

# Review

- ▶ 每個人都需要“有意義的連結”
- ▶ 婚姻是神所造最親密的人際關係
- ▶ 迷戀與真愛

激情只是愛的  
要素中的一種



# 四種“愛”

- ▶ Eros 情慾之愛 (雅歌 1:2)

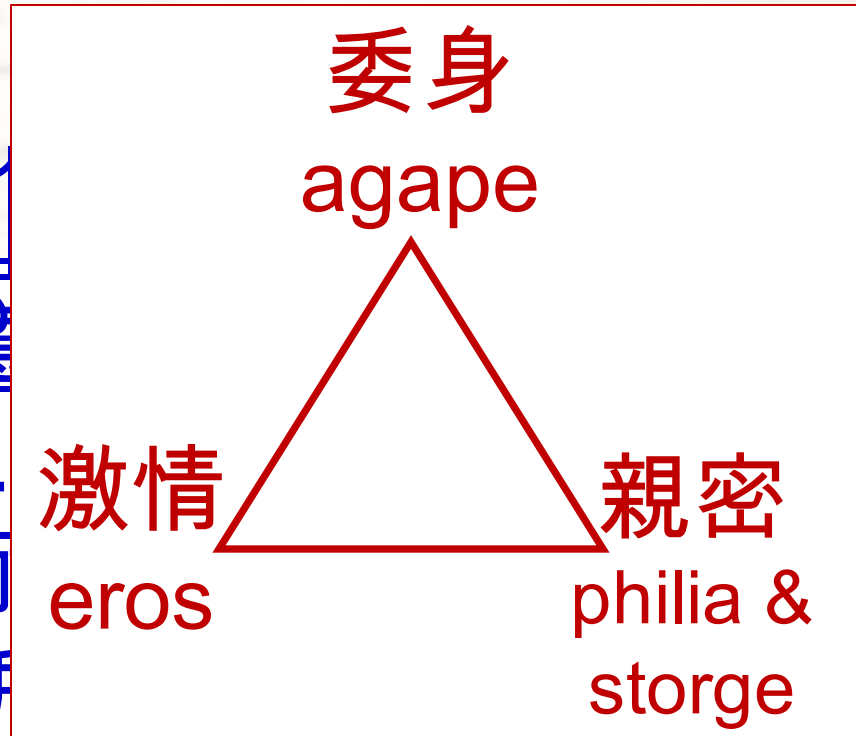
兩  
有了我的命令又違

- ▶ Philia 友誼之愛 (約 15:13)

的，這人就我若...  
朋 愛我的必蒙 久忍而

- ▶ Storge 親屬之愛 (約 15:13)

親 我也要愛他 不嫉妒  
向他顯現。 張狂... 愛是永不止息...



- ▶ Agape 委身之愛 (約 14:21; 林前 13:1-8)  
經由堅定的意志，理性的抉擇，恆久不變的肯定所付出的感情

A romantic scene of a bride and groom running on a beach at sunset. The groom is on the left, wearing a white shirt, a dark vest, and a bow tie. The bride is on the right, wearing a white wedding dress and a veil. They are holding hands and running towards the right. The background shows the ocean waves and a bright, hazy sunset sky. The overall mood is joyful and intimate.

# 親密關係評估

# 評估二

Good: 40+

# 評估三



8 - 18



19 - 36



37 - 48

A romantic scene of a bride and groom running on a beach at sunset. The groom is on the left, wearing a white shirt, a dark vest, and a bow tie. The bride is on the right, wearing a white wedding dress and a veil. They are holding hands and running towards the right. The background shows the ocean waves and a bright, hazy sunset sky. The overall mood is joyful and intimate.

