

Review

第一課 - 愛的探索

- ▶ 親密關係的重要
- ▶ 迷戀與真愛
- ▶ 活在愛中的秘訣


1. 認識差異, 解決衝突

2. 刻意經營友情

3. 發展健全的真我

第二課 - 智慧存款

- ▶ 感情帳戶
- ▶ 愛的語言; 有效的存款
- ▶ 愛在彼此思維空間中

A couple is sitting on a bed, looking thoughtful. The man is on the left, wearing a blue shirt, and the woman is on the right, wearing a light-colored top. They are both looking towards the camera with serious expressions. The background is a dark red wall.

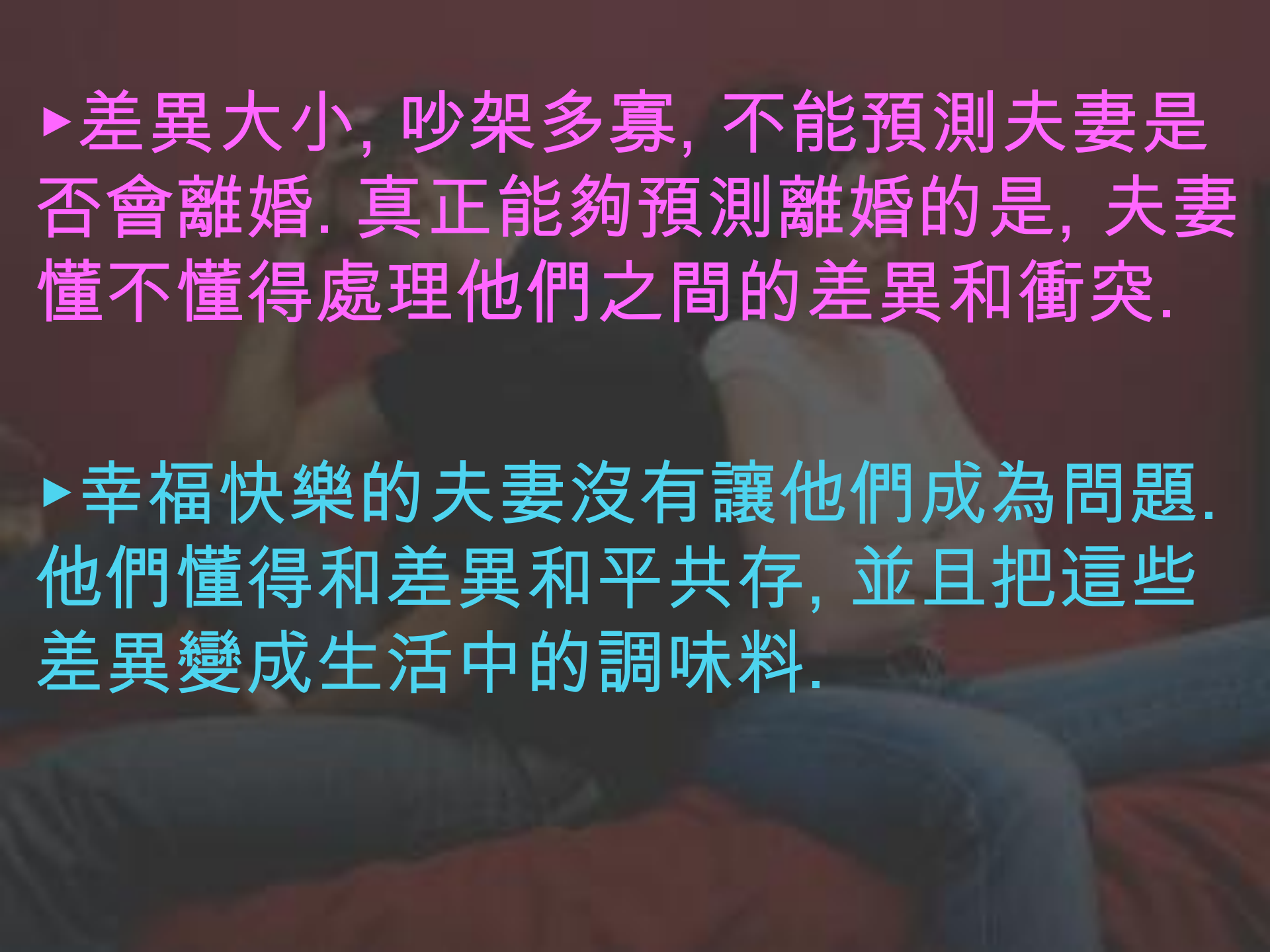
親密之旅 第三課
了解差異與衝突

(上)

