



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

I'm in denial! Yes, me! I keep thinking that life will slow down, that I will make time for the "little" things (Donna's list of these and mine are, well, totally different!) But here it is, the end of another summer and all those little projects are still sneaking up on me and for another summer, they will not get done! The great news is, we have reveled in the joy of longer days, sultry nights, meandering walks, quiet conversations, a few more late breakfasts and a lot more lingering dinners. In addition, we've had more family, friends, babies, neighbors, animals and nature. What a joy life can be...I think those "little" things can just wait!

As always, if you need us, just call.

Donna and David

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AUGUST 2014: "The Magic of 5"

In February I was rear-ended on a country road near our home here in Frederick. Our Camry was totaled. "Oh no!" "What a bummer!"

As I pondered this event, I began to wonder if I could see it a different way. I came up with 5 really good things connected with this accident:

- 1. Even though I was in an accident, no one was seriously hurt.**
- 2. It was not my fault. (Lord knows I've done some dumb things while driving.)**
- 3. I have never been in a real car wreck before.**
- 4. Even though it totaled my car, it was just a car and not my wife or my kids or my grand-kids.**
- 5. I am probably a little more careful on the highway since then.**

I am still not overjoyed at what happened. And my neck still hurts a bit. But I can tell you that bummers that come our way are part of life and the way we react to and perceive any happening, especially bad happenings, is usually more important than the happening itself.

Let me issue you readers a challenge. When the next "Oh, no" arrives in your life, take some time to see if you can find 5 positive things around the very same thing. (There is actually a book entitled, When my house burned down I could see the mountains much better.)

Now for the real challenge. The next time you have a frustration, resentment, or one of the other negative feelings about your Partner....STOP. Take note of the specific incident and what is bothering you. Then come up with 5 things that are abundant, lovable and positive about your Partner. Next, check to see if this exercise takes some of the sting out of your hurt feelings. It's a variation of the 5-1 Principle. (Put 5 positive things into your relationship for every negative one.)

If you really want to take the challenge all the way, just communicate what you are doing with your Partner. Then do something fun together.

Note: Some of you are thinking: "He doesn't know my situation;" "It's easy for him to say...he's married to that easy going woman;" or "This sounds too 'new age' for me;" "It's just not realistic;" or "I don't feel like trying to be positive at those times." You are the ones this article is *really* for.

We welcome your 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

September 12-14, 2014 Frederick, MD

October 10-12, 2014 Frederick, MD

November 7-9, 2014, Frederick, MD

Next Step Workshop

November 15-16, Frederick, MD

QUOTES OF THE MONTH

August brings into sharp focus and a furious boil everything I've been listening to in the late spring and summer. Henry Rollins

I want summer to last forever for these reasons: 1. Hair gets lighter. 2. Skin gets darker. 3. Water gets warmer. 4. Drinks get colder. 5. Music gets louder. 6. Nights get longer. 7. Life gets better.

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by

no means a waste of time. John Lubbock

Beach sand, perfect tans. Day walks, night talks. Sleepless nights, pillow fights. & spending every day with those who matter most.

In every girl's life there's a boy she'll never forget and a summer where it all began.

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds. Regina Brett

Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains. Diane Ackerman

Deep summer is when laziness finds respectability. Sam Keen

Let a man walk ten miles steadily on a hot summer's day along a dusty English road, and he will soon discover why beer was invented. Gilbert K. Chesterton

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

Sincerely,

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

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