親密之旅 第一課

愛的探索

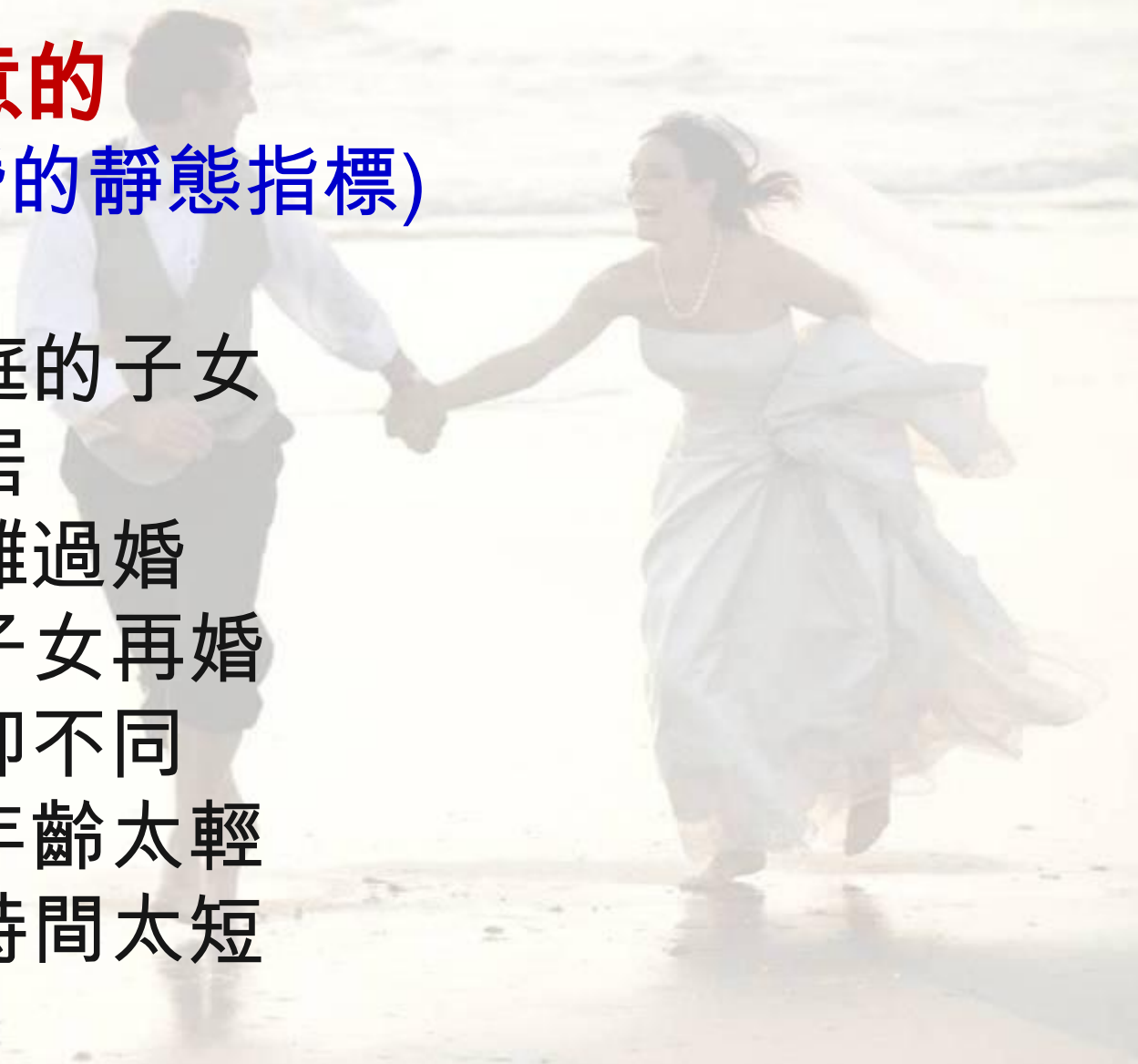
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# 一. 幸福, 持久婚姻的秘訣

## 婚前要注意的

(預測離婚的靜態指標)

- ▶ 人格
- ▶ 離婚家庭的子女
- ▶ 婚前同居
- ▶ 過去曾離過婚
- ▶ 帶前婚子女再婚
- ▶ 宗教信仰不同
- ▶ 結婚時年齡太輕
- ▶ 相識的時間太短
- ▶ 貧窮

