



**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](#)

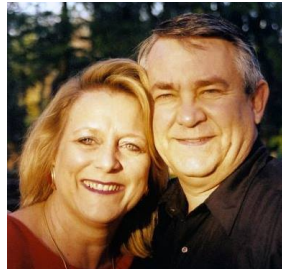
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magazine](#)

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**Issue: #111
July 2018**



Dear Friends,

We hope your summer is going swimmingly...and by that, I hope that you really are swimming! And playing softball and camping and relaxing by the lake or ocean. The best thing for your relationship and your family is to play a little and take time away from your usual setting. If a vacation isn't in the budget, a long drive to a new place, a full cooler of great food and snacks and a sense of adventure. Enjoy! Refresh!

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Keep in touch!

David (and Donna)

**JULY: Be Careful with Your Partner's
Childhood Story**

Donna and I are clear about the value of learning about and developing compassion for your partner's childhood story. The

emphasis on this effort is what often transforms the space and energy in a relationship. It is also what differentiates Imago from other modalities of couples' work.

Now I would like to remind us all to treat our partner's story carefully. It is a sacred story. And the more painful or horrific it is, the more sacred it becomes.

A few pointers:

1. Ask for permission to make any comments or responses that involve your partner's story. Treat it as their private and protected information.

2. As much as you think you know or have heard, resist the temptation to get too far ahead of where your partner is in telling a piece of their story. Better to be a follower here than a leader.

3. Remember that while the story may be utterly disdainful and disgusting to you, it is often a mixed story for your partner. The same caretaker that administers abuse is also the caretaker that is loved in many cases. Temper your rage with an understanding and a validation that the story may well be confusing in many respects for your partner.

4. If you violate the sacred space of the partner's story (no matter what your intention was) just back out and ask for a "do-over" or whatever forgiveness appeal is authentic for you.

I always love your feedback on what I have written here. Also, you have the chance to really deepen and solidify your connection by registering for our "Overcoming Reactivity" workshop on September 15-16.

[CLICK HERE: Overcoming Reactivity Workshop Registration or call at 301-404-7711.](#)

We will look forward to reuniting with some of you.

David

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES COMING UP!

Be sure to watch this space or check our web site for future opportunities.

Overcoming Reactivity (Next Step) Workshop

September 15-16, 2018, Frederick, MD

Getting the Love You Want Workshops

August 24-26, 2018, Frederick, MD

September 28-30, 2018, Frederick, MD

November 2-4, 2018, Frederick, MD

QUOTES OF THE MONTH

"One love, one heart, one destiny." Bob Marley

"All I ever wanted was to reach out and touch another human being not just with my hands but with my heart." Tahereh Mafi, Shatter Me

"We are all different. Don't judge, understand instead." Roy T. Bennett, The Light in the Heart

"If we have no peace, it is because we have

**"forgotten that we belong to each other."
Mother Teresa**

"More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate." Roy T. Bennett, The Light in the Heart

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." Dalai Lama XIV, The Art of Happiness

"Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and it's beauty." Albert Einstein

"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being." John Joseph Powell, The Secret of Staying in Love

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

Sincerely,

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

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