
談談夫妻如何共同面對壓力

疫情讓我們的關係更遠了嗎？

STRESS

壓力來了，我們無處可逃？



上一次體會到壓力是什麼時候？

心理感受？
生理感受？

TAKE A DEEP BREATH
深呼吸

用什麼視角看待壓力？

用什麼視角看待壓力？

- › Stanford心理學家Kelly McGonigal 的研究

- › “Stress is most likely to be harmful when the following conditions are present: it feels against your will, out of your control and utterly devoid of meaning.”

通常当压力成为以下几种情况时会有更多负面作用：1. 当压力事件的产生是违反你的意愿的，2. 当情况失去控制，3. 意义感的缺乏

- › “People who had experienced the highest number of stressful life events in the past were most likely to consider their lives meaningful. People who said they were under a lot of stress right now also rated their lives as more meaningful”
过去经历过更多压力事件的人们会更偏向于觉得自己的生活是充满意义的。现在正在经历更多压力的人们会更认为自己的生命充满意义。

- › “Stress inoculation”—压力接种疫苗，指尝试在小事上锻炼自己承担压力的能力，适当让自己处于压力环境中。

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-189589

<https://www.amazon.com/Upside-Stress-Why-Good-You/dp/1101982934>

- › 壓力和情緒的關係

用什麼視角看待情緒？

- **Northeastern University**心理學家Lisa Feldman Barrett 的研究
 - **Emotions are not built in, they are just built**
情緒不是天生存在于大腦里的，是面對事件時當下發生的
 - **Emotions that seem to happen to you, are made by you**
情緒並不是看上去突然發生在你身上的，而是你創造了當下的情緒
 - 以上兩個結論告訴我們，對於情緒的控制我們擁有比我們想象更多的掌控力
 - Emotions: Facts vs. Fictions
<https://www.youtube.com/watch?v=9pc8bCDm32U>
 - https://www.amazon.com/How-Emotions-Are-Made-Secret/dp/0544133315/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1603306483&sr=8-2
-

聖經時代的人們如何面對壓力

亞伯拉罕和薩拉

雅各

約拿

耶穌

.....

我們認識壓力是為了要避開壓力嗎？

理想的夫妻關係是指毫無壓力的關係嗎？



愛和連結，
讓我們能共同面對壓力

LIFE IS SLIPPERY, TAKE MY HAND !

A Key to Lifetime of Love - 鐘愛一生的鑰匙

Emotional Responsiveness 感情的回應

- Emotion - Latin word *emovere*, to move
 - 情感 - 拉丁語 *emovere* -- > 移動
 - Move to new ways of responding to each other.
 - 移動到新的互相響應的方式。
 - We are “moved” when those we love show their deeper feelings to us.
 - 當我們愛的人向我們展示他們更深的感情時，我們被“移動”---感動
 - Secure Connection / bond 安全連接
 - Partners in love - emotionally dependent for nurturing, soothing and protection
 - Are you there for me? 你在這裏嗎？
 - Can I count on you? 我能依靠你嗎？
 - Do you need me, rely on me? 你需要我嗎？
-

聖經當中的A、R、E

- 約翰福音15:7
“你們若常在我裡面，我的話也常在你們裡面，凡你們所願意的，祈求，就給你們成就”

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.”(NIV)

- 我們跟神的關係同樣可以用這三個問題，神在上面的經文中已經給出確定的答案。

Accessibility - Can I reach you?

可及性: 我能找到你嗎？

Responsiveness - Can I rely on you to respond to me emotionally?

回應性: 我能信賴你會在情感上回應我嗎？

Engagement - Do I know you will value me and stay close?

投入性: 你會珍惜我並陪伴在我身旁嗎？

- 路加福音8:43-48 患血漏的女人得醫治

“Then the woman, seeing that she could not go unnoticed, **came trembling and fell at his feet**. In the presence of all the people, she told why she had touched him and how she had been instantly healed. 48 Then he said to her, “Daughter, your faith has healed you. Go in peace.”

- 這段歷史裡女人的特點：**勇敢、脆弱、願意、相信**
-

Accessibility: Can I reach you?

可及性：我能找到你嗎？

- Staying Open to your partner even when you have doubts and feel insecure
對另一半保持開放的態度，即便你當下存有疑慮或是覺得沒這麼安全
 - Willing to struggle to make sense of your emotions, so that your emotions are not overwhelming
願意花時間了解和接納自己的情緒，這樣不會被情緒淹沒
 - You can then step back from disconnection and can tune in to your lover's attachment cues
可以改變失去連結的狀態，與伴侶的需要建立聯繫
-

Responsiveness : Can I rely on you to respond to me emotionally?

回應性：我能信賴你會在情感上回應我嗎？

- Tuning into your partner and showing that his or her emotions, especially attachment needs and fears, have an impact on you.
與伴侶建立聯繫並且向對方表達你的情緒，特別是你情感上的需要和讓你恐懼的部分
 - Accepting and placing a priority on the emotional signals your partner conveys and sending clear signals of comfort and caring when your partner needs them.
接納並且把伴侶傳達出來的情感信號放在首要位置，在你的伴侶需要的時候，清楚的傳遞安慰和關心的信號給對方
 - Sensitive responsiveness always touches up emotionally and calms us on a physical level.
高靈敏度的回應會在情緒上感動我們，在生理層面讓我們平靜下來。
-

Emotional Engagement: Do I know you will value me and stay close?