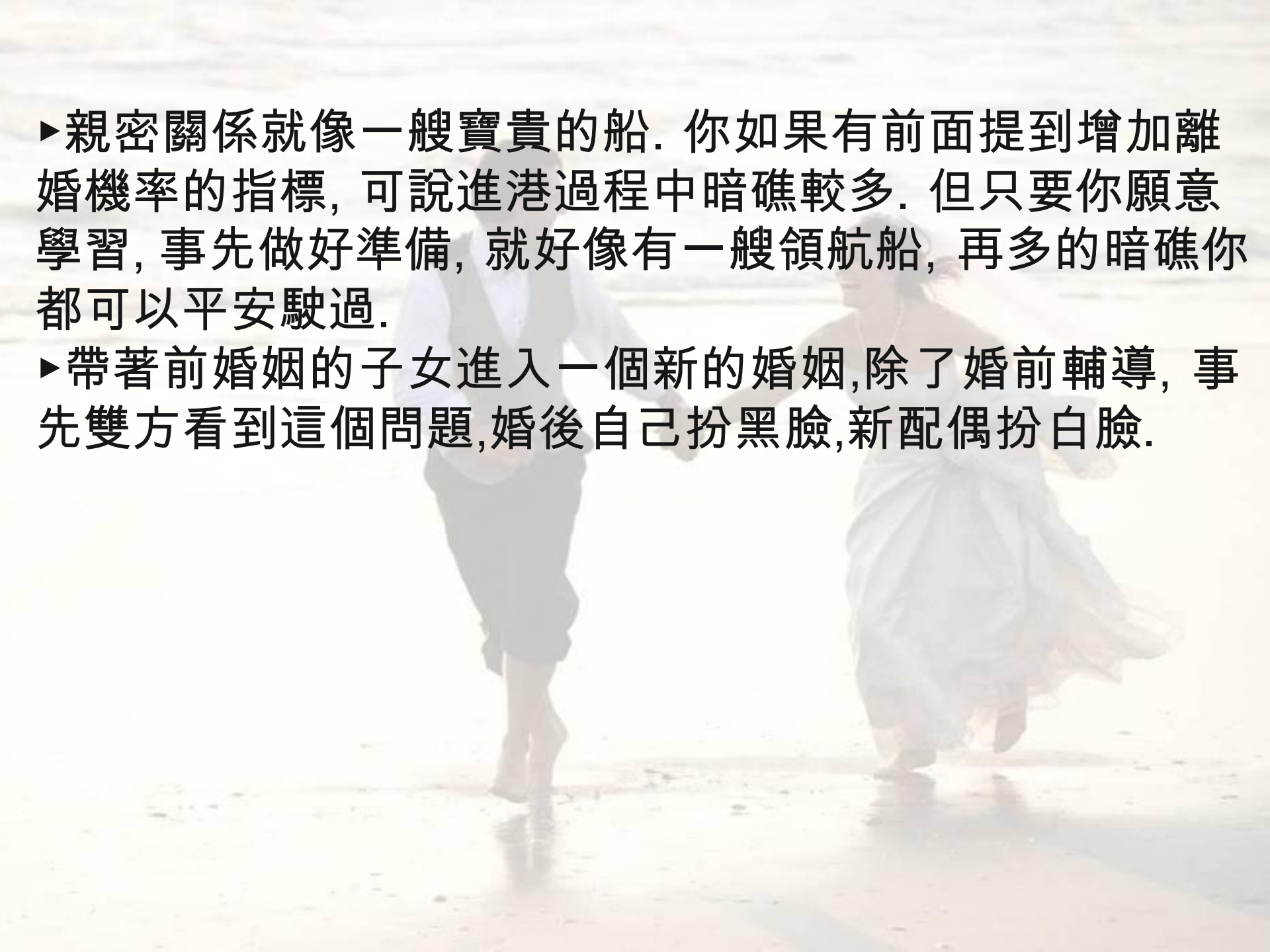


A romantic scene of a bride and groom running on a beach at sunset. The groom is on the left, wearing a white shirt, a dark vest, and a bow tie. The bride is on the right, wearing a white wedding dress and a veil. They are holding hands and running towards the right. The background shows the ocean with waves and a bright, hazy sunset sky. The overall mood is joyful and celebratory.

如果我的婚姻中已有這些指標...

Video



A couple is walking on a beach at sunset. The man is on the left, wearing a white shirt and dark pants, and the woman is on the right, wearing a light-colored dress. They are holding hands and walking away from the camera. The background is a bright, hazy sunset over the ocean.

▶親密關係就像一艘寶貴的船. 你如果有前面提到增加離婚機率的指標, 可說進港過程中暗礁較多. 但只要你願意學習, 事先做好準備, 就好像有一艘領航船, 再多的暗礁你都可以平安駛過.

▶帶著前婚姻的子女進入一個新的婚姻, 除了婚前輔導, 事先雙方看到這個問題, 婚後自己扮黑臉, 新配偶扮白臉.



