



## Connecting Couples

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# Thought of the Month News and Notes

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**Issue: #66**  
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**Dear Friends,**

**Ahhh, a chill is in the air and I am enjoying an occasional night by the fire. How about you? What do you enjoy most about the changing seasons? We would like to discuss the possibility of a "meeting" where by you and your partner, your family, your co-workers, your friends, discuss the most positive aspect of the changing season and celebrate! That's right, have a little party, take a walk, have coffee at a new bistro, take the kids to a new park--step outside your routine and celebrate!**

**Now, after the celebration, revel in some new energy or insights and practice some of the tips in the Thought for this month. I promise, things can and will change, for the BETTER, if you do!**

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

**Donna and David**

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## **SEPTEMBER 2014: "What's a Guy to do?"**

**This thought is for the men out there who have heard me preach the sermon on "cherishing" your Partner and may have either slept through it or have little idea how go about this. (This is also for all our Friends in same sex relationships whose Partner says things like: "You don't pay attention to me"; "We don't spend enough time together" etc.)**

**How do you cherish someone? What exactly do you do to make your Partner feel special?**

**I am convinced this is the thing women want most from their relationship....to be cherished. As one woman in my office put it, "I want to know that he has me in his mind; that he's thinking of me."**

**I am equally convinced that, in general, we men are pretty poor at understanding this need to be cherished. We don't experience the need for Connection quite the same way women do. (Stay tuned, Ladies, for next month's Thought.) And we are also good at hearing criticism instead of hurt; feeling shame rather than compassion; looking for a way out rather than moving toward the problem.**

**I remember the few times my Mother would express her frustrations, my Dad would just walk out without saying a word. It felt awkward but it worked for him. He was limited in his skills for experiencing intimacy. Come to think of it, so am I. Imagine that!**

**So...here are my five real, do-able actions to help your Partner feel cherished and, as a bonus, I've provided a helpful question to ask in order to find out how you are doing. Take this seriously, guys!**

**1. Spend conscious and intentional time with your Partner. This is not on the phone or in front of a video game or a ball game on TV. This is "Honey, I miss you when we're apart and I feel all is right when we are together." Go ahead...say something like that. Ask: "How could we find a way to have more time together?"**

**2. Listen to her. This is a must. Don't just do something....stand there...refrain from giving advice...just mirror and validate. Ask: "Are there ways I could learn to hear you better?"**

**3. Share compliments and appreciations with her. This should be easy. Name all she does for you...for the household. Name a quality she has and tell her how much you love that part of her. Tell her how attracted you are to her. You are, you know. (Ignore the less attractive parts...you know energy follows attention so focus on the positive.) Ask: "Are there things you would like to be**

appreciated for that I may have missed?"

4. Replace your anger with compassion. I know being criticized or disrespected is infuriating. But anger is a deadly strategy. I have asked many women and I am now certain that male anger or rage is the number one turn off for our Partners. Do something with your anger until you can transform it into compassion for your Partner. And, remember, silence is most likely to be interpreted as anger. Ask: "Are you ever afraid of my anger? What can I do to make you feel safer with me?"

5. Support her. Let her know you have her back...that you will protect her feelings with understanding. Again, it is not advice but it is support. There's a big difference. Even when you disagree with her view of things, she will not relent until she feels supported. Ask: "Are there ways I could better show my support for you?"

I know these are tough questions to ask. Especially when we guys are not feeling vindicated ourselves. But, trust me, any effort to do any of these five behaviors will result in magic.

Let me know how it goes!

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**

**October 10-12, 2014 Frederick, MD**

**November 7-9, 2014, Frederick, MD**

**December 5-7, Frederick, MD**

### **Next Step Workshop**

**November 15-16, Frederick, MD**

QUOTES OF THE MONTH

**Harmony with land is like harmony with a friend; you cannot cherish his right hand and chop off his left.  
Aldo Leopold**

**Friends... they cherish one another's hopes. They are kind to one another's dreams. Henry David Thoreau**

**If you're lucky enough to still have grandparents, visit them, cherish them and celebrate them while you can.  
Regina Brett**

**Cherish all your happy moments; they make a fine cushion for old age. Booth Tarkington**

**"To share is precious, pure and fair. Don't play with something you should cherish for life. Don't you wanna care, ain't it lonely out there?" Marvin Gaye**

**"Let us find someone who will never break our heart, who will always be there for us, who will make us happy all the time, who will respect, love and cherish us in everything, and we can't go far in the search because such personality is within us, not in the world we are living now!" Michael Bassey Johnson**

**Cherish your human connections - your relationships with friends and family. Barbara Bush**

**Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements. Napoleon Hill**

**Cherish forever what makes you unique, 'cuz you're really a yawn if it goes. Bette Midler**

**For in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's futures. And we are all mortal. John F. Kennedy**

**Today a new sun rises for me; everything lives, everything is animated, everything seems to speak to me of my passion, everything invites me to cherish it.  
Ninon de L'Enclos**

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

**Sincerely,**

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

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