關於差異與衝突的三個問題

1. 夫妻個性差異大小 和離婚率是否有關？
2. 夫妻吵架多寡 和離婚率是否有關？
3. 快樂幸福的夫妻，是不是後來兩人中間的差異及問題都解決了？

就算是非常快樂幸福的夫妻，他們之間仍有 69% 的問題無解。

A couple is shown in a dark, intimate setting, embracing each other. The man is on the left, and the woman is on the right, her arms around his neck. The lighting is soft and focused on their faces, creating a romantic and tender atmosphere. The background is dark and out of focus.

▶ 差異大小，吵架多寡，不能預測夫妻是否會離婚。真正能夠預測離婚的是，夫妻懂不懂得處理他們之間的差異和衝突。

▶ 幸福快樂的夫妻沒有讓他們成為問題。他們懂得和差異和平共存，並且把這些差異變成生活中的調味料。

一.男女基本上的差異

Video

(Pastor Mark Gungor: “A Tale of Two Brains”)

www.youtube.com/watch?v=3XjUFYxSxDk

www.youtube.com/watch?v=Rww_p8CO37U

二. 每個人個性的差異

Video
(m&m 的實驗)

▶m&m 的實驗 – 將確認型和直覺型分開，描述眼前m&m.
...夫妻不在同一邊的竟佔大多數.

▶相當多的人，和自己非常不一樣的人結婚. 婚前互相吸引，當然會經過一段磨合期，因差異會有很多的爭吵與適應. 但只要能好好的學習愛，經過一段衝突調適的時間，最後，很多人都是可以進入婚姻幸福的狀態.

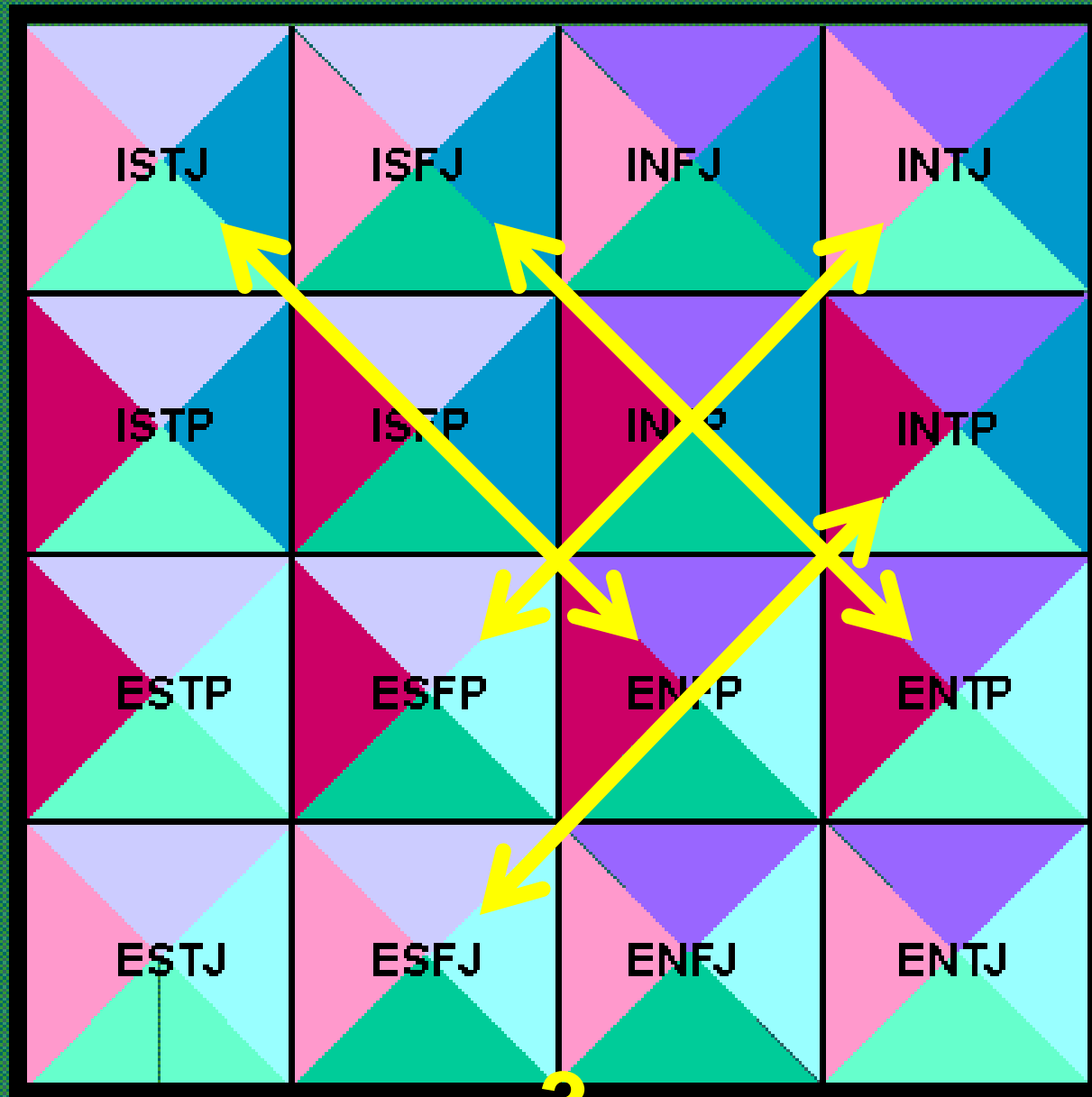
二. 每個人個性的差異 (cont.)