# 一. 幸福, 持久婚姻的秘訣 (cont.)

## 婚前要注意的 (cont.)

### (讓離婚率降低的三件事)

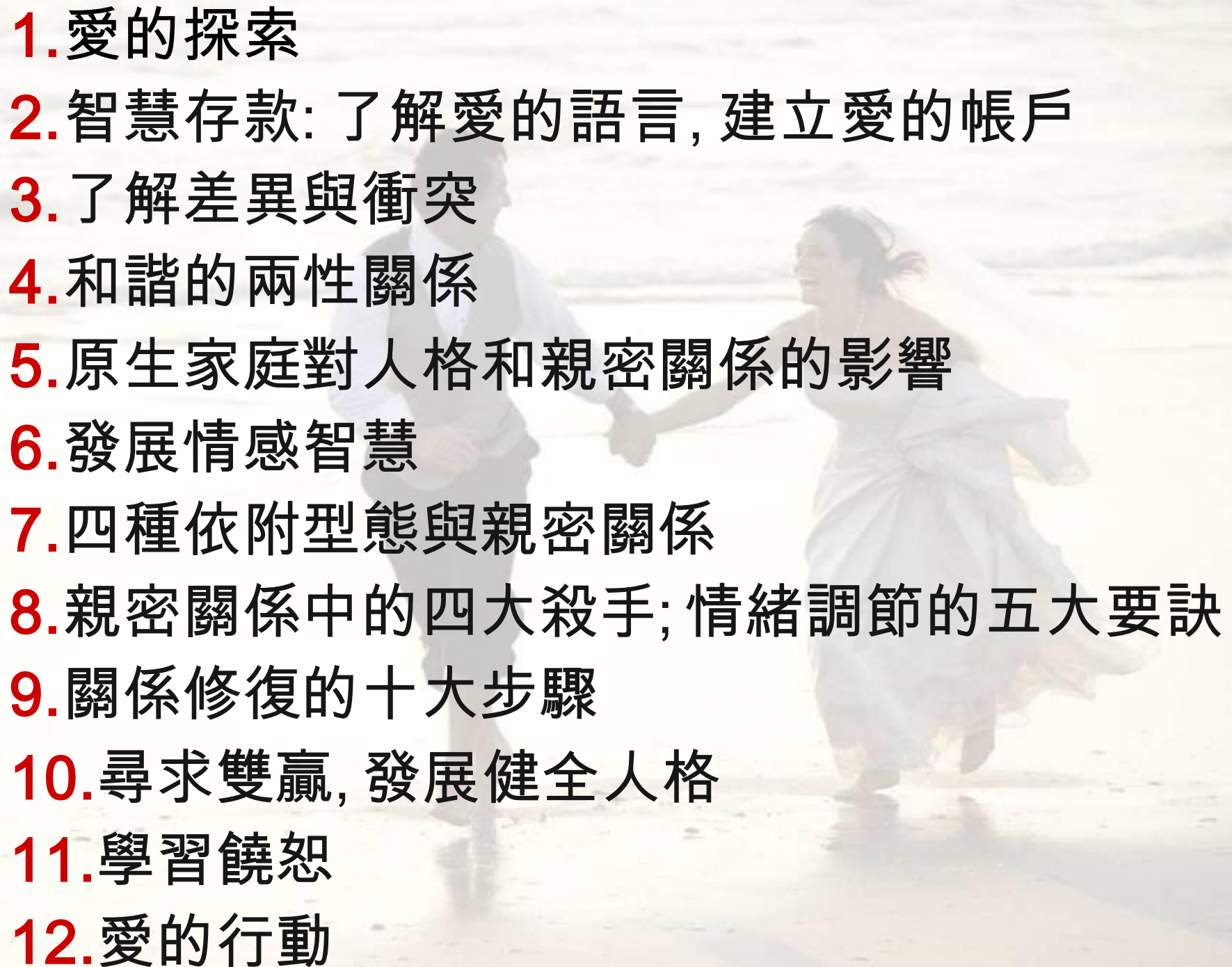
- ▶ 等到25歲以後才結婚 (認識自己)
- ▶ 交往超過兩年以上才結婚 (認識對方)
- ▶ 有經濟基礎以後才結婚

