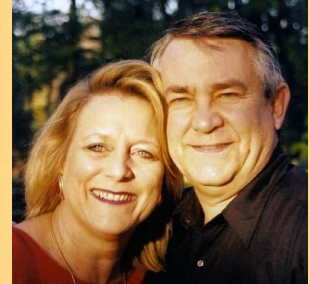




Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes



March 2021; Issue #142

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Quotes of the Month

"A kind word is like a spring day."
Russian Proverb

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."
Harriet Ann Jacobs

Dear Friends,

Spring is upon us and we love the change in colors and anticipate the new blossoms. We also feel an excitement about the challenges and joys of relationships---yours and ours! It's time to dust off the sneakers and grab an umbrella and shake up our routine. We've been housebound for so long we forget how letting a little light and air into everything just makes it better.

I would like to suggest re-visiting a workshop. Why not? The price is half off and the results are priceless! Just think. Working together again to hone in on those tricky areas and gain clarity and joy. What could be better than this?? Check the links below or register here: [Getting the Love You Want](#) or [The Next Step: Overcoming Reactivity](#)

Keep in touch!

David (and Donna)

March: Creating a New Story

OK! So you got involved with Someone who lit your every candle in the Romantic Stage. But now it seems they have changed! They seem uncooperative...no longer interested in meeting your needs...unhappy with you...even critical or down-right hateful!

So, just to remind you...your Relationship is moving along just as it should...according to Imago theory! You chose Someone who really does put you in the same feeling state you had as a child. You feel abandoned...or disrespected...or pushed around...or discounted...or overwhelmed with your Partner's needs. AND you react as you learned to do as a child: pulling away...acting

"Spring is the best life coach: It gives you all the energy you want, all the positive thoughts you wish and all the boldness you need!" Mehmet Murat ildan

"If winter comes, can spring be far behind?" Percy Bysshe Shelley

Sit quietly, doing nothing, spring comes, and the grass grows by itself. Zen saying

**"Spring: a lovely reminder of how beautiful change can truly be.
"Anonymous"**

**In winter, I plot and plan. In spring, I move.
Henry Rollins**

**"No matter how long the winter, spring is sure to follow."
English Proverb**

**"Spring is painted in daffodil yellows, robin egg blues, new grass green and the brightness of hope for a better life."
Toni Sorenson**

**Spring will come and so will happiness. Hold on. Life will get warmer."
Anita Krizzan**

"Had I known that you would be my first glimpse of spring, I would've kissed every fallen petal of my hope

out...becoming sad and depressed...running away...fighting back. It makes so much sense to follow what worked for you as a kid. (It was actually brilliant as a child! You Survived! Congratulations!

But, wait! Here's a News Flash! You don't have to be a victim of your childhood Story! The goal is not to keep living our childhood over and over. The goal is to grab your Partner by their Essence and to create a new Story together for the both of you! Here's how it works: Donna meets David and he's so much fun and doesn't worry about how things look or what gets done in any particular time frame. This is startlingly refreshing for Donna. She grew up in an "everything in its place" kind of home and fun happened on a schedule. Donna begins to fall for David. David meets Donna who has an answer for every problem. She knows what should be done as well as when and where and for how long. This is very comforting to a guy who had little guidance in the way of life and had to make it up on his own. (Do you see where this is going?)

After a year or so, Donna gets put out with a guy who only wants to have fun and doesn't care about how things get done. She feels as burdened as she did as a kid. David gets equally put out with a person who know how everything should be done...not to mention when and where! It feels pretty bossy and controlling to him. "They" are in the power struggle. Donna shuts down her thoughts and needs as she did as a little girl and David either jokes about it or gets angry just as he did as a little boy.

BUT NOW they begin creating (or recreating) new childhood stories for each other. David loves seeing the surprised delight on Donna's face when she says, "You need to take care of that" and he says, "It's already done. I'm way ahead of you!" Donna loves the joy she sees on David's face and the Connection she experiences when she relaxes and surprises David with some fun activity with no time frame or "purpose." (Note: The last two paragraphs are today's growth report. Last week....not so much!)

Donna and I are in the process of understanding each other's Story and our own Story. (And, let's be very clear...we have been in this process for decades...and our Adventure goes on and on....!) The fascinating punch line to all this is that in growing conscious of helping and healing our Partner's Story, we are changing and growing our own Story at the same time. P.S. I know some of you are working at just having one day of peaceful communication and experience between you. Let us help you...it's one moment...one day at a

**along the way.”
Sai Pradeep**

time...and then you string more and more of them together...closer and closer. (That's why we have workshops and offer coaching.) Please respond to this Thought as you wish and submit ideas for future Thoughts.

Hope to see you (again!) soon.

David



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

THE NEXT STEP: OVERCOMING REACTIVITY

May 1-2, 2021

GETTING THE LOVE YOU WANT:

April 10-11, 2021

June 5-6-, 2021

