



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #71**  
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**Dear Friends,**

Here is hoping that you are staying well and warm! I can't resist spending a lot more time by the fire, looking out at a winter wonderland and a lot less time being "busy!" How about you? Does the weather have anything to do with your good or bad mood? Your patience with your partner or children? Stay healthy both in mind and spirit: before you know it, we will be experiencing spring along with all of it's glories!

I hope this Thought helps to give you an opportunity to think about expectations, yours as well as what you think are the expectations of others. Take my challenge and drop your expectations! Be prepared to be surprised!

As always, if you need us, just call.

Donna and David

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### **FEBRUARY 2015: "The End of Expectations: The Beginning of Real Intimacy"**

When we shared this concept about expectations at our workshop last weekend, you could feel the world stopping for our 18 participants. To drop your expectations just feels impossible, counter-intuitive, and not even desirable. I could almost hear the "yes, buts" forming in people's minds.

**Let me make the case for dropping expectations.**

**Intimacy (or Into Me See), as I like to think of it, has one requirement. That requirement is SAFETY. We can have many things in a relationship without feeling safe, but intimacy is not one of them.**

**Safety is born out of unconditional love. Unconditional love means.....well.....no conditions. We could substitute the word expectations for conditions. There can be no conditions for intimate relationships.**

**This is different than the relationship of parenting or coaching a team. Expectations in these realms are needed to shape and help people learn and become. These are hierarchical relationships in which one has information about the other that the other needs.**

**In the non-hierarchical relationship of adult intimacy, there is no need for shaping or expectations. My Partner already knows what she needs without me telling her. She even knows what I need in most cases. And any expectations that I hold are likely to be experienced as (guess what...) criticism.**

**Expectations which are unmet lead to anxiety. And trust me...many of your expectations will be unmet. And the resulting anxiety ensues for both the "expectee" as well as the "expected." Now each has all this anxiety to deal with and there is no room for safety and the normal impulses of intimacy, such as empathy, generosity, physical affection, respect, and all the other good things.**

**Now you may be saying to yourself "I don't think I have harmful expectations for my Partner." Good for you! Now, go into a small room by yourself, quiet your mind and enter your heart of hearts for a time. See if there**

are any of those "justified" expectations that you are carrying without actually speaking. Things like 'I expect her to have sex with me' or 'I expect him to be nice to me'. I believe we carry expectations that we don't even know about.

Do me a favor. End all your expectations of your Partner for a week. Accept your Partner for a week **JUST AS THEY ARE**. Tell them what you are doing.

And then watch things change. (And give me a report, please. Thanks)

**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**

**March 20-22, 2015, Frederick, MD**

**May 1-3, 2015, Frederick, MD**

**June 12-14, 2015**

### **Next Step Workshop**

**March 7-8, 2015 Frederick, MD**

#### QUOTES OF THE MONTH

**"Blessed is he who expects nothing, for he shall never be disappointed." Alexander Pope**

**"My expectations were reduced to zero when I was 21. Everything since then has been a bonus." Stephen Hawking**

**"I'm not in this world to live up to your expectations and you're not in this world to live up to mine." Bruce Lee**

**"When you stop expecting people to be perfect, you can like them for who they are."  
Donald Miller**

**"Expectations were like fine pottery. The harder you held them, the more likely they were to crack." Brandon Sanderson**

**"Today expect something good to happen to you no matter what occurred yesterday. Realize the past no longer holds you captive. It can only continue to hurt you if you hold on to it. Let the past go. A simply abundant world awaits. Sarah Ban Breathnach**

**"Holding onto anger is like drinking poison and expecting the other person to die."  
Gautama Buddha**

**Coffee has given me unrealistic expectations of productivity. Anonymous**

**How beautiful it is to stay silent when someone expects you to be enraged.**

**"You are your own worst enemy. If you can learn to stop expecting impossible perfection, in yourself and others, you may find the happiness that has always eluded you." Lisa Kleypas**

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

**Sincerely,**

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

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