1. Myers Briggs 個性分析

- ▶ Favorite world: **E**xtravert vs. **I**ntrovert
外向 內向
- ▶ Information: **S**ensing vs. **iN**tuitive
確認 直覺
- ▶ Decisions: **T**hinking vs. **F**eeling
邏輯 感覺
- ▶ Structure: **J**udging vs. **P**erceiving
計劃 彈性

Sensing \longleftrightarrow 2 \longleftrightarrow Intuitive

Judging
 \longleftrightarrow
4
Perceiving
 \longleftrightarrow
Judging



Introvert

1

Extravert

Thinking \longleftrightarrow Feeling \longleftrightarrow Thinking

3



ENTJ
KING OF THE JUNGLE.



INTJ
SOLITARY HUNTER.



ENTP
CHARMING AND CLEVER.



INTP
WISE AND CALM.



ESTJ
STRICT AND AGGRESSIVE.



ISTJ
SLOW, BUT TOUGH.



ESTP
SUBTLE AND OPPORTUNISTIC.



ISTP
SECRETIVE AND UNPREDICTABLE.



ENFJ
LOYAL AND AFFECTIONATE.



INFJ
RARE AND FASCINATING.



ENFP
SPONTANEOUS AND CREATIVE.



INFP
FREE-SPIRITED AND KIND.



ESFJ
GENTLE AND CARING.



