

# Review

## ▶ 學會表達感受與需求

### 陳述者

1. 當.... (事件, 情境)
2. 我覺得.... (感覺形容詞)
3. 這感覺好像.... (語言圖像)
4. 我需要的是.... (表達內心需求)

### 傾聽者

用自己的話重複陳述者的語意

A woman with long brown hair is shouting and pointing her right index finger towards the back of a man's head. The man has dark hair and a beard, and is wearing a light blue button-down shirt. The background is plain white. The text is overlaid on the image.

親密之旅 第八課

親密關係的”四大殺手”

情緒調節的”五大要訣”

(上)

# 一. 親密關係的“四大殺手”

有效處理差異和衝突，幫婚姻止血

30年，不同研究者(Dr. John Gottman, Dr. Howard Markman, Dr. Scott Stanley)的結論：

對婚姻最有破壞性的四種行為

1. 抨擊/輕蔑 Criticism/Contempt
2. 防禦/戰火升高 Defensiveness/Escalation
3. 負面詮釋 Negative Interpretation
4. 退縮/築牆 Withdrawal/Stonewalling



# 一. 親密關係的“四大殺手” (cont.)

A photograph of a woman with long brown hair shouting at a man with a beard. The woman is on the left, facing right, with her mouth wide open and her hand near her face. The man is on the right, facing left, with his back to the camera. The background is plain white. The image is semi-transparent, allowing text to be overlaid.

Video clip from  
Dr. John Guttman's  
“Making Relationships Work”

<http://www.youtube.com/watch?v=-gFIdZtVIqQ>

# 一. 親密關係的”四大殺手“ (cont.)

## 1. 抨擊/輕蔑 Criticism/Contempt

JTI video

A photograph of a woman with long brown hair, wearing a black top, shouting and pointing her right index finger towards the back of a man's head. The man has a beard and is wearing a light blue button-down shirt. The background is plain white.

▶ 抱怨 → 抨擊 → 輕蔑

▶ 抱怨 – “你說好七點鐘要回家的，怎麼現在才回家，現在已經八點多了。”

抨擊 – “怎麼到現在才回來？你怎麼老是遲到，說話不算話？”

輕蔑 – “你死到哪裡去了，到現在才回來？你曉不曉得你升遷升不上去都是因為你不守時的壞毛病？”

▶ 抱怨是健康的，談到實際上的行為

抨擊已經到了人生攻擊的地步

輕蔑是看不起對方的神情言語，並且在對方最脆弱的地方故意去傷害對方。

▶ Dr. Guttman說，在四大殺手中，如果你只有心力處理一個的話，要先去處理輕蔑的問題。



# 一. 親密關係的“四大殺手” (cont.)

## 2. 防禦/戰火升高

Defensiveness/Escalation

Video clip from GoodTV:

<http://www.youtube.com/watch?v=Gbu23Lo80Ng>

(clip 17'11" – 19'41")



# 一. 親密關係的”四大殺手“ (cont.)

## 3. 負面詮釋 Negative Interpretation

Video clip from GoodTV:

<http://www.youtube.com/watch?v=Gbu23Lo80Ng>

(clip 8'26" – 10'48")





