



Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

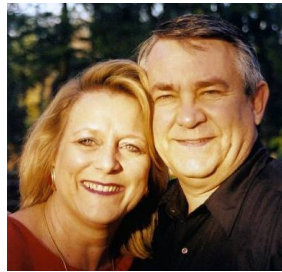
[LaSplash online
magazine](#)

[Be Sure to "Like" Us
on Facebook!](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #95
April 2017



Dear Friends,

What a joy to have spring again! We love the warmth of the sun on our faces and dry, clear paths to walk together, holding hands and just letting conversation flow, or not. Somehow we appreciate nature more when we have been forced to stay indoors. And, those slow meandering walks help us to preserve the belief that we are exercising!

This Thought might challenge a previous held belief that all jealousy is bad. Read on and let me know what you think.

[Be Sure to "Like" Us on Facebook!](#)

Keep in touch!

David (and Donna)

APRIL: Use Jealousy to Enhance Your Relationship

We usually think of jealousy as a bad thing in relationships. It creates suspicion and mistrust. We think of the jealous person as

one who is weak and insecure. It promotes disconnection and rupture.

What if there was another use for the term jealous? Just like the God of the Hebrews in the Old Testament is described over and over as a jealous God. It meant that God was very protective of the covenant with his people. That anything that came in between that mutual covenant (e.g. idols, false gods) was to be avoided.

What if a couple learned to jealously guard their relationship against exits and outside intrusions? What if a couple envisioned their relationship with a strong boundary around just the two of them?

I encourage couples toward this kind of jealous behavior. No encouragement like this was necessary in the romantic stage. A couple falling in love will say no to anything that does not promote their hormone enhanced experience. But things change as the "drugs" wear off, and the business of living comes to the fore. Time is occupied with making a career, building a house, dealing with extended family, raising children.

It is a stretch to continue to cherish the couple relationship above all else. We feel pushes and pulls in all kinds of directions. And yet this is exactly what is needed. It gets especially sticky when it comes to children.

I tell couples that the very best thing they can do for their kids is to do the Imago work in their own relationship. The kids will be the great benefactors, even if they don't name it or show it immediately. I've never had a client complain that their parents spent too much time nurturing their marriage.

So I encourage you to be bold in jealously defending your intimate relationship against

all outside threats, including children and their needs.

Terrence Real in his book, *The New Rules of Marriage*, has a wonderful final chapter on how to cherish your relationship by reclaiming your rights to have romantic time, to share just with each other

Your comments are always appreciated.

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

May 5-7, Frederick, MD

June 16-18, Frederick, MD

July 21-23, Frederick, MD

Next Step Workshop

September 9-10, Frederick, MD

QUOTES OF THE MONTH

We all have baggage, find someone who loves you enough to help you unpack.

Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves. Albert Einstein

I love being married. It's so great to find that one special person you want to annoy for the rest of your life. Rita Rudner

All you need is love. But a little chocolate now and then doesn't hurt. Charles M. Schulz

I love you so much I'd fight a bear for you.

Well not a grizzly bear because they have claws, and not a panda bear because they know Kung Fu... But a care bear, I'd definitely fight a care bear for you. Anonymous

He grabbed her hand and held it tightly, and she thought, "he loves me!" And he thought, "wow this sidewalk is icy!" Anonymous

Forget the butterflies, I feel the entire zoo in my stomach when I'm with you. Anonymous

I looked into my wallet and it was empty, I looked through all my pockets and they were all empty. Then I looked into my heart and I found you, and only then I figured out how rich I was. Anonymous

Beer is proof God Loves us and wants us to be happy. Anonymous

Some relationships are like Tom and Jerry, they argue and disagree all the time, but they still can't live without each other. Anonymous

The most important four words for a successful marriage: 'I'll do the dishes.' Anonymous

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

Sincerely,

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

Bowman & Associates, PA, 7823 Chestnut Grove Road, Frederick, MD 21701

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@connectingcouples.net in collaboration with

Constant Contact 

Try it free today

