



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

The holiday season is upon us! It seems that it was just summer and now we are thinking about spooks and goblins (or is this passe and now it is zombies?) Thanksgiving travel, holiday gifts and holiday stress. Whatever your proclivity, even if it is just about all of the excuses to eat: candy, warm breads and cookies, pies, cupcakes that look like clowns, hay stacks---watch out! You are bites away from not being able to fit in your favorite pair of pants and moments away from a stress overload!

The holiday season, which starts earlier and earlier each year with more and more STUFF, sets many of us off into a stressful mode. Even scarier than zombies is the sense that we are so busy and overwhelmed with the "shoulds" that will make things "perfect" we lose sight of the here-and-now and risk losing touch with those closest to us. Our children don't need another party, they need time with us! Our partner doesn't need a new to-do list for holiday tasks, he or she needs you! I hope this Thought on intimacy will help you in the next "scary" few months!

As always, if you need us, just call.

Donna and David

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OCTOBER 2015: The Terror of

Intimacy

Here's what happens! We fall head over heels for this person who is the answer to all of our relational needs.

She laughs at my humor. She actually respects me at a deep level. She is so sexy and also sexual. It's almost too good to be true...someone who finishes my sentences, wants to play golf, earns her own way, and is ready for sex constantly.

He loves his family. He's tender with me. He wants to please me always. I am number one in his heart. I have never been in a relationship with a more loving man.

Sounds great. It is a warm and gushing feeling to fall in love. It meets a primal need for warm connection. (So does buying a rabbit for a pet. And we all know how that turns out!)

Falling in love is a phenomenon that leads us to permanence and intimacy. Here is where the terror comes in. Perhaps this is why, for the first time, more adults are unmarried in our country than are married.

I am completely serious when I say we have to step into the "terror of intimacy" to have a really powerful relationship. Remember, Intimacy is "Into Me See", which our mentor, Hedy Schleifer, taught us.

There are great risks in being intimate; in being willing for another to see into me completely. I sure as heck didn't risk that in my growing up. Did any of you? Not many, I bet.

Let's consider the risks of being in an intimate relationship:

1. There's the risk of commitment. What if it's like Heidi Klum says on Project Runway (yes, Donna makes me watch it) about the

world of fashion, " One day you're in, and the next day you're out!" What if one day my partner decides "You're out?"

2. There's the risk that life will be unfair; that my partner will have it better than me; that their needs will somehow carry the day and not mine.

3. There's the risk that one or both of us will fulfill the great Righteous Brothers song "You've lost that loving feeling." What then?

4. There's the risk of unforeseen change: our partner could get sick or die, or want to change career or location, or get fat, or have an affair.

5. The risk of separateness. In romantic love we are symbiotic: I like pizza and he likes pizza. Isn't life wonderful! I now see more ways Donna and I are different than ever before. It takes courage to be separate and intimately connected.

6. There's the risk of discipline. We cannot be in a relationship and just act any old way we wish. We have to reign in some selfish behaviors for the sake of our partner's well-being and healing. (e.g. slurping coffee, being a slob, etc.)

There are probably many more risks inherent in intimacy. What this suggests is that our relationship takes great faith and the courage to live in that faith. It may be the hardest thing we will ever do.

Please let me know what you think and share any other "risks" you think of.

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

November 6-8, 2015, Frederick, MD

December 4-6, 2015, Frederick, MD

January 8-10, 2016, Frederick, MD

Next Step Workshops

April 23-24, 2016

QUOTES OF THE MONTH

Appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder and even ecstasy, however stale these experiences may have become to others. Abraham Maslow

Life isn't measured by the number of breaths you take, but by the number of moments that take your breath away. Anonymous

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation. Brian Tracy

Life doesn't have any hands, but it can sure give you a slap sometimes. Anonymous

What we think, we become. All that we are arises with our thoughts. With our thoughts, we make the world. The Buddha

A careless word may kindle strife; A cruel word may wreck a life; A timely word may level stress; A loving word may heal and bless. Unknown

Life in abundance comes only through great love. Elbert Hubbard

**The struggle ends when the gratitude begins.
Neale Donald Walsch**

**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**

**The thankful receiver bears a plentiful
harvest. William Blake**

**Learn to: Have fun without drinking, Talk
without a cellphone, Dream without drugs,
Smile without selfies, and Love without
conditions. Unknown**

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

Sincerely,

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

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