

認識差異與衝突

- ▶ 差異與衝突存在於所有婚姻關係中
- ▶ 關係越親，衝突的機會越大
- ▶ 衝突很少和事實有關
- ▶ 衝突發生時的兩難：
 1. 當我把真正的心聲和感受告訴你時，你會離我而去
 2. 當我不能把心聲和感受告訴你時，我會離你而去

面對及解決衝突

- ▶ 情緒不能被壓抑，只能被標明及疏導
- ▶ 情緒沒有對錯
- ▶ 練習表達自己感受與需求
- ▶ 傷痛 + 怪罪 = 四大殺手
傷痛 - 怪罪 = 親密關係
- ▶ 情緒金字塔：



是“關係修復” 不是“改變對方”

- ▶90% 夫婦想要改變對方
- ▶夫婦之間的問題, 69%無解
- ▶用於 “戰後檢討” 和 “關係修復”

Video

“關係修復” 的理念基礎

關係修復的準備動作

A close-up photograph of two hands, one larger and one smaller, holding each other in a supportive grip. The background is a soft, out-of-focus blue and white, suggesting a bright, airy environment. The hands are the central focus, with the fingers interlaced in a way that conveys strength and care.

- ▶存款豐厚
- ▶能掌握自己情緒
- ▶雙方心平氣和
- ▶學習“叫暫停“

關係修復的簡易七步驟

1. 首先, 我感謝/欣賞你... (存款)
2. 當... (描述事件)
3. 我覺得... (標明情緒)
4. 我需要的是... (情感需求)
5. 我下次可以改進的是...(我可改進的部分)
6. 我需要你幫助我或為我做的是...(實質需求)
7. 謝謝你傾聽, 考慮我的請求 (感謝)

(傾聽者)

1. 謝謝你真心分享你的心聲與感受
2. 我可以體會, 了解, 你會有...的感受.
3. 原諒我引發了你...的感受, 我願意考慮你的請求.

當關係中的 positive 層面
增長, 即使 negative 層面
不變, 影響也會相對減小.



A close-up photograph of two hands, one larger and one smaller, holding each other. The hands are positioned in the center of the frame, with the fingers interlaced. The background is a soft, out-of-focus light blue and white, suggesting an outdoor setting like a beach or a bright sky. The overall mood is calm and supportive.

示範與練習

A close-up photograph of two hands, one slightly larger than the other, holding each other in a supportive grip. The background is a soft, out-of-focus light blue and white, suggesting an outdoor setting like a beach or a bright sky. The text '分享與討論' is overlaid in the center in a bold, blue, sans-serif font.

分享與討論