



Connecting
Couples

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Thought of the Month News and Notes

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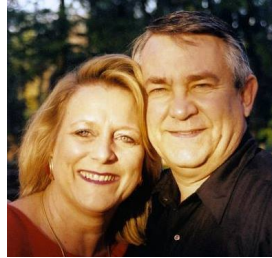
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Dear Friends,

We were running to catch up with you with the Thought of the Month, when we realized that the pesky, SHORT, month of February was about to pass the baton to March. I try to remind myself to get these inspirations early in the month but my usual issue is that you all inspire me with many, many ideas. I am so blessed to be on your journey with you, and each day I see new issues and situations that inspire new thoughts.

I love the message in this Thought, Do 5 Kind Things, and though we missed Valentine's Day with this one, tomorrow or the next day could be Valentine's Day all over again. Try this and see what joy and love will ensue. Oh, and share with me, please!

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Keep in touch!

David (and Donna)

FEBRUARY: Do 5 Kind Things

I have a very practical and old fashioned sounding idea this month. It is intended for

those of you who have a relatively safe and connected relationship as well as those of you who live in a state of tension with each other.

I am suggesting that each of you develop a plan for yourself and that you keep it to yourself. The plan is to do 5 nice things for your partner each day. This will be a conscious but informal commitment of growth for yourself. It could be an appreciation for some behavior or trait. It could be a thoughtful act such as getting your partner a coffee or washing their car. It could be a generous act of just listening to your partner without response or reactivity or watching the kids while your partner goes for some private time. It could be sending a loving text or even a full love letter. It could be initiating some physical affection out of the blue. It could be giving a surprise gift such as a favorite meal or a concert.

You pick the behavior that suits your life. The reason to keep it to yourself is to keep the exercise pure, with no strings or return expectations attached.

For those in calm relationships this may seem unnecessary. Do it anyway. See how your space changes.

For those in troubled or stressful relationships, this suggestion may seem out of place, or just down right stupid. He already treats me so awful, and you want me to be nice to him? Yes.

She will think I want something from her like sex. She may even think I'm having an affair. This would be so out of character for me. That's right. That's the power of the suggestion.

Outrageous acts of kindness can shake things up. They can shift the balance. They can make us feel better about ourselves. They can even change our character. I heard the story of a flight attendant who

had a colleague that received a huge monetary gift from a traveler just for being nice to this man. She reports that she decided to start being extra nice to passengers in hopes of receiving such a gift. Over time, she says, while never getting any material gift, she began to feel so much better about herself. She loved her job again. "It was as though I came home to who I really am, and who I want to always be."

I am hoping this for all of you who take the time to read this. And see what happens in your relationship space!

David (and Donna)

P.S. Just a reminder that Donna and I are presenting our "**Next Step- Overcoming Reactivity**" workshop on April 6-7. We have limited space of course, but many couples have found this two day weekend to be a valuable follow up and refresher for those who have appreciated the initial Imago journey. You can click here: [Visit Our Website](#) or just call or text me at 301-404-7711 to register. This workshop is very informal and relaxed. We hope to see some of you.

**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

March 8-10, 2019, Frederick, MD

May 3-5, 2019, Frederick, MD

Next Step Workshop

April 6-7, 2019, Frederick, MD

QUOTES OF THE MONTH

"Be kind, for everyone you meet is fighting a harder battle." Plato

"Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind." Henry James

"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

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." Desmond Tutu

"Kindness is a language which the deaf can hear and the blind can see." Mark Twain

"My religion is very simple. My religion is kindness." Dalai Lama XIV

"Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness." George Sand

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

Sincerely,

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