



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

Please excuse our Elves! They goofed and re-sent last month's Thought. Did you notice? This one is even better!

It's summertime and we hope the "livin' is easy!" If not exactly easy, maybe at least this is a pleasant time for you and your partner to enjoy time away or a little different routine. You know, something to shake you out of the workaday doldrums and into the joys of a slower time of year.

Donna and I admit to taking more walks, sitting in the sun and listening to the birds enjoy our corner of paradise and spending less time with structure and more time just letting life happen! Why not try to insert a little less "things you have to do" with a few more that you "want/like to do?" Let us know how it worked out. Hopefully you will experience more joy and less stress--we can all use that, right?

As always, if you need us, just call.

Donna and David

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JULY 2015: A Constructive View of an Affair

First, the bad news...an affair is a pretty common occurrence in relationships in our culture. It comes under the category of an

Exit of energy. While we all deal with Exits of one kind or another, the experience of knowing your Partner has shared their physical and/or emotional goodies with another person can be crushing. Life stops for many people and the foundations of trust and goodwill seem to be destroyed for good. An affair is often a devastating crisis in people's lives, and there is much bleeding in the relationship and the family.

Now, the good news...an affair can be dealt with and healed in most relationships. It requires a commitment to consciousness, understanding, honesty, and forgiveness. A seasoned coach can be critical to the navigation of such a delicate process of growth and healing.

And...the better news...most affairs are not an effort to end a marriage or a relationship. Most often an affair is a phenomenon of opportunity. What do I mean? Nobody I've talked to reports deciding one morning to find someone to have an affair with that day. It happens unconsciously over time as a person finds themselves in the presence of another who seems unusually understanding and appealing. Maybe they are flirty. Maybe they laugh at your jokes. Maybe they get you at a deep level you have not experienced for a while. You begin to feel the exhilaration that you once felt with your committed Partner. It feels like you are "in love." What a dilemma! No wonder people will say "I still love my husband/wife but I'm not IN love with them."

Ironically...there's even better news...the Affair provides a critical moment, an important Opportunity for the committed couple to look at what has happened in their relationship. What led to the distance, the disconnection, the "not 'in love'" feeling? What caused the rupture? (Again, it is not what either person expected or wanted when they fell in love and committed to each other.)

And now for the best news...an affair can be a wake-up call. It can be a real summons to re-create a truly loving and vintage relationship. With a serious commitment to:

- * honesty,**
- * ownership,**
- * empathy,**
- * compassion,**
- * courage,**
- * humility,**
- * understanding,**
- * vulnerability,**
- * growth,**
- * change,**
- * unconditional love,**
- * forgiveness, and**
- * willingness to make all things new,**

an affair can be the catalyst for a spectacular transformation in a relationship. People can experience life in a whole new way, with true relational maturity. The relationship can be power-packed and bulletproof.

It is a most joyous experience for Donna and me to help a couple through the ugliest of situations toward a new life of really seeing each other and being truly, consciously connected, perhaps for the first time.

(I know my readers may cite many situations of affairs which do not fall into the constructive thoughts I have shared. Most of us have been touched by an affair that was sad and even tragic, whether it be our own life, or our caretakers, or just our friends.)

If you know a couple who are trying to make sense of an affair, have them contact us. There is no better approach than Imago for true recovery.

As always, I love your feedback.

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

August 28-30, 2015, Frederick, MD

October 2-4, 2015, Frederick, MD

November 6-8, 2015, Frederick, MD

Next Step Workshop

September 19-20 Frederick, MD

QUOTES OF THE MONTH

**A perfect summer day is when the sun is
shining, the breeze is blowing, the birds are
singing, and the lawn mower is broken. James
Dent**

**If a June night could talk, it would probably
boast it invented romance. Bern Williams**

**There shall be eternal summer in the grateful
heart. Celia Thaxter**

**The summer night is like a perfection of
thought. Wallace Stevens**

**In summer, the song sings itself. William
Carlos Williams**

**Deep summer is when laziness finds
respectability. Sam Keen**

**Rest is not idleness, and to lie sometimes on
the grass under the trees on a summer's day,
listening to the murmur of water, or watching
the clouds float across the blue sky, is by no
means waste of time. John Lubbock,
"Recreation," The Use of Life, 1894**

Each fairy breath of summer, as it blows with loveliness, inspires the blushing rose. Author Unknown

Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world. Ada Louise Huxtable

Summer-induced stupidity. That was the diagnosis, I decided as I made my way up the dirt path in the pouring rain. Aimee Friedman, Sea Change

What good is the warmth of summer, without the cold of winter to give it sweetness. John Steinbeck

Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you. Erma Bombeck

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

Sincerely,

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

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