投入性:你會珍惜我並陪伴在我身旁嗎？

- Very special kind of attention that we give only to a loved one. We gaze at them longer, touch them more.
把特別的關注給到我們的另一半，身體的接觸與長時間的關注都在伴侶身上
- Emotionally present.
情感上的同在

A GLANCE OF STRATEGY

7 Conversations for a Lifetime of Love

轉化關係的七種對話

- Conversation 1: Recognizing the Demon Dialogues 辨認魔鬼對話
 - Conversation 2: Finding the Raw Spot 找出痛處
 - Conversation 3: Revisiting a Rocky Moment 重反崎嶇處
 - Conversation 4: Engaging and Connecting 抱緊我...情感的投入與連結
 - Conversation 5: Forgiving Injuries 創傷與寬恕
 - Conversation 6: Bonding through Sex and Touch 藉由性愛與撫觸連結
 - Conversation 7: Keeping Your Love Alive 歷久彌新的愛情
-

Conv. 1: Recognizing the Demon Dialogues

對話一：辨認魔鬼對話

- Three Cycles of Relationship Stress/Three different Demon Dialogues
三個關係緊張的循環 / 三種魔鬼對話
 - **Finding the Bad Guy 尋找壞蛋**
 - **Protest Dance 抗議舞蹈**
 - **Freeze and Flee 凍結和逃避**

Demon Dialogue 1

魔鬼對話 1

- **Finding the Bad Guy 尋找壞蛋**
 - The purpose is to self-protection 目的是自我保護
 - The main move is mutual attack, accuse or blame 相互攻擊，指責或責備
 - To fight-to-win 戰鬥勝利
 - It's Not Me 不是我錯

Demon Dialogue 2

魔鬼對話 2

- **Protest Dance**抗議舞蹈

- Most common problem because this dance create a stable loop 最常見的問題是因為這個舞蹈創造了一個穩定的循環
 - One partner reaches out, and the other steps back, the pattern repeats 一個夥伴伸出手，另一方退後，模式重複
 - The dance goes on forever 舞步循環不息
 - Any response is better than none. 任何反應比沒有更好
-

Demon Dialogue 3

魔鬼對話 3

- **Freeze and Flee 凍結和逃避**
 - Evolves from protest dance 從抗議舞步發展而來
 - The pursuing/critical partner gives up trying and becomes silent 追求/挑剔的伙伴放棄嘗試，變得沉默
 - Both partners could be very polite 雙方可能非常有禮貌
 - The withdrawer finally realized something is wrong and willing to seek help 退讓者終於意識到一些問題，願意尋求幫助

Protesting Behaviors 抗議行為

- Complaining 抱怨
 - Questioning 質疑
 - Confronting 對峙
 - Accusing 指責
 - Attacking 攻擊
 - Demanding 強求
 - Putting the other down 扁低
 - Clinging 緊貼
 - Interrogating 質問
 - Nagging 嘮叨
 - Yelling 大叫
 - Blaming 責怪
 - Following around the house 家中跟踪、追迫
 - Criticizing 批評
 - Phoning & texting repeatedly 重複打電話和發短信
 - Picking arguments 挑起爭執
 - Judging 指控
 - Controlling 控制
 - Disapproving 不接納
-

Withdrawing Behaviors 撤退行為

- Reasoning 理論
 - Appeasing/Placate 安撫
 - Defending 自衛
 - Clamming up 自我壓抑
 - Accommodating 配合
 - Smoothing things over 裝作無事
 - Deflecting 改變話題
 - Minimizing the problem 將問題小事化
 - Counter blaming 反指責
 - Giving advice 提供解決方法
 - Criticizing 批評
 - Using humor 使用幽默
 - Withdrawing, leaving the room 退下，離開現場
 - Dismissing 不肖一顧
 - Numbing 麻木
 - Avoiding 逃避
 - Not responding 不反應
 - Shutting Down 關閉
 - Yelling to shut things down 大叫去停止、埋藏問題
-

你通常的行為是什麼呢？

結論

羅馬書12：3

我凭着所赐我的恩对你们各人说：不要看自己過於所当看的，要照着神所分给各人信心的大小，看得合乎中道。

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. (NIV)

認識壓力是為了要面對壓力，調整視角，通過壓力的歷練經歷更深層次的意義和成長。

理想的夫妻關係是指在不斷出現的壓力下調適自己，擁抱對方，共同成長。

如果您希望學習剩下的6個對話並與伴侶持續練習，請關注SL心理平台和Hiedi Chan老師的未來動向

Resources

- The Bible (NIV)
 - https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-189589
<https://www.amazon.com/Upside-Stress-Why-Good-You/dp/1101982934>
 - Emotions: Facts vs. Fictions
<https://www.youtube.com/watch?v=9pc8bCDm32U>
 - https://www.amazon.com/How-Emotions-Are-Made-Secret/dp/0544133315/ref=tmm_hrd_swatch_0?_encoding=UTF8&qid=1603306483&sr=8-2
 - Hold Me Tight (Multiple Languages Available)
 - Created for Connection - The "Hold Me Tight" Guide for Christian Couples
 - Love Sense - The Revolutionary New Science of Romantic Relationships
 - An Emotionally Focused Therapy Workbook for Couples
 - ICEEFT.com
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Q & A

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