



Connecting Couples

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

Thought of the Month News and Notes

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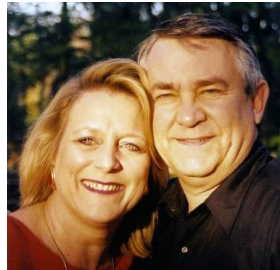
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Dear Friends,

Welcome to a brand, new, crazy, cold (or hot in the west) 2018! My business partner and I, (okay, Donna and I) had a tiny, little retreat recently to plan for this momentous year. We get so excited about the possibility of meeting new couples, of planning workshops and adding to the many ways we have of making relationships better.

Sharing is caring and sharing is what we do! We pull together ideas and techniques that have proven to work and improve communications with every kind of couple. If you think your relationship is struggling with an issue we've never heard before, you may be wrong. We have heard a lot in the years of helping couples, giving Parenting workshops and in riding the roller coaster of our own issues (and those our loved ones.) We can help! Let us know what YOU and YOUR partner need.

This month we are holding our favorite workshop on parenting. If you haven't been to one and have children in your lives, I highly encourage you to join us! It may not be too late to register, call me if you are interested 301-404-7711.

Let me know if you have any questions.

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Keep in touch!

David (and Donna)

**JANUARY:
How to Improve Your Relationship
(In 5 not-so-easy steps)**

Sometimes I am asked, "What are your best tips for having a successful intimate relationship?" The following are my best ideas for actionable things anyone can do with a little preparation and meditation.

- 1. Remove criticism and name calling and negativity of any kind from your relationship. You can have negative feelings about anything without being negative or ugly in your reaction. Your partner and family should be the last people you hurt.**
- 2. Find a way to tell your partner each day how important they are to you. Do this even if you are in a bad space with each other.**
- 3. Make an appointment and ask for a visit for any item that could be conflictual. Do not run from conflict but handle it strategically and respectfully.**
- 4. Share at least one specific appreciation each day for your partner.**

5. Make some physical connection with your partner each day. A fifteen second hug is a good example. Again learn to do this even when things are not so great between you. Learn to drop your pride and offer generosity.

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

February 9-11, 2018, Frederick, MD

March 16-18, 2018, Frederick, MD

May 4-5, 2018, Frederick, MD

Next Step Workshop

April 21-22, 2018, Frederick, MD

Parenting Workshop

February 3-4, 2018, Frederick, MD

QUOTES OF THE MONTH

The best thing to spend on your relationship is time, conversation, understanding, and honesty.

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill. Buddha

Words are, of course, the most powerful drug used by mankind. Rudyard Kipling

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

Epictetus

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

Communication is a skill that you can learn. It's like riding a bicycle or typing. If you're willing to work at it, you can rapidly improve the quality of every part of your life. Brian Tracy

There is only one rule for being a good talker - learn to listen. Christopher Morley

A lasting relationship isn't about marriage. It's about compatibility and communication. And you both need to want it to work. Goldie Hawn

Good communication is as stimulating as black coffee, and just as hard. Anne Spencer

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

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