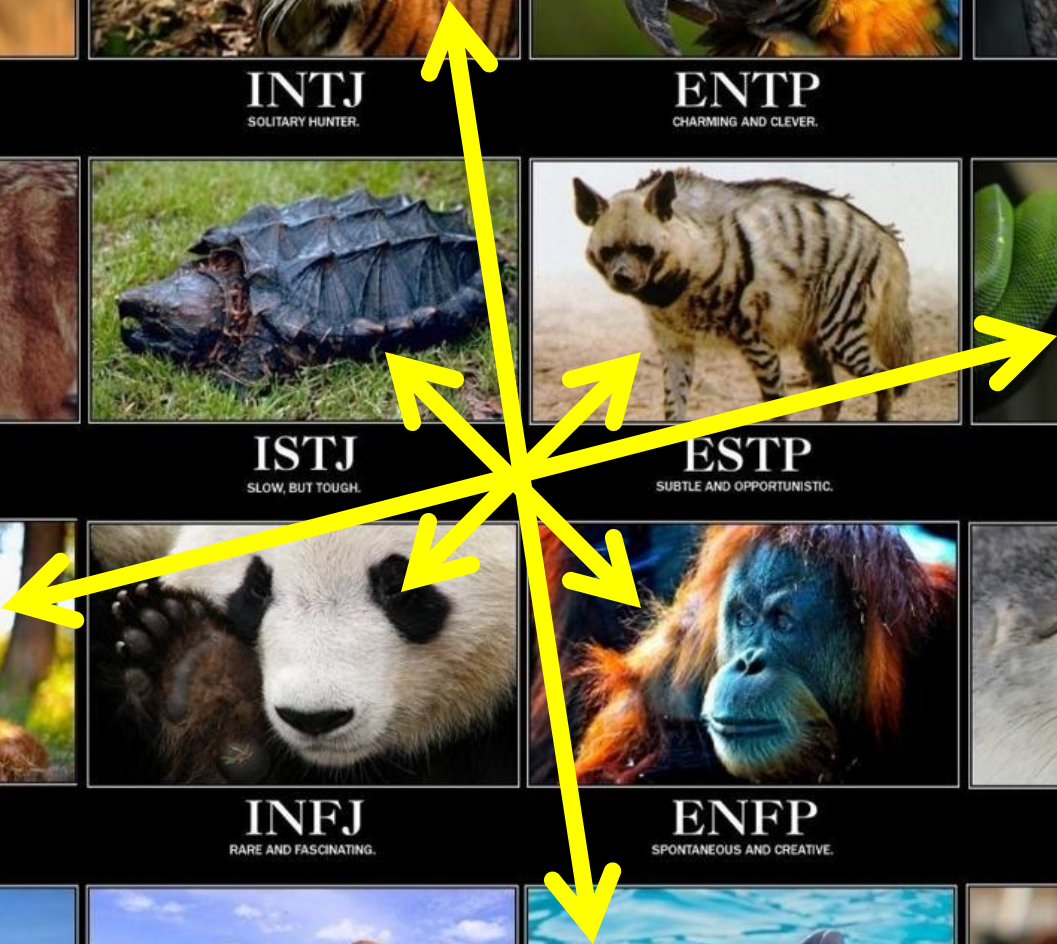
ISFJ
TERRITORIAL AND PROTECTIVE.



ESFP
FUN AND ENTERTAINING.



ISFP
HARMLESS AND SENSITIVE.





ESFJ

Extraverted Sensing
Feeling Judging

"The Provider"
aka
"That Useless Bitch"



ESTJ

Extraverted Sensing
Thinking Judging

"The Supervisor"
aka
"Annoying Tsundere"



ESFP

Extraverted Sensing
Feeling Perceiving

"The Performer"
aka
"Whore"



ESTP

Extraverted Sensing
Thinking Perceiving

"The Promoter"
aka
"Look at Me!"



ENFJ

Extraverted Intuition
Feeling Judging

"The Teacher"
aka
"Princess Jesus"



ENTJ

Extraverted Intuition
Thinking Judging

"The Fieldmarshal"
aka
"The Evil Overlord"



ENFP

Extraverted Intuition
Feeling Perceiving

"The Champion"
aka
"The Retard"



ENTP

Extraverted Intuition
Thinking Perceiving

"The Inventor"
aka
"God"



ISFJ

Introverted Sensing
Feeling Judging

"The Protector"
aka
"I Wanna Die For Your Sins"



ISTJ

Introverted Sensing
Thinking Judging

"The Inspector"
aka
"Sock Up Her Ass"



ISFP

Introverted Sensing
Feeling Perceiving

"The Artist"
aka
"Eino"



ISTP

Introverted Sensing
Thinking Perceiving

"The Crafter"
aka
"The Rei Glee"



INFJ

Introverted Intuition
Feeling Judging

"The Counselor"
aka
"Princess Gandhi"



INTJ

Introverted Intuition
Thinking Judging

"The Mastermind"
aka
"Virgin Neofag Troll"



INFP

Introverted Intuition
Feeling Perceiving

"The Healer"
aka
"Brany Moxblod"



INTP

Introverted Intuition
Thinking Perceiving

"The Architect"
aka
"Fat Morfag"

Search Google Images: "MBTI Chart"

二. 每個人個性的差異 (cont.)

2. D.I.S.C. 個性分析

Dominance 掌控型

Influence 影響型

Steadiness 穩定型

Compliant 謹慎型

二. 每個人個性的差異 (cont.)

如何面對處理差異

1. 了解差異的存在
2. 學習: 認識差異
3. 不求改變對方; 與差異共存
4. 將差異變為生活調味料

二. 每個人個性的差異 (cont.)

差異本身不一定會造成衝突，但是堅持己見，卻是引起衝突的導火線。

→ 接納差異，自我省察，是解決衝突的第一步。

凡事謙虛，溫柔，忍耐，用愛心互相寬容。(以弗所書4:2)



(homework)

觀察分析衝突的原因,型態, 是否與差異
有關.