



Connecting
Couples

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Thought of the Month News and Notes

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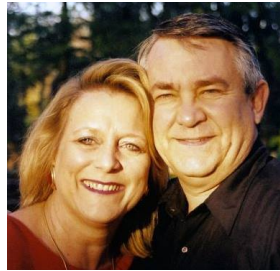
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Dear Friends,

Communication! How many times a day do we hear this word used in some context: at work, on sports teams, between teens and parents, and most importantly, with couples? We all feel we are experts and ANYONE would be able to decipher the meaning of our communication, right? Once you attended the Getting the Love You Want workshop, you realized that communication, real communication is not easy! This Thought is a challenge and an invitation to you...hone those acquired communication skills, build on them and freshen your relationship at the same time. Please read on....

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Keep in touch!

David (and Donna)

**JULY: An Invitation: "The Next Step,
Overcoming Reactivity"**

This month we want to make an appeal to those couples who have benefitted from the

basic "Getting the Love You Want" workshop. (Which according to evaluations is virtually every couple.)

We created "The Next Step..." weekend to meet several strands of feedback we were hearing. One was the common concern that goes like this, "We learned a lot in the first workshop but when we get reactive with each other we still do not seem to know how to calm our relationship using the dialogue." A more general and similar concern goes like this, "We started out really well after the weekend, but we gradually slipped back into old habits and lost ground".

We felt compelled to come up with a shorter (two day) workshop that would help couples get "over the hump" in feeling confident in building a safe and lasting relationship of consciousness and satisfaction.

According to the following feedback after participating in our workshop, "The Next Step: Overcoming Reactivity," I think we have succeeded:

"This was exactly what we needed to build on the tools we learned in the first workshop. We were challenged to grow and heal and learn more, dig deeper, and work on our own stories and our story as a couple." KK

"I liked the workshop very much. I thought it was more relaxed than the first weekend but also very challenging and a great follow up. Thank you!" JB

"After 34 years of a good marriage, this workshop has given us the hope and the tools to make it a transformational marriage full of depth and passion." EK

"My amygdala feels better ..."GS

"...An extremely warm, safe environment during which couples have the capacity to

completely revolutionize their relationships. For couples in crisis, this can be life-changing. For those in a good marriage that need a boost of energy, or for those who simply want to love their partner in the deepest, most meaningful way possible, this workshop is incredibly valuable." CH

Donna and I simply want to appeal to some of you who are still hurting, who learned some things but need a refresher, who have found reactivity creeping back in...or maybe rushing back in. This is for those of you who are "believers" and may still need some reminders, review, and/or more.

You deserve to have a joyful and fully alive relationship. And we can help with that! Remember the feelings you had when you left the first workshop Sunday afternoon....hopeful, empowered, connected? Those are still available and still very real. You may just need a "refresher/tune-up." I know that when we went skiing for the first time I was intrigued by this new physical experience. I could see how it could be exhilarating. But you know what? I had to go back a second time to really feel like I could be a skier and to really feel satisfaction in the effort. I think this Imago work is similar.

A one-time experience provides the introduction/foundation but many still need a follow-up. "The Next Step..." weekend is more informal, more relaxed, more fun, and more effective in some ways in solidifying Imago concepts and tools. And it is a cool reunion with us, with others and with your own relationship.

Please call or email us to enroll for "The Next Step..." weekend September 9-10 or December 2-3. When our room is full we will cut off registrations.

Email us at info@connectingcouples.net or call (301-404-7711) to discuss the weekend

or any questions/concerns you may have.

We want to be there for you, our huge base of Imago believers...all the couples who are working to heal the Planet!

Have a great connection!

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 25-27, Frederick, MD

October 13-15, Frederick, MD

November 10-12, Frederick, MD

Next Step Workshop

September 9-10, Frederick, MD

December 2-3, Frederick, MD

QUOTES OF THE MONTH

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.
Tony Robbins

Communication leads to community, that is, to understanding, intimacy and mutual valuing. Rollo May

The most important thing in communication is hearing what isn't said. Peter Drucker

We have two ears and one mouth so that we can listen twice as much as we speak.
Epictetus

Don't tell me the moon is shining; show me the glint of light on broken glass. Anton Chekhov

Write drunk; edit sober. Ernest Hemmingway

Science may never come up with a better office communication system than the coffee break. Earl Wilson

Of all of our inventions for mass communication, pictures still speak the most universally understood language. Walt Disney

When I'm bored, I send a text to a random number saying, "I hid the body... now what?"

Fill your paper with the breathings of your heart. William Wordsworth

I believe more in the scissors than I do in the pencil. Truman Capote

I always wanted to be somebody. Now I realize I should have been more specific. Lily Tomlin

The more articulate one is, the more dangerous words become. May Sarton

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

Sincerely,

**David and Donna Bowman
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