# 一. 幸福, 持久婚姻的秘訣 (cont.)

## 婚後要學習的

- ▶ 認識差異, 解決衝突
- ▶ 刻意經營友情
- ▶ 發展健全的真我



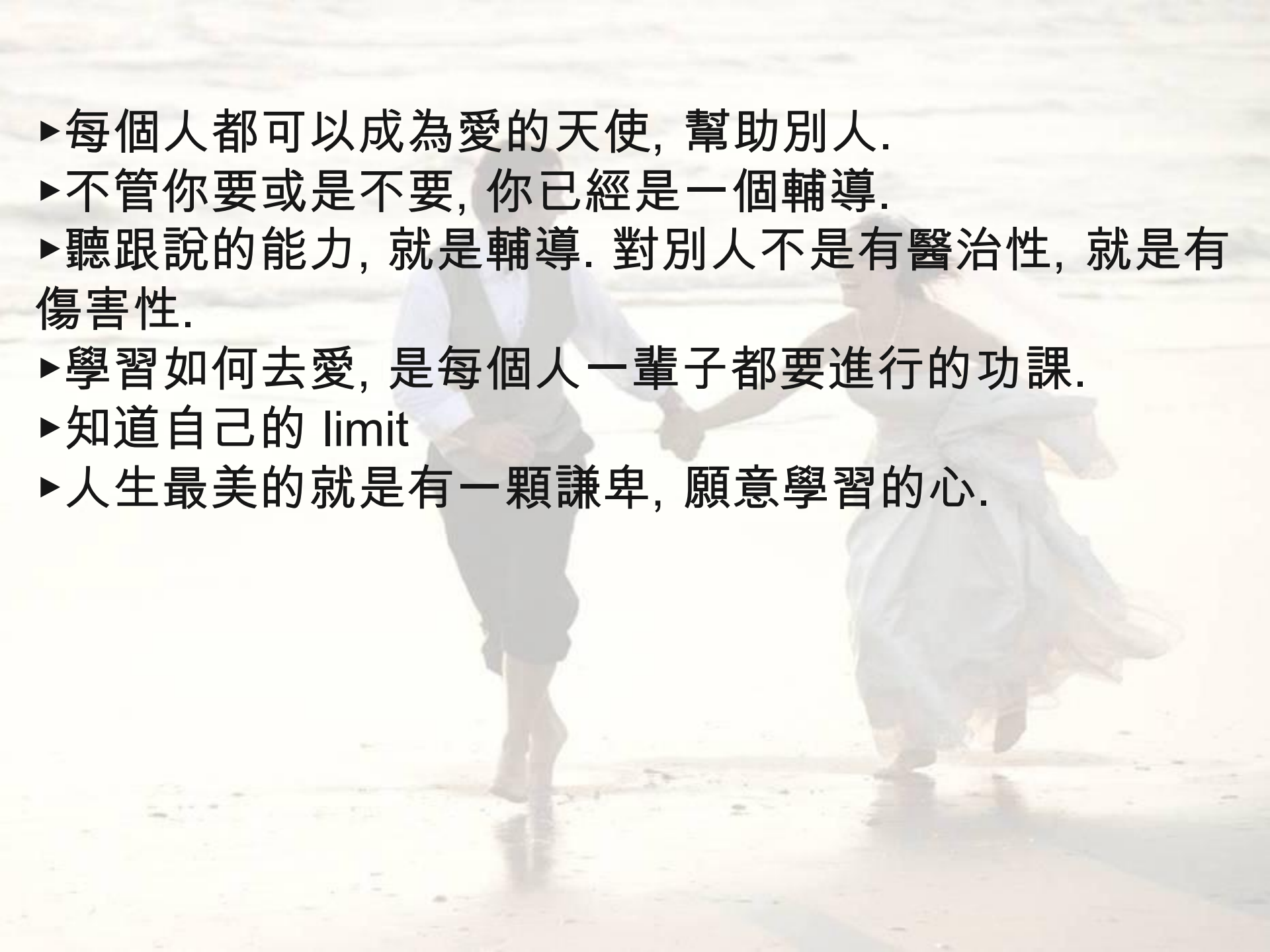
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1. 愛的探索
  2. 智慧存款: 了解愛的語言, 建立愛的帳戶
  3. 了解差異與衝突
  4. 和諧的兩性關係
  5. 原生家庭對人格和親密關係的影響
  6. 發展情感智慧
  7. 四種依附型態與親密關係
  8. 親密關係中的四大殺手; 情緒調節的五大要訣
  9. 關係修復的十大步驟
  10. 尋求雙贏, 發展健全人格
  11. 學習饒恕
  12. 愛的行動

# 二.幫助別人,幫助自己

每個人都可以成為別人的輔導

Video

A bride and groom are running on a beach, holding hands. The groom is on the left, wearing a white shirt, a dark vest, and a bow tie. The bride is on the right, wearing a white wedding dress and a veil. They are both smiling and appear to be in a joyful mood. The background shows the ocean waves and a bright, sunny sky.

