



Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes

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Dear Friends,

We are nearing the end of another year and it seems so trite to say "where did the time go?" or "can you believe the holidays are almost here?"

In spite of the hype that comes with the season, and all of the shopping and stress and the spending (!) we love to savor the little things from 2014: special times with family and friends, the events that caused us to laugh, to cry and that will be etched in our memory forever, the kindness of a partner, the smile from a child, the unconditional acceptance from an unexpected source. But most of all, Thanksgiving reminds us of the gratitude we have that you are in our lives. We appreciate the support and caring, the questions and challenges and the honor you have given us to be part of your lives. We take this honor seriously and with gratitude, wish you a wonderful Thanksgiving season.

As always, if you need us, just call.

Donna and David

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NOVEMBER 2014: "What is Zero Negativity?"

Some of you may have heard of the latest concept in Imago known as Zero Negativity. Harville Hendrix and Helen Hunt have been promoting this concept for several years. He

recently referred to ZN as the "heart of the theory and practice of Imago."

As we often do, our group of certified Imago coaches and therapists has taken our "leader" to task on this concept. "Are you whitewashing any conflict?" "Are you saying there is no place for negative feelings or protest of things that just aren't right?"

I, too, have been critical of a concept that uses a negative word and the number zero to communicate a thought intended to convey the best of human consciousness and relational maturity. However, let me explain what I think he means. And, I will do my best to make this practical and easily understood.

I think Zero Negativity means that when we negate Another, whether it be our Partner, our Kids or anyone else, we not only diminish them and us, but also diminish the positive power of the relationship for our growth and healing. Negation is shaming, blaming, criticizing, or any other method to highlight the adaptations (brilliant as they were as children) and faults of Another. Imago is about seeking, honoring, and celebrating Abundance, Joy and Essence...in our Partner and in Ourselves.

Every major religion in history has discouraged negating, abusing, and terrorizing others. At the same time, every major religion has encouraged the emergence of the Essence of the individual and the relationship with the neighbor. The Master Teacher of my own faith tradition cleverly said "Be not so concerned about the speck in your Partner's eye, when you are sitting there with a log in your own eye." (OK, that was close to what he said!)

This Teacher also said "Be angry, but do not sin." What a curious phrase! It seems to say negative feelings and thoughts are perfectly natural and ok. It's what you might do with

them that causes harm and discord.

(As always, I welcome your responses and challenges to my monthly musings.)

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 5-7, 2014 Frederick, MD

January 9-11, 2015 Frederick, MD

February 20-22, 2015 Frederick, MD

Next Step Workshop

March 7-8, 2015 Frederick, MD

QUOTES OF THE MONTH

Anonymous

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!

I hate turkeys. If you stand in the meat section at the grocery store long enough, you start to get mad at turkeys. There's turkey ham, turkey bologna, turkey pastrami. Some one needs to tell the turkey, 'man, just be yourself. Mitch Hedberg

Turkey: A large bird whose flesh, when eaten on certain religious anniversaries has the

peculiar property of attesting piety and gratitude. Ambrose Bierce, The Devil's Dictionary

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. Oprah Winfrey

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie. Jim Davis

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

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse. Henry Van Dyke

You may have heard of Black Friday and Cyber Monday. There's another day you might want to know about: Giving Tuesday. The idea is pretty straightforward. On the Tuesday after Thanksgiving, shoppers take a break from their gift-buying and donate what they can to charity. Bill Gates

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

Sincerely,

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

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