



Connecting  
Couples

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## Thought of the Month News and Notes

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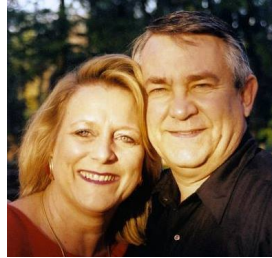
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**Issue: #125**  
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**Dear Friends,**

**It must be time for the holidays! I can tell because the last trip to the drug store enlightened me: Halloween costumes on two aisles, Thanksgiving on one aisle and YES! Christmas on the next! If I wasn't as self actualized and self-possessed as I am, I would be *stressed out!* (Instead, I bought something on each aisle and called it a day!)**

**This Thought touches a bit on stress and gives you insight into Donna and my life. I hope this is something you can relate to!**

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**Keep in touch!**

**David (and Donna)**

**SEPTEMBER: When Your Partner  
Triggers You  
(A Three Step Approach)**

**I want you to know that I get it! Your Partner can be very irritating. He or she must be mentally challenged to keep acting the same way after you have discussed this thing over and over.**

**You have been to the workshop, and even follow up coaching. And still... your Partner thinks they can act this way and no conflict will ensue. They are mighty forgetful.....or just down right mean!**

**I believe this is a common description for all couples, even those who are Imago savvy. Let me see if I can help.**

**This situation happened to me (us) recently and I made some mental notes as we were able to avert disaster. In fact three steps emerged as I reflected on the incident. I would like to bottle the steps for my future use and yours as well.**

**The scene was on our patio. Donna and I are preparing for a crab feast for forty of our colleagues. I'm tired from setting up, and Donna is.....well... let's just say that Donna never holds an event with too little preparation. Without remembering exactly how it went down, it was surely an age old pattern of Donna suggesting that something should/could be done in a different way than I had just done it. I thought I detected a little snarkiness. That seems to be our go-to conflict trigger, at least for me.**

**So I could feel the lizard coming to life. That is a scary place for us hailstorms. Because I'm not exactly sure what's going to happen next. Will I just fume? Will I resign from the joint preparation somehow? Will I respond with something nasty (probably my favorite.) Or will I break something?**

**Well, it turns out that a higher angel or two made a visit and I would like to share the steps with you.**

**1. I detached and then connected to a place of reflection. I stopped and remembered that Miguel Ruiz writes that the Second Agreement is "Don't take anything personally." I remembered that David and Donna preach that every feeling is 90%**

about me. By detached and reconnected I mean detached from the immediate hurt and all its side effects. By reconnected I mean coming back to the whole of the Partnership and the truth that we are both doing the best we can at any one time to make a go of this marriage.

## **2. I looked upon Donna with compassion.**

She may be stressed about things being right for the guests. That is her childhood MO after all. She may even be going to another childhood place where she had to see that everything was done correctly and safely. She also worked all week in a highly active calling with troubled teenagers. Can't be easy. I even waded into the area of ownership by imagining that I may have forgotten how we had discussed this particular thing earlier. I wouldn't put it past me!

## **3. I remembered my own story.**

Steps one and two gave me time to quiet myself and reflect on how Donna's "correction" was a bulls-eye on that still sore place I have from when my Dad would point out things I didn't do quite right. He wasn't mean but the message I took was that my efforts were usually vulnerable to correction. I know in my head that that story should be finished for me but it just isn't. And that has nothing to do with Donna.

I wish I could report that this occurrence of relational maturity was more common with me than it is. But I truly hope the steps I put to words may help you some time when you get triggered.

I would love to hear any response you may have.

Respectfully,

David

***Be sure to watch this space or check our web site for future opportunities.***

## **Getting the Love You Want Workshops**

**November 1-3, 2019, Frederick, MD**

**December 6-8, 2019, Frederick, MD**

### **QUOTES OF THE MONTH**

**"Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are." Will Ferrell**

**"I love being married. It's so great to find one special person you want to annoy for the rest of your life." Rita Rudner**

**"If you can stay in love for more than two years, you're on something." Fran Lebowitz**

**"There are only three things women need in life: food, water, and compliments." Chris Rock**

**"Women need a reason to have sex. Men just need a place." Billy Crystal**

**"The great question... which I have not been able to answer... is, "What... does a woman want?" Freud**

**"People who throw kisses are hopelessly lazy." Bob Hope**

**"A guy knows he's in love when he loses interest in his car for a couple of days." Tim Allen**

**"Love is blind but marriage is a real eye-opener." Pauline Thomason**

**"Love is being stupid together." Paul Valery**

**"Men are from Earth. Women are from Earth. Deal with it." George Carlin**

**"Women marry men hoping they will change.  
Men marry women hoping they will not. So  
each is inevitably disappointed." Albert  
Einstein**

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

**Sincerely,**

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