# 一. 親密關係的”四大殺手“ (cont.)

## 4. 退縮/築牆 Withdrawal/Stonewalling

- ▶ 在婚姻關係中，很容易是女性在追，男性在逃
- ▶ 男人要逃，是因為害怕破壞關係  
女人要追，是因為害怕失去關係

## 二. 自我評估

自己容易發生的“四大殺手”強度和頻率

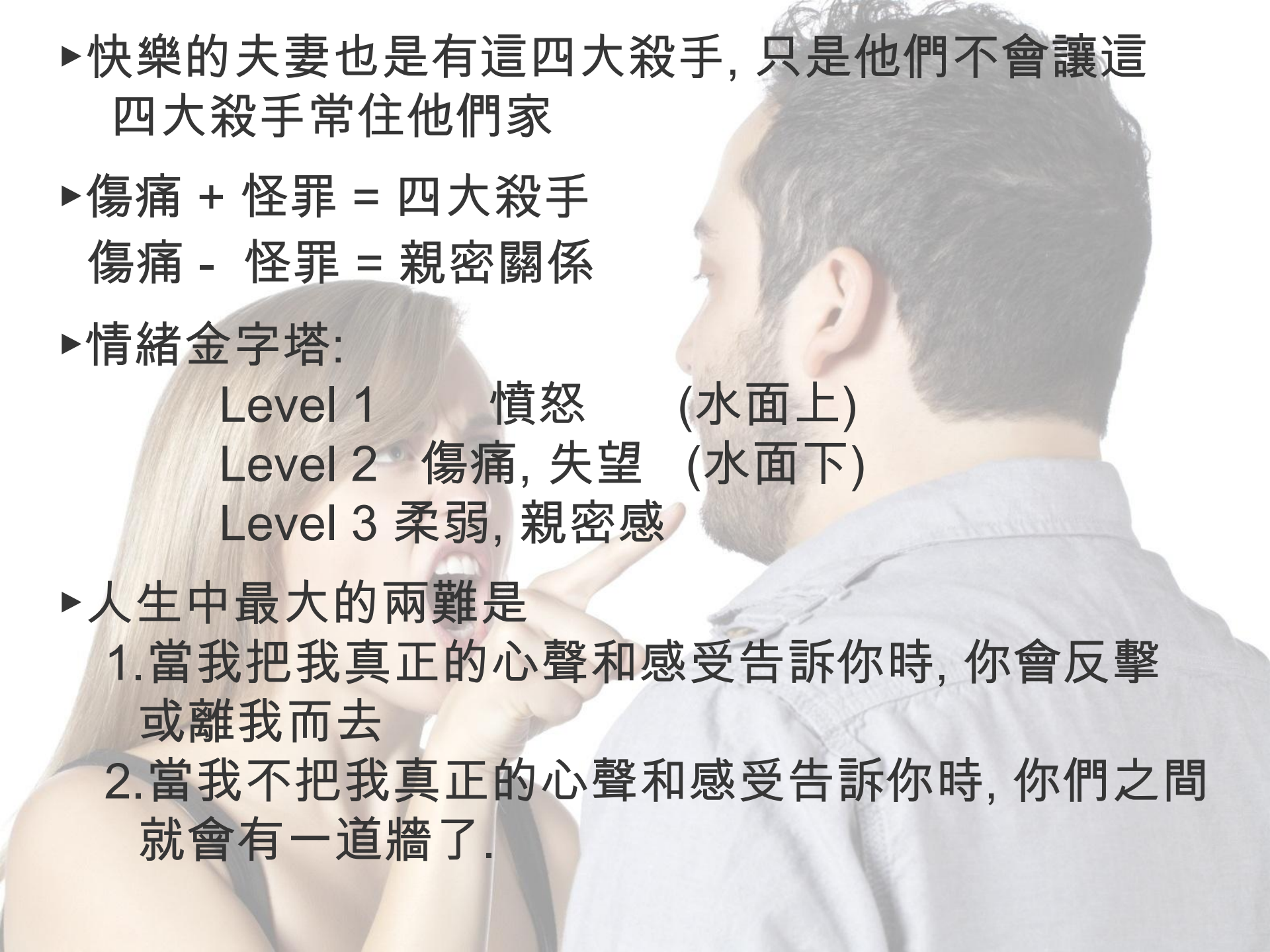
- 
1. 抨擊/輕蔑 0 - 10
  2. 防禦/戰火升高 0 - 10
  3. 負面詮釋 0 - 10
  4. 退縮/築牆 0 - 10

# 三. 趕出四大殺手



JTI video



A man and a woman are shown in profile, facing each other. The woman on the left has a frustrated expression, with her mouth open as if shouting or arguing. The man on the right has a neutral but somewhat tense expression. The background is plain white.

▶快樂的夫妻也是有這四大殺手，只是他們不會讓這四大殺手常住他們家

▶傷痛 + 怪罪 = 四大殺手  
傷痛 - 怪罪 = 親密關係

▶情緒金字塔：

Level 1 憤怒 (水面上)

Level 2 傷痛, 失望 (水面下)

