Tweeters and social media mavens. So often the dialogue and communication is from a negative point of view rather than from one which is positive. I hope you enjoy this Thought as I took on the most famous communication I could think of and realized how "not" to write it!

As always, if you need us, just call.

Donna and David

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APRIL 2014: Ten Commandments of Relationship

First, I found it interesting that in reviewing the original Ten Commandments, I found that only two of the ten are couched in

"abundant" language. The other eight are filled with lots of "nots". So I'm going to practice what we preach and fashion these variations of the original Ten Commandments as they apply to your Relationship in positive language as much as possible.

1. Thou shalt make thy Partner first in your life, above any other relationship.

2. Thou shalt refrain from fashioning your own desired (graven) image of your Partner, and consciously strive to love them for who they really are.

3. Thou shalt speak positively of thy Partner in all things, and refrain from using their name in vain or in any ugly fashion.

4. Remember your Sabbath days (your times of rest and renewal with each other), to keep them holy.

5. Honor thy father and mother and their influences on your life both positive and negative so that you can understand why you act the way you do. While you're at it, thou shalt honor thy Partner's father and mother and their influences on your Partner as well.

6. Thou shalt bring life to your Partner and refrain from killing their spirit in any way.

7. Thou shalt be faithful to thy Partner, and refrain from committing adultery. DUH!

8. Thou shall uphold thy Partner's essence in all things, and refrain from stealing thy Partner's hopes or dreams or joy.

9. Thou shalt tell the truth in love to your Partner, without shame or blame or bearing any false witness.

10. Thou shalt be happy for thy Partner's skills and qualities, and refrain from

coveting anything that belongs to thy Partner.

For those of you who may want to refer to the "original" as a context, here is a link:

The Ten Commandments

As always, Donna and I welcome your feedback, questions and suggestions.

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 2-4, 2014 Frederick, MD

June 6-8, 2014 Frederick, MD

July 18-20, 2014, Frederick, MD

Parenting Workshop

September 6-7, 2014 Frederick, Md

QUOTES OF THE MONTH

**Spring is nature's way of saying, 'Let's party!'
Robin Williams**

Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love! Sitting Bull

In the Spring, I have counted 136 different kinds of weather inside of 24 hours. Mark Twain

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. Henry Van Dyke

People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring. Rogers Hornsby

In the spring, at the end of the day, you should smell like dirt. Margaret Atwood

Don't forget it's daylight savings time. You spring forward, then you fall back. It's like Robert Downey Jr. getting out of bed. David Letterman

Spring is when you feel like whistling even with a shoe full of slush. Doug Larson

The day the Lord created hope was probably the same day he created Spring. Bernard Williams

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

Sincerely,

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

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