



Connecting
Couples

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Thought of the Month News and Notes

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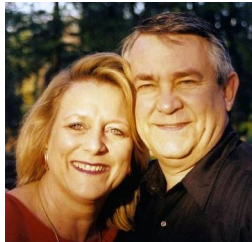
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Dear Friends,

Recently, I met an old friend at a coffee shop. We used to have great talks and enjoyed each other a lot. We were always able to disagree and this time, all I said was "What's Going On, Anyway?" and he immediately knew to what I was referring. We ALL want to know! Read on, I have some ideas.....

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Keep in touch!

David (and Donna)

OCTOBER: What's Going On, Anyway?

Everywhere I go people are asking the question "What is going on?" It's a reasonable question. There are lots of things in our existence around which this question is appropriate.

There is an ever increasing amount of mass shootings in this country. There is a huge increase in anti-Semitic fervor and behavior.

There is meaner political discourse than I ever remember (and I'm fairly old.) Racial, ethnic, and sexual issues have grown increasingly tense.

The current theme seems to be abject suspicion of anyone who is not me, or at least like me (as in a part of my clan.) And people are angry. One side is angry at the leadership of the country, while the other side is angry at the first side's protest. There is no coming together.

Individuals are angry and impatient. I was moving slowly and legally into the lane to go into our local Wegman's the other day, and some guy blared his horn gunning around me almost tearing my bumper off. Boy, was he mad! But, at what? I couldn't have held him up more than a few seconds.

And families are angry. Members of the same family are not speaking to each other for various reasons.

What is going on, anyway? Well, I am that Imago Relationship guy, so I'll take a shot at this question based on what I know.

Many of you know our dog, Ben. He is big and as gentle as he is big. He has a tumor in his mouth. It's sad, but he is still very lovable. The other day I tried to gently see into his mouth to check on the growth. He growled and moved away from me. Had I kept trying, I believe he would have turned vicious...so outside of his nature...and so understandable if he was in pain and scared. He experienced me (his best pal) as a source (or potential source) of pain and a threat to his safety. It occurred to me that this is what's going on in the world.

While Connection is our Essence, and while the ultimate survival of the planet probably hinges individuals staying Connected (see Independence Day) we are experiencing the loss of Connection on a global scale. Some blame it on electronics. Some blame it on the lack of religion or reliance on the wrong religions. Some blame it on the erosion of traditional norms and values. Some blame it on sheer greed and the thirst for power. What does seem clear is that people are

feeling unsafe. And, just like Ben, when we feel unsafe we lose connection...even with our "best pals." We feel disconnected because the world (every experience and everyone in it) becomes about our personal survival.

And, when we feel disconnected, we become anxious and self-absorbed. And then a very critical thing happens. We lose the concept of "the Other." (Remember, our Lizard is only interested in our personal survival, still living in that symbiotic belief that "You must be like me!") "The Other" is no longer a source of comfort or healthy tension for us. "The Other" becomes an object of fear and disdain. Not only do we lose empathy for "the Other" but we develop dire and aggressive strategies to ward off "the Other." Perhaps strategies to even kill off "the Other"...metaphorically or literally.

We then create a story about our world that is a projection of our very worst fears and our deepest desires to survive. We create enemies where there were none. The transgender person is not understood so then is to be feared. The immigrant speaks a different language and all of a sudden is a mortal threat to our "way of life" and must be stopped.

It's all rather silly. Nowhere is this sillier than in intimate relationships where most of our behavior is really about restoring Connection (remember the joyous and infinite flow of connection in the romantic days.) Our frustrations and fights are in protest of feeling disconnected.

I guess I'll just keep on trying to heal the planet one couple at a time.

Warmly,

David

Your responses are always welcomed and appreciated.

Also if you want to:

***Save your marriage...or move from
desperation to hope...or get your partner to***

really listen to you.. or go from constant pain to great relief...or just need a refresher, then please call.

We can do FaceTime/Skype/Zoom for a session or more (Only, if you are not already working with someone. Or, we can work with your therapist in conjunction with a one-time intensive with us.)

You will be surprised at how quickly you might find relief. 301-404-7711

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

November 2-4, 2018, Frederick, MD

November 30-December 2, 2018, Frederick, MD

January 11-13, 2019, Frederick, MD

QUOTES OF THE MONTH

Communication - the human connection - is the key to personal and career success. Paul J. Meyer

Since you cannot do good to all, you are to pay special attention to those who, by the accidents of time, or place, or circumstances, are brought into closer connection with you. Saint Augustine

I think 'The Color Purple' is so bursting with love, the need for connection, the showing of the need for connection around the globe. Alice Walker

People crave comfort, people crave connection, people crave community. Marianne Williamson

The reason 'Hamilton' works is because there is no distance between that story that happened 200-some-odd years ago and now, because it looks like America now. It helps create a connection that wouldn't have been there if it was 20 white guys on stage. Lin-

Manuel Miranda

What most people don't understand is that UFOs are on a cosmic tourist route. That's why they're always seen in Arizona, Scotland, and New Mexico. Another thing to consider is that all three of those destinations are good places to play golf. So there's possibly some connection between aliens and golf. Alice Cooper

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

Sincerely,

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