



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #82**  
**February 2016**

**Dear Friends,**

**It's Leap Year! What a fun concept to celebrate a once-every-four-year-spectacular. Well maybe not spectacular since we are really shy a few days this month and most of us feel that there are not enough hours in the day, days in the week, weeks...well you get the picture.**

**Personally, we are taking a one day holiday on February 29. Why not make your own holiday? Your own special event? We plan to sleep late, eat a bit too much and relax just enough to qualify as a holiday! Let us know if you took advantage of the 1st Annual Connecting Couples' Leap Year Frivolities.**

**This Thought explores the reasons that "For Better or For Worse" is not the salvo we thought it is...Let us know what you think!**

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

**Donna and David**

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FEBRUARY 2016:"For Better or For Worse"

**We all know this phrase. It has been a part of traditional wedding vows for as long as I can remember. We all enjoy the "better"....the good times, the romance, the kids, the family trips. What about the "worse?" Funny how we never spell out the "worse" part, or make plans as to how to**

**navigate the "worse" within the vows and the covenant we are making.**

**After all, it is a wedding; that social phenomenon where we spend huge amounts of money and ask people to travel great distances to wear their finest clothes to celebrate with us the fantasy that we will be forever happy together. We all tend to buy into the notion that the relationship will always be as exciting and joyous as the wedding day. Maybe that is why couples don't really use "for better or for worse" much anymore. Maybe this is why people drink a lot at weddings. Perhaps we are anesthetizing ourselves from the fact that this marriage has a 50% chance of ending in bitterness and devastation to all involved.**

**But a marriage is different than a wedding. There is no "worse" in a wedding. Even the food is sumptuous and the booze is high quality. There is lots of "worse" in a marriage (or committed relationship.) Even the best relationships have their "worse" moments.**

**"He turns out to be somewhat of a slob. How could I have missed that?"**

**"When did she become so critical? I can never do anything right anymore."**

**"I had no idea his career would take so much of his time or energy."**

**"What happened to spontaneous sex?"**

**"What happened to sex, period?"**

**"All we have time for is the kids."**

**"He never follows through on anything. I can't count on him."**

**Maybe the "worse" is even "worse"**

**"She is drinking a lot more than seems normal."**

**"I think he may be having an affair."**

**"I feel bad but I'm not that attracted to her anymore. All that weight she put on!"**

**"We can't communicate anymore. All we do is fight."**

**Or maybe it's "worse" than "worse"**

**"If he doesn't get help, I'm out of here."**

**"I don't want to do this anymore!"**

**"We need to separate for a while."**

**"She has a mental disorder. Our marriage is over."**

**OK. The most radical idea in Imagoland is the one I like the best. It is summed up nicely in the title of one of the chapters in *Making Marriage Simple*, the newest book by Harville and Helen. It goes like this:**

**"Incompatibility is Grounds for Marriage".**

**Yes, it is truly a radical idea: that the "worse" that is referred to in the traditional vow is actually proof that not only are we in the right relationship if we have conflict, but that the "worse" gives us a chance to rise to a new level of being.**

**To experience love without conditions or expectations.**

**To experience life where we are responsible for our own actions and results and not someone else.**

**To learn compassion for someone who has shortcomings.**

**To live without being a victim.**

**To learn that we don't have to change another to be deeply connected to them.**

**To learn kindness and humility.**

**To practice patience and to experience the freedom of not insisting on our own way.**

**To have the joy of extending ourselves for the sake of another.**

**To have the ultimate satisfaction of living in vintage love where we will grow old with**

**our very flawed and exasperating partner,  
who is learning to grow old with us.**

**"For better or for worse" The "better" is a  
bonus. But the "worse" is also a gift!**

**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**

**April 1-3, 2016, Frederick, MD**

**May 20-22, 2016, Frederick, MD**

**June 17-19, 2016, Frederick, MD**

## **Next Step Workshops**

**April 23-24, 2016**

**September 24-25, 2016**

## **QUOTES OF THE MONTH**

**"Where there is love there is life." Mahatma  
Gandhi**

**"To be fully seen by somebody, then, and be  
loved anyhow-this is a human offering that  
can border on miraculous." Elizabeth Gilbert,  
Committed: A Skeptic Makes Peace with  
Marriage**

**"If I get married, I want to be very married."  
Audrey Hepburn**

**"I love you without knowing how, or when, or  
from where. I love you simply, without  
problems or pride: I love you in this way  
because I do not know any other way of  
loving but this, in which there is no I or you,  
so intimate that your hand upon my chest is  
my hand, so intimate then when I fall asleep**

**your eyes close." Pablo Neruda**

**"You know you're in love when you can't fall asleep because reality is finally better than your dreams." Dr. Seuss**

**"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope." Maya Angelou**

**"A successful marriage requires falling in love many times, always with the same person." Mignon McLaughlin**

**"I am nothing special, of this I am sure. I am a common man with common thoughts and I've led a common life. There are no monuments dedicated to me and my name will soon be forgotten, but I've loved another with all my heart and soul, and to me, this has always been enough." Nicholas Sparks,**

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

**Sincerely,**

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

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