



Connecting
Couples

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Thought of the Month

News and Notes



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Quotes of the Month

Find joy in everything you choose to do. Every job, relationship, home... it's your responsibility to love it, or change it. Chuck Palahniuk

I was born when

Dear Friends,

I hope this Thought finds you and your family well. So many have shared that though these times are stressful, they are enjoying the "little" things. It's almost like going back to Little House on the Prairie but with the internet. Baking cookies with your children, trying new recipes (or actually cooking for a change!) and just going with the flow. Slowing down a bit, taking extra time to just breathe! When I confessed to taking a nap recently, instead of feeling guilty, I loved it when someone just said, "that's perfect self-care!"

So, I encourage you to perfect self-care and not put additional stresses on yourself or your partner. You are in our thoughts as we know so many are dealing with health, financial and employment difficulties and some with the loss of loved ones. Stay well and safe. We are with you in spirit and thought.

Keep in touch!

David (and Donna)

October: The "Work" of Relationships

"It takes work to have a good relationship!" I hear that expression over and over again. And it always makes me hesitate. Is work the right word? I have used it myself to describe what it will take to improve a relationship. But the word doesn't taste quite right. Let's look at this.

The word "work" sounds like something hard, something negative, something distasteful, something we have to do but don't really want to do. It sounds like having a root canal at the dentist or cleaning the toilet. But "work" was the last word we would have used back in the

you kissed me. I died when you left me. I lived a few weeks while you loved me.

Humphrey Bogart

We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it. John Lennon

But let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of love: let it rather be a moving sea between the shores of your souls. Khalil Gibran

Once a woman has forgiven her man, she must not rehearse his sins for breakfast. Marlene Dietrich

Falling in love and having a relationship are two different things. Keanu Reeves

romantic phase of the relationship. So what's up with this?

Time for some Imago theory....which says that the "spell" of romantic love is to get us together and committed to each other. Then the real "adventure" (notice I didn't say work) of the relationship emerges. Our mutual frustrations of the relationship emerges. Our mutual frustrations surface in order to give each other the true blueprint for growth and wholeness. And when our Partner moves toward their own growth potential, we feel happy and healed.

It's in this state of power struggle that a man will say, "I love her, but I just can't stand to be around her." Or a woman might say, "He's a good man but I hate the things he does that hurt me." Does it take "work" to pull out of this power struggle?

I guess if "work" means becoming conscious of what is going on. The same "work" it takes to lose weight or learn to ski. Maybe it's all in how you look at it. Some of the things around which Donna has been frustrated have felt like "work" in the beginning. Becoming more organized with dates and times and such was not what I wanted to do. It was not me. It threatened my carefree approach to life. It would take....."work." But it's been good for me, for her, and for our relationship. Same for her...learning to play, kick back, get physically active was not her first inclination. It takes conscious effort. And, she reports that it has been good for her. And it has certainly been good for me!

So the real adventure (or "work") of the relationship is born out of the power struggle. And every conflict we have, even daily fusses, are really opportunities for new growth and healing to happen if we are willing to "work" to become conscious. (And who doesn't feel better when they lose that weight or learn that new skill?) It is in this adventure of struggle, conflict, and behavior change that the real "therapy" occurs and couples feel happier with each other and with themselves.

As always, your comments are always welcome.

David

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



To be determined at a later date:

MORE Zoom sessions and workshops

