



Connecting Couples

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

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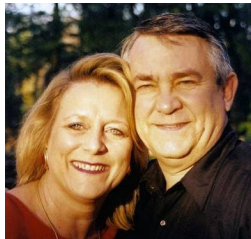
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Dear Friends,

If you happened to notice that this is a June/July Thought, you are more detail oriented than I. Usually I just click and start reading. We had a little glitch this month, one of the major internet providers, which shall remain nameless, suffered a huge problem and service was suspended all over the nation! I am using that excuse PLUS I was in a vacation state of mind and this just got out late. Hopefully you will be waiting for another July Thought....we shall see!

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Keep in touch!

David (and Donna)

JUNE/JULY: THE INTENTIONAL DIALOGUE

The Intentional Dialogue is a wonderful tool for making better connection with our life partner, our children, or anyone who is present in our life. In fact, I think of it as a way of being in connection more than as a tool or technique.

While people are universally astounded at the power of dialogue in the workshop, most folks find it difficult to practice in real life. Let me see if I can help with several tips:

- If your lizards have become activated to the point that you want to inflict some sort of pain/negativity on your partner, then the dialogue will not work. Better to step back, breathe deeply, run around the house, or whatever it takes for you to come back and send or receive a message from the newer part of your brain. I recommend telling your partner something like, "I cannot do this right now safely. Let me make an appointment to come back as soon as possible."

Real dialogue is just a series of visits back and forth to each other's world. If you enter someone's world locked and loaded with anger or too much fear, the visit will do more harm than good! Likewise, if you invite someone into your world but are waiting to jump him/her with negativity, he/she will likely leave and not come back.

- If your partner has already launched into a tirade from the reptilian part of their brain, then it's best to stay present and as calm and silent, (and curious,) as you can. Just contain with silent mirroring. At the end you can validate the outburst with "I get how angry/afraid/disgusted you are." Replace retaliation with presence and connection.

- If you want to have a dialogue with your partner but are afraid they won't listen, then the invitation is all important! "Would you be willing to come into my world for a bit to hear something important to me?" This always beats, "We have to talk!"

- Finally if you are with someone who does not know the dialogue process or refuses to use it, your best bet is to temporarily suspend what you want to say and just enter his/her world for a bit with the mirroring/validating/empathy skills that you know and that you wish he/she would use with you. I call this the "golden rule" of Imago. **DOING FOR ANOTHER**

WHAT YOU WANT THEM TO EVENTUALLY DO FOR YOU.

You'll be surprised how contagious the process is.

David

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

July 20-22, 2018 Frederick, MD

August 24-26, 2018, Frederick, MD

September 28-30, 2018, Frederick, MD

Next Step Workshop

September 15-16, 2018, Frederick, MD

QUOTES OF THE MONTH

Once you have dialogue starting, you know you can break down prejudice. Harvey Milk

Change happens by listening and then starting a dialogue with the people who are doing something you don't believe is right. Jane Goodall

A conversation is a dialogue, not a monologue. That's why there are so few good conversations: due to scarcity, two intelligent talkers seldom meet. Truman Capote

In true dialogue, both sides are willing to change. Nhat Hanh

I knew by heart all the dialogue of James Dean's films; I could watch Rebel Without a Cause a hundred times over. Elvis Presley

Choose the path of dialogue rather than the path of unilateral decisions. Pope Benedict XVI

Real answers need to be found in dialogue and interaction and, yes, our shared human condition. This means being open to one another instead of simply fighting to maintain a prescribed position. Malcolm Boyd

A pas de deux is a dialogue of love. How can there be conversation if one partner is dumb? Rudolf Nureyev

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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