



Thought of the Month News and Notes

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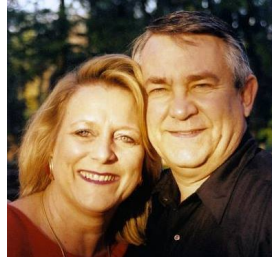
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Issue: #126
October 2019



Dear Friends,

Do seasonal changes energize you? I wonder about this a lot when I see articles on self-improvement, home renovation tips, community college class schedules...well, you get the idea. I feel like the universe is nudging me to do something and everyone else is energized! I actually like procrastination. I like lazy weekends. I like to sit and pet the dog. I must admit that working on myself, my partnership, my life just seems hard sometimes.

If you are even a little bit like me, this Thought might help you move forward. Let me know what you think.

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Keep in touch!

David (and Donna)

OCTOBER: A Puzzling Truth

Our workshop trainer and friend, Maya Kollman, has often said that couples will continue to live in a familiar "Hell" rather than risk an unpredictable "Heaven". As I

reflect on the thousands of couples I have been privileged to be with, I find that this observation, while puzzling, is largely true. Hey, it's true in my own life.

Donna and I do this dance where I procrastinate around something we have agreed on. She gets frustrated and remains quiet or just does it herself. I pick up her frustration and do the refrain of "You are always criticizing me." She reacts with "It seems like I don't matter; that I don't have a voice." This dance is a re-enactment of old feelings and behaviors we had growing up. Sometimes we will break out of the dance with me taking initiative in the agreed upon task. Or Donna will remind me in an adult-to-adult way of what is needed. This is a new path that usually feels victorious. But why is the new behavior so difficult to live into and to integrate.

- *You'd think some affection would be far better than a mutual standoff.
- * You'd think the dialogue would be far preferable to arguments.
- * You'd think gratitude would be so much healthier than resentment.
- * You'd think the freedom from smoking would outweigh the health risk and expense of the habit.
- * You'd think that the real joy of sobriety would win over the dreadful effects of addiction.

I could go on and on. So what makes a familiar hell preferable to an unpredictable heaven?

I've come up with some ideas that may account for this puzzling truth.

1. We have to do something to change our behavior. It takes mental and physical effort. The inertia of routine is so much easier because I am basically lazy.
2. There is risk involved. What if "heaven" does not turn out as great as I hoped? What if bad things happen on the way?
3. I'll have to keep it up. (It takes 28 days

for something to become a habit.) I tend to quit new projects after a while. So what's the use?

4. What if I'm the only one who makes changes? What if my partner does not want to experience heaven with me?

5. There is this old voice that says "You must not have things too good. You know what happens when you start hoping for too much. You'll get shot down."

I hope this provides some understanding and courage for those of us who want to move to a better place in our lives.

Comments are always welcome.

Respectfully,

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

December 6-8, 2019, Frederick, MD

QUOTES OF THE MONTH

But I love Halloween, and I love that feeling: the cold air, the spooky dangers lurking around the corner. Evan Peters

I love that in celebrating Halloween, we can get lost in the magic of make-believe and fantasy no matter what age we are! Natalya Neidhart

The worst thing about Halloween is, of course, candy corn. It's unbelievable to me. Candy corn is the only candy in the history of America that's never been advertised. And there's a reason. All of the candy corn that was ever made was made in 1911. And so, since nobody eats that stuff, every year there's a ton of it left over. Lewis Black

Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special. Chris Rock

This Halloween, the most popular mask is the Arnold Schwarzenegger mask. And the best part? With a mouth full of candy you will sound just like him. Conan O'Brien

Being in a band you can wear whatever you want - it's like an excuse for Halloween every day. Gwen Stefani

I see my face in the mirror and go, 'I'm a Halloween costume? That's what they think of me?' Drew Carey

On Halloween, kids get to assume, for one night the outward forms of their innermost dread, and they're also allowed to take candy from strangers - the scariest thing of all. Kate Christensen

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

Sincerely,

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