Level 3 柔弱, 親密感

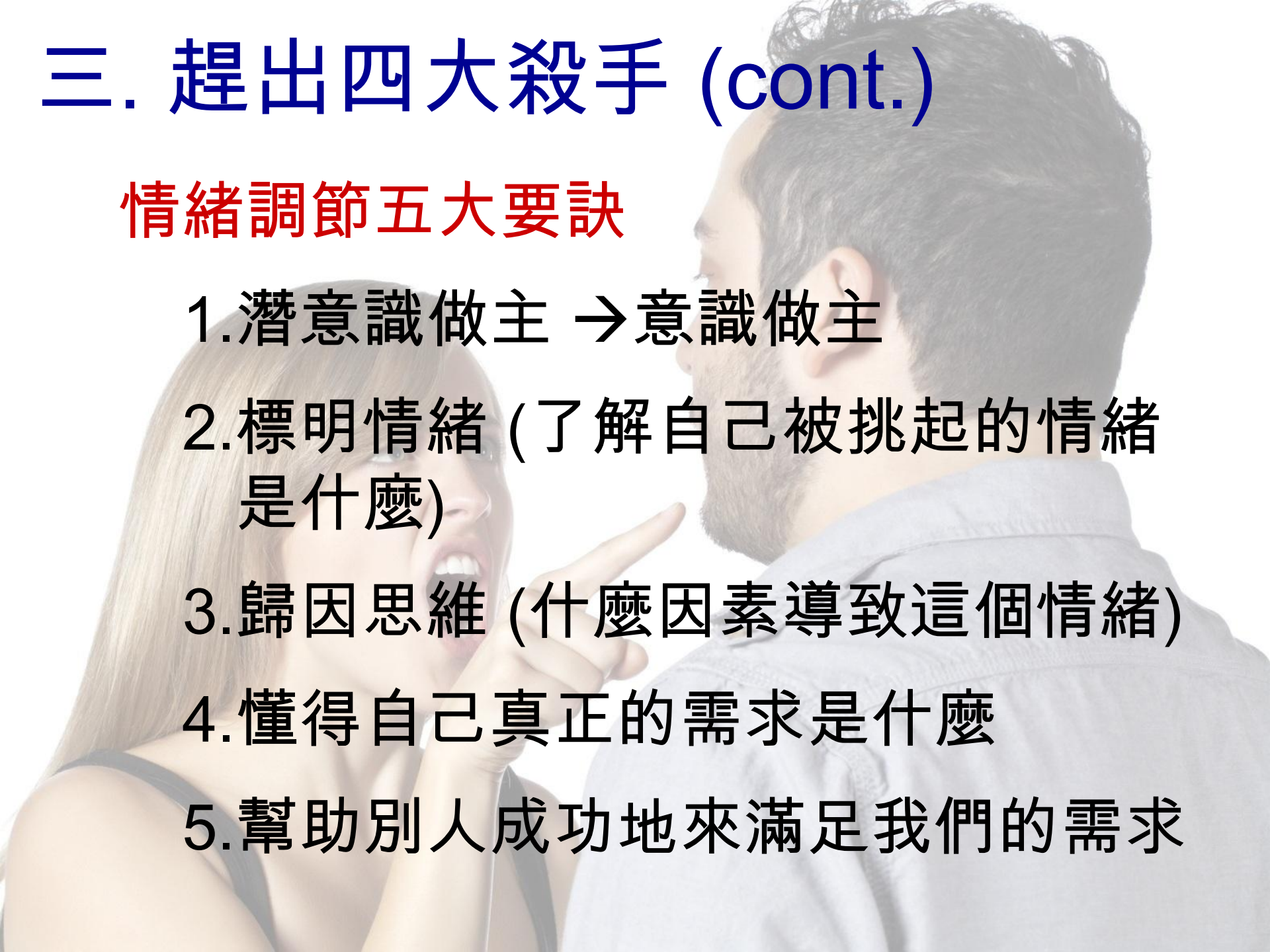
▶人生中最難的兩難是

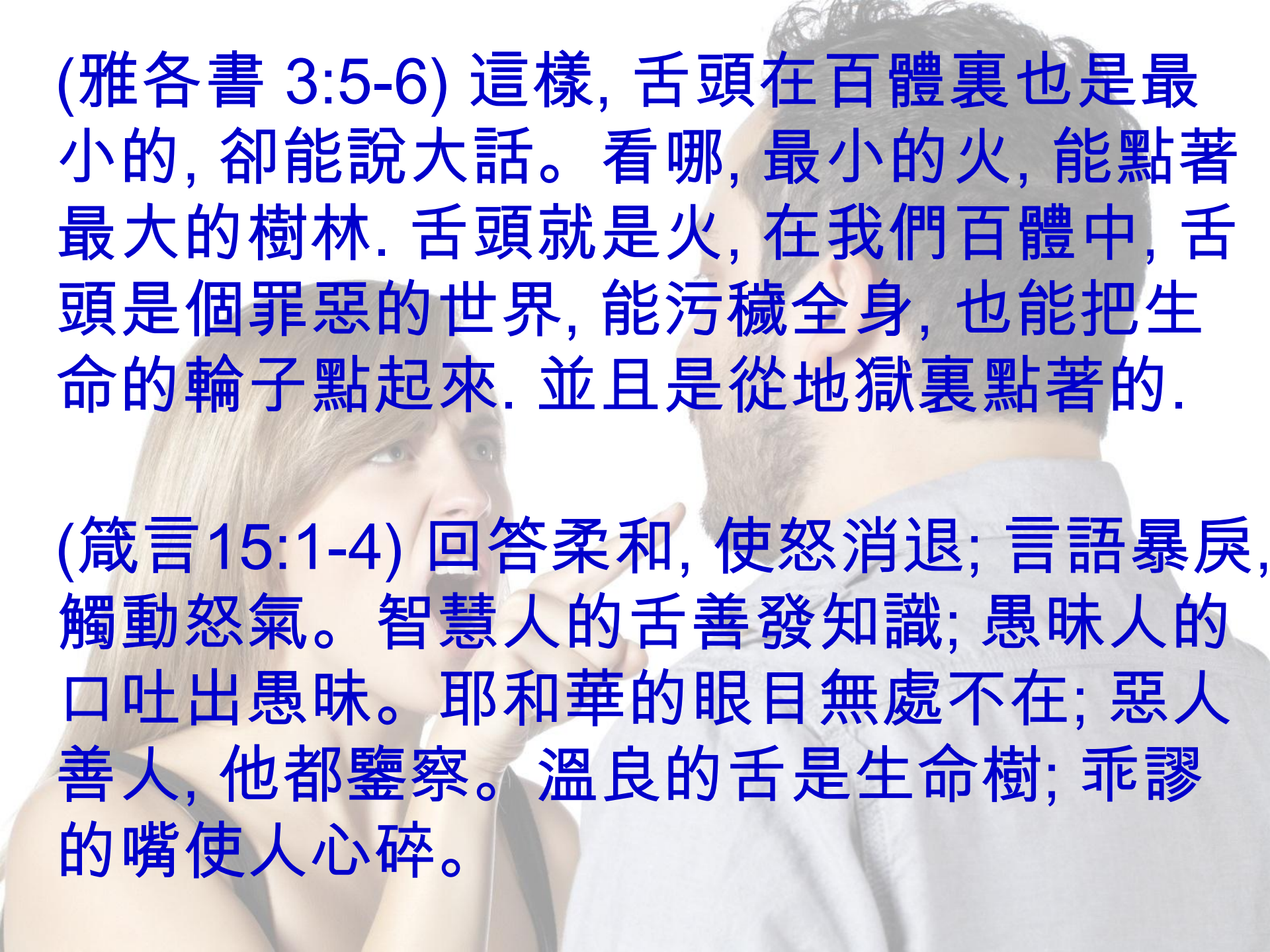
1.當我把我的心聲和感受告訴你時，你會反擊或離我而去

2.當我不把我真正的心聲和感受告訴你時，你們之間就會有一道牆了。

# 三. 趕出四大殺手 (cont.)

## 情緒調節五大要訣

1. 潛意識做主 → 意識做主
  2. 標明情緒 (了解自己被挑起的情緒是什麼)
  3. 歸因思維 (什麼因素導致這個情緒)
  4. 懂得自己真正的需求是什麼
  5. 幫助別人成功地來滿足我們的需求
- 

A man and a woman are shown in profile, facing each other. The man, on the right, has a beard and is wearing a light blue shirt. He is pointing his right index finger towards the woman. The woman, on the left, has long brown hair and is wearing a dark top. She is looking at the man with a slightly surprised or attentive expression. The background is a plain, light color.

(雅各書 3:5-6) 這樣，舌頭在百體裏也是最小的，卻能說大話。看哪，最小的火，能點著最大的樹林。舌頭就是火，在我們百體中，舌頭是個罪惡的世界，能污穢全身，也能把生命的輪子點起來。並且是從地獄裏點著的。

(箴言 15:1-4) 回答柔和，使怒消退；言語暴戾，觸動怒氣。智慧人的舌善發知識；愚昧人的口吐出愚昧。耶和華的眼目無處不在；惡人善人，他都鑒察。溫良的舌是生命樹；乖謬的嘴使人心碎。