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- A couple is dancing on a beach at sunset. The man is wearing a white shirt and dark pants, and the woman is wearing a light-colored, flowing dress. They are holding hands and dancing in a circle. The background is a bright, hazy sunset over the ocean.
- ▶ 每個人都可以成為愛的天使，幫助別人.
  - ▶ 不管你要或是不要，你已經是一個輔導.
  - ▶ 聽跟說的能力，就是輔導. 對別人不是有醫治性，就是有傷害性.
  - ▶ 學習如何去愛，是每個人一輩子都要進行的功課.
  - ▶ 知道自己的 limit
  - ▶ 人生最美的就是有一顆謙卑，願意學習的心.

## 二. 幫助別人, 幫助自己 (cont.)

1. 建立關係 (connection skills)
  2. 學習處理“移情” (personalization skills)
  3. 培養洞察力 (conceptualization skills)
  4. 發展領導統御能力 (leadership skills)
- 
- A background image showing a man and a woman running on a beach at sunset. The man is on the left, wearing a white shirt and dark vest, and the woman is on the right, wearing a light-colored dress. They are holding hands and running towards the right. The background is a bright, hazy sunset over the ocean.



# 二. 幫助別人, 幫助自己 (cont.)

## 1. 建立關係 (connection skills)

### 三個 DON'Ts

- ▶ 避重就輕 (avoidance)
- ▶ 否定, 壓縮對方感受 (minimize)
- ▶ 不請自來的勸告 (poor timing; advise before he/she feels understood)

### 三個 DOs

- ▶ 共情; 同理心 (empathy)
- ▶ 努力去了解的心 (efforts to empathize)
- ▶ 傾聽 (listen, listen, listen)





Katie Lentz

Rev. Patrick Dowling



**KATIE MEETS HER 'MIRACLE'**

# 二.幫助別人,幫助自己 (cont.)

## 2.學習處理“移情”(personalization skills)

自身之“心理按鈕”(buttons)

對方之“投射認同”(projective identification)

▶權力鬥爭型(power)

Video



# 二.幫助別人,幫助自己 (cont.)

## 2.學習處理”移情”(personalization skills)

自身之”心理按鈕”(buttons)

對方之”投射認同”(projective identification)

- ▶ 權力鬥爭型 (power)
- ▶ 依賴型 (dependency)
- ▶ 討好型 (ingratiation)
- ▶ 迷人型 (charm)

發展”跳出來”的能力




## 二. 幫助別人, 幫助自己 (cont.)

### 3. 培養洞察力 (conceptualization skills)

發展看事情的觀點和角度, 並以理論與實証為基礎

- ▶ Dr. Howard J. Markman and Dr. Scott Stanley, University of Denver
- ▶ Dr. Sue Johnson, University of Ottawa - Emotional Focus Therapy (EFT)
- ▶ Dr. John Gottman, University of Washington – “The Love Lab”

Video

A bride and groom are running on a beach, holding hands. The groom is on the left, wearing a white shirt, a dark vest, and a bow tie. The bride is on the right, wearing a white wedding dress and a veil. They are both smiling and looking at each other. The background shows the ocean waves and a bright, sunny sky.

**Dr. Gottman and “The Love Lab”**  
**<http://www.youtube.com/watch?v=682v9ZG2NIE>**

## 二. 幫助別人, 幫助自己 (cont.)

### 4. 發展領導統御能力 (leadership skills)

- ▶ 建立安全情境
- ▶ 不站邊





## 二. 幫助別人, 幫助自己 (cont.)

1. 建立關係 (connection skills)
  2. 學習處理“移情” (personalization skills)
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  4. 發展領導統御能力 (leadership skills)
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危機 = 危險 + 機會

化危機為轉機，  
使親密關係更上一層樓

