



Connecting  
Couples

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# Thought of the Month

## News and Notes



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### In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

### Quick Links

[Register for Workshops](#)

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### Quotes of the Month

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.  
John F. Kennedy

Appreciation is the highest form of prayer, for it

Dear Friends,

I can't believe that the summer is almost over. I know I will soon see Halloween decorations at my local drug store. It seems that the world is on warp speed and that marketing and fighting for your dollars is the primary focus. Sadly, if you don't buy that costume or window skeleton early, there won't be anymore stocked. By September we might just see Thanksgiving decor mixed with a little Christmas/Hanukkah! The competitiveness of marketing reflects the general competitiveness of the workplace, the school yard and society.

Competitiveness in relationships is what I want to focus on with this Thought: keeping score. Do you keep score with your Partner? Does your Partner constantly remind you of your failings? I think we all tend to do this a little but if so, stop now! Read on for some tips on how to do so.

Keep in touch!

David (and Donna)

## August: Are You Keeping Score?

We live in a world where keeping score is normative in nearly everything we do! We text our kid at her soccer game and ask, "Are you winning?" The state police keep score of our traffic violations. I think I am down to one or two points....Donna says three is "trouble." Some people keep score with their net worth. It tells them how "well" they are doing. How about our credit score...that crazy number that says people who really need a low interest rate cannot get it

**acknowledges the presence of good wherever you shine the light of your thankful thoughts. Alan Cohen**

**The roots of all goodness lie in the soil of appreciation for goodness. Dalai Lama**

**"You are not blessed until you recognize that you are blessed." Toyin Omofoye**

**I think for any relationship to be successful, there needs to be loving communication, appreciation, and understanding. Miranda Kerr**

**The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them. Gilbert K. Chesterton**

**Slow down and enjoy the simple things in life. Take time to be still and breathe." Zane Baker**

**while those who do not have money worries can get low or no interest anytime they want? So keeping score is all around us and a part of us. A high score feels good and a low score feels bad.**

**Now to the point of this Thought ..keeping score is deadly in relationships. That's right! Someone once said, "You can be right or you can be in relationship." You can put your energy toward winning or you can put your energy toward being connected. It's that simple! Keeping score is saying to your Partner, "You owe me" rather than "We are in this together and I want to figure it out."**

**It can start in an innocent way. A young couple with a baby bickers, "But I changed the diaper the last time. It's your turn!" I think we fall naturally into keeping score and we don't realize how destructive it can be. Again, as with competing (and all relational experiences), Imago says that keeping score is connected to our childhood story. Many of us who had siblings became painfully cognizant of how much more our siblings got than us...no matter what the birth order. That experience carries right into our intimate relationship.**

**Imago also tells us we don't have to live in our childhood or relate to each other as children. We are not compelled to express our hurt and frustration by hounding our Partner with the inequity of their contribution to the relationship compared to ours. This is really bad strategy for improving the relationship.**

**I have three ideas for those who would like to remove score-keeping from their relationship. They are: 1. Reserve score-keeping only for board games and other family games that are not subject to personal hurt. 2. Flood your Partner and your children with appreciations. It will neutralize any scorekeeping they are tempted to do. 3. (Here's the BIG ONE.) Do away with that account you have kept of all the things your Partner had done "wrong" (i.e. all those things that have disappointed you or hurt you.) No matter how much you "deserve" to keep it!**

**Now build a bank account of your positive actions toward your Partner and toward the relationship. (Remember....each person is 100% responsible for the relationship 100% of the time!) Build that up and sign that bank account over to...your Partner! It is an unconditional Gift in the interest of your relationship!**

**I get it....this is a VERY hard thing to do. It is unnatural. It is a spiritual discipline.**

**As always, I love your feedback.**

**Respectfully,**

**David**



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