



Connecting  
Couples

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## Thought of the Month News and Notes

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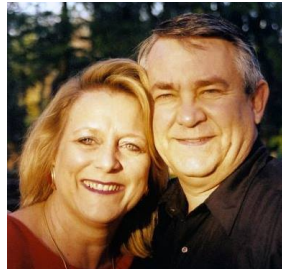
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**Dear Friends,**

**The days seem to be getting a little shorter and the mornings a little darker. I have a feeling that Fall is not too far away, though the weather seems to defy predictability. Speaking of predictability, do some of your conversations and interactions with your partner seem to have a very predictable trajectory? Like, one minute things are going okay and the next, you are insecure, upset and frustrated? If so, read on! I think this Thought might be of help.**

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**Keep in touch!**

**David (and Donna)**

**AUGUST: Love and Respect  
(Our Archetypal Needs)**

**The year is 4,000,000 B.C. Thup is a large burly male who is entering his later years of**

life. He is 32. Thup has been with Amor since they were children. Amor is a female who has borne Thup's offspring and has managed the cave they call home.

Thup comes in around dusk and a familiar scene is played out. He is down and grumpy as the hunt has not gone well for days. When Amor seeks to talk she finds Thup utterly unresponsive. She senses he is irritated with her and asks about what is wrong. She gets no answer and proceeds to tell him about the new variety of fruit she found in the valley. Thup does not share her excitement and Amor begins to feel he is angry with her. He sure seems angry. She begins to cry. Perhaps Thup does not want to be with her anymore. Thup is not sure what she is crying about but is pretty sure she is disgusted with him, maybe for not bringing home any game to go with her fruit. He has no idea what to do so he just goes into his cave (OK.... deeper into his cave.) His woman could never understand the emptiness of a male without game.

After a good cry, Amor decides to think more about Thup. He is a good male and has always provided well for the family. She begins to imagine that maybe he is worried about getting older. Maybe the younger hunters are being more successful. It has been a while since she has noticed his efforts or shared her admiration for him.

She decides to do a strange thing. She goes and finds him. She simply sits beside him... with no words. She puts her hand in his as though to say I understand and I'm here. After a long silence she notices tears streaming down Thup's face. She says nothing, but quietly opens her heart to what his life must be like. Meanwhile Thup feels the relief of realizing that Amor is, in fact, not disgusted with him. She seems warm and

**respectful. And after a while he begins to tell her about the difficulties of the hunt as well as many other worries he has. Amor feels loved, connected and reassured that Thup does not want to leave her.**

**Thup and Amor proceed to have a great evening enjoying the new variety of fruit that she found.**

**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**

**September 28-30, 2018, Frederick, MD**

**November 2-4, 2018, Frederick, MD**

**November 30-December 2, 2018, Frederick, MD**

## **QUOTES OF THE MONTH**

**"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely." Roy T. Bennett, The Light in the Heart**

**"I am fond of pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals." Winston S. Churchill**

**"The truest form of love is how you behave toward someone, not how you feel about them." Steve Hall**

**The happiest people on earth are not those who live on their terms, but those who change their terms for the one whom they love and respect..**

**"I speak to everyone in the same way, whether he is the garbage man or the president of the university." Albert Einstein**

**Treat yourself with love and respect, and you will attract people who show you love and respect**

**If we respect each other, our world will be natural, loving, wonderful and exceptional. love and respect are like fraternal twins in such godly oasis, everyone wins.**

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

**Sincerely,**

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

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