



Thought of the Month News and Notes

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Dear Friends,

They say Memorial Day is the official beginning of summer. It doesn't feel like it weather-wise to us but admittedly, we are seeing flip flops lined up by the door, dusting off the beach cooler and once again, ignoring the "get in shape for summer" articles! Now THIS article, this Thought, is much easier to digest and to take action upon. We hope you agree. Let us know what you think!

As always, if you need us, just call.

Donna and David

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MAY 2016: "Your Relationship Bank Account"

How would you like to be in possession of a bank account where you could make a deposit anytime you wanted using an unlimited supply of resources that you alone possess? Pretty neat, huh?

We all have exactly that kind of bank account. It is called a relationship. We can improve, no, create the kind of relationship we want by making deposits regularly into the relationship bank account. We each have that much power. We are all 100 % responsible 100% of the time for our

part in the relationship.

But what if my partner is acting like a #&%+ and does not seem interested in improving things? No matter. The bank account can be replenished by either partner, but if your partner is low on resources it is still to your strategic advantage to add positive deposits rather than to withhold them or to make withdrawals. (I know this is not our natural instinct. But intimate relationships are hard to achieve, and sometimes we need supernatural or counter- instinctive measures to make it work. It may call for generosity and even sacrifice. So what? We sacrifice to get a degree, or to lose weight. Whoever told you that terms like "going the second mile" and "sacrifice" and "stretching" should not be required to acquire something so precious as a successful loving relationship?)

I want to offer three simple ways you can make the space between you move to a more positive level.

1. Express appreciations to your partner. You can single-handedly improve things in any relationship by actively expressing 3-5 appreciations for your partner each day. (I know, you are not feeling appreciative because of the way your partner is treating you. What if you stayed home from work anytime you didn't feel like going? What if you didn't pay your taxes because you didn't feel like it?) Pick some aspect of your life that you can honestly appreciate and see what happens.

2. Practice courtesy. Nothing special; just the same kind of courtesy that you would offer your colleagues or a stranger for that matter. I like to tell people to treat their partner at least as well as you treat your dog.

3. Learn to cherish your partner. Make a

search-and-discover mission to get really clear about how your partner might feel cherished. Many women feel cherished when their partner "really" listens to them or does some act of service like cleaning up in the kitchen or cooking a meal. Many men feel cherished when their partner shows them affection or expresses some word of respect or affirmation. For help with this, see "The Five Love languages" by Gary Chapman. It was Gandhi who said "You must be the change you want to see". Start making new positive deposits in your relationship space and watch what happens.

As always I welcome any 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

June 17-19, 2016, Frederick, MD

July 15-17, 2016, Frederick, MD

August 26-28, 2016, Frederick, MD

Next Step Workshops

September 24-25, 2016

QUOTES OF THE MONTH

We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it. John Lennon

"If one synchronized swimmer drowns, do all the rest have to drown too? Steven Wright

**Care is a state in which something does matter; it is the source of human tenderness.
Rollo May**

"That awkward moment when you write a super long, heartfelt note in someone's yearbook and they write 'Have a Great Summer!!'"

"Summer is the season when a man thinks he can cook better on an outdoor grill than his wife can on an indoor stove"

But let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of love: let it rather be a moving sea between the shores of your souls. Khalil Gibran

"A lot of parents pack up their troubles and send them off to summer camp." Raymond Duncan

Truth is everybody is going to hurt you: you just gotta find the ones worth suffering for. Bob Marley

Never above you. Never below you. Always beside you. Walter Winchell

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

Sincerely,

**David and Donna Bowman
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