



Connecting
Couples

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Thought of the Month News and Notes

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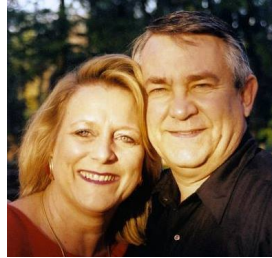
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Dear Friends,

We hope you are ready to greet summer! End of school, book groups taking a vacation, gardens calling you for some TLC, and a yearning for a hammock and a cool beverage! As you consider "laying back" please consider taking time to work a little (or a lot) on your relationship. Take advantage of slower days ahead to spend a little extra time on you and your Partner. Trust me, it will be worth it!

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Keep in touch!

David (and Donna)

MAY: Beware of the Saboteur

For a long time I have been mystified about something that often happens in a relationship during the process of consciousness and healing. Let me describe it to you.

A couple has a great breakthrough and is singing the praises of Imago coaching. Each person is feeling new hope and safety. It's like they have their earlier connection back

again.

Then it blows up. One, and then both are back in defense mode and are feeling more hopeless than ever.

Our mentor and friend, Maya Kollman, says that this is evidence of a "little saboteur" that lives in us all. This creature has one mission and that is to keep us safe in the same way we kept ourselves safe in childhood. And so it directs us to get suspicious, to get anxious, to go into disbelief and even to fight in order to maintain our equilibrium. The new experience of getting what we want from our Partner can, ironically, trigger a form of panic and bewilderment instead of the peace and joy we would expect....and long for.

Emily had expressed frustration with Jim for years that he no longer did little acts of kindness for her to remind her that he loves her. So Jim accepted my homework of consciously putting into place a steady series of behaviors (bringing her flowers, sending her notes, etc.) because he really did love her and wanted her to feel loved. Guess what! She found all manner of ways to reject his new behavior. "He just wants to have more sex." "He only did it because you suggested it." "I think he feels guilty for something."

When we finally get what we want some strange things may begin to happen. We may not know how to act in a new abundant environment. (We knew exactly how to act before when we needed defenses.) We may experience "Reunion Grief". This is the reminder of all the times we did not feel safe or connected. And those memories make us sad.

When we get what we want we may be stretched into new behavior ourselves. It can be unnerving to use something we had previously "lost." And when we get what we want, we are pushed into the terror of what

could happen in the future. The good stuff might go away. We might get rejected again.

There are ways to put the Saboteur in its place.

1. Have a conversation with your own little child and assure him/her that you are all grown up now and have the courage to face things differently.
2. Have a dialogue with your Partner to tell them how vulnerable you are even as you appreciate the new safety and connection.

I am grateful to Maya Kollman for her contribution to these thoughts and to many other beautiful Imago learnings through the years. (And for teaching us how to do our workshop.)

Your responses are always welcomed.

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

July 12-14, 2019, Frederick, MD

August 23-25, 2019, Frederick, MD

Next Step Workshop

September 21-22, 2019, Frederick, MD

QUOTES OF THE MONTH

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time. John Lubbock

Summer is the annual permission slip to be

**lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.
Regina Brett**

If summer had one defining scent, it'd definitely be the smell of barbecue. Katie Lee

**We go old-school during the summer, like swimming or setting up lemonade stands. I try to teach my kids to make their own fun.
Gail Devers**

**I just like the beaches in the summer, man.
Rob Gronkowski**

**Let a man walk ten miles steadily on a hot summer's day along a dusty English road, and he will soon discover why beer was invented.
Gilbert K. Chesterton**

**I believe that summer is our time, a time for the people, and that no politician should be allowed to speak to us during the summer. They can start talking again after Labor Day.
Lewis Black**

A lot of parents pack up their troubles and send them off to summer camp. Raymond Duncan

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

Sincerely,

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