



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](#)

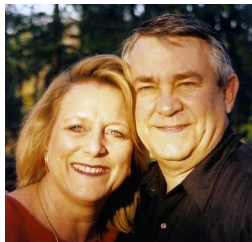
[LaSplash online
magazine](#)

[Be Sure to "Like" Us
on Facebook!](#)

Join Our List

[Join Our Mailing List!](#)

**Issue: #116
December 2018**



Dear Friends,

Donna and I wish you the joys of the season, Christmas, Hanuka, Kwanzaa, Winter Solstice or whatever you celebrate with those you love. For many, the holiday season is difficult as we miss loved ones who are no longer with us as well as other challenges to a "happy" approach to the most "wonderful time of the year." Yes, we know, it isn't so wonderful and it is stressful and challenging for many. If you are having difficulty with your connection to others and need to bounce things off someone, I am here. Please, reach out to me. 301-404-7711.

Last month I shared some secrets about men, this month, I would like to give you insight in how She wants to be cherished.

[Be Sure to "Like" Us on Facebook!](#)

Keep in touch!

David (and Donna)

DECEMBER: Her Need to be

Cherished

I thought it best after talking about what men need last month, to use this month to write about what women need most (I think.) I know I'm like a broken record to some of you, but I really do think women want to be cherished above all else. It occurs to me, though, that we men do not really know what that means. It's vague to us. It sounds right, but HOW?

It's like that scene in "The Break Up" where Jennifer Anniston's character says "Gary, it's not that I want you to do the dishes: it's that I want you to Want to help me with the dishes." Of course, Vince Vaughn's character is completely dumbfounded. This makes no sense to him. And yet the scene is painful because he really does want more than anything for her to be happy with him. Which, as you know by now, is what my research says men want most of all in relationship.

So let's look at the concept of being cherished, which I admit, as a man, is pretty foreign to me. It sounds girly. Do I have to wear an apron? Do I have to discuss my feelings? Do I have to go to the ballet? So let my try and describe what I believe it means for Donna to be cherished by me. (By the way, I don't think she has ever used the word cherished in talking about our marriage.) More confusion for us men. What???? We're supposed to figure something out that has not even been brought up? Gee Whiz!

She wants trust to be paramount. Not the trust that I will be faithful. No. That's a given. She wants me to trust her. That she's so important in my life that I will share my greatest joys and my deepest longings with her. That I will mix it up with her. That I will reveal myself. Intimacy: In To Me See. When a man doesn't say anything, even in conflict, his wife experiences this as hostility. I have needed lessons on being vulnerable. Being cherished is to be trusted by me.

She also needs me to understand her; as in listening to her and not fixing her. Fixing, even with the best of intentions, is

experienced as a put down. Condescending. Not caring. Not understanding. Men like me have this tragic tendency to not understand feelings that I do not feel myself. Being cherished is Donna knowing that her experience is true and valid and that her voice is powerful for me to hear. (And, as Donna has often had to remind me.....she doesn't need a "fix"....she already knows what to do. She just needs to be understood.)

Being cherished is also feeling safe and secure. Yes, physically and financially safe. But way more vital and subtle in the modern world is the emotional safety of feeling an enduring openness and kindness from me. No hidden resentments. A man's anger is not only a turn off for his wife but it scares her right out of connection.

And, also being cherished is her knowing that I choose her above all others. Even above all else. She needs to know that I am thinking of her. That she is at the top of my awareness. That I will stop everything for her if need be. That I will stretch out of my comfort zone for her, even to the minute level of remembering dates (especially, her birthday...my bad) and appointments. Of keeping enough gas in the car (our own inside story.) That I have a real sense of who she is and what she is up against and that I honor that deeply.

These are some of my musings about what it means for a woman to feel cherished.

Note to men: I wrote a booklet called "How to become an irresistible husband: A man's playbook". Let me know if you'd like me to send it.

Remember, Donna and I are open to intensive sessions with one or both of us to assist you in your journey. We also do Face Time for couples who would like that convenience.

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

January 11-13, 2019, Frederick, MD

February 8-10, 2019, Frederick, MD

March 8-10, 2019, Frederick, MD

QUOTES OF THE MONTH

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice. Dave Barry

There's something about a holiday that isn't all about how much money you spend. Hilarie Burton

A holiday is an opportunity to journey within. It is also a chance to chill, to relax. It is when I switch on my rest mode. Prabhas

Sharing the holiday with other people, and feeling that you're giving of yourself, gets you past all the commercialism. Caroline Kennedy

If it's not messy and it doesn't drip over the sides, it's not a holiday hot chocolate -it's just an average hot chocolate. Alex Guarnaschelli

A summary of every Jewish holiday: They tried to kill us, we won, let's eat! Alan King

'A Christmas Story' has become such a special part of the holiday season for so many families. Peter Billingsley

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

Sincerely,

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