



Connecting
Couples

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

Thought of the Month

News and Notes



October 2021; Issue #149

In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

Quick Links

[Register for Workshops](#)

[Be Sure to "Like" Us on Facebook](#)

Quotes of the Month

**"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."
Steve Maraboli,**

"Be the change that you wish to see in the world." Mahatma

Dear Friends,

We spent a few days eating Halloween candy and are a bit late with the October Thought. Sorry, just kidding! I wish we could sit around and eat candy with no caloric damage but instead we have been working hard planning for 2022 Workshops and Groups. Pretty soon we will be in full-on holiday mode and some of our personal journey recent events reminded me of Our Story. Maybe this Thought will resonate with you, too, during this busy holiday/family/stressful season.

Let me know what you think about these ideas.

Keep in touch!

David (and Donna)

October: 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 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!)

Gandhi

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." Albert Einstein

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." Jalaluddin Rumi

**"You can't stop the future
You can't rewind the past
The only way to learn the secret
...is to press play." Jay Asher**

"They always say time changes things, but you actually have to change them yourself." Andy Warhol

"We are not trapped or locked up in these bones. No, no. We are free to change. And love changes us. And if we can love one another, we can break open the sky." Walter Mosley

"We are products of our past, but we don't have to be prisoners of it." Rick Warren,

"I wanted to change the world. But I have found that the only thing one can be sure of changing is oneself." Aldous Huxley

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 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 Thought

Warmly



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

GETTING THE LOVE YOU WANT:

January 22-24, 2022

ADVENTURES IN CONNECTION GROUP

[CHECK US OUT HERE](#)

