

Facing Stresses through the Bond of Love

以爱的连结面对压力

Hiedi Chan, LMFT

Licensed Marriage and Family Therapist

加州執証婚姻家庭治療師

October 23, 2020

Emotionally Focused Therapy (EFT)

情緒取向治療

- Dr. Sue Johnson
- Clinical Psychologist



Soothing the Threatened Brain

平靜大腦

- 安全的連結 有助於平靜我們的大腦
- 藉著情緒取向治療法
 - 進入依附頻道
 - 塑造愛的感覺
 - 通過新的、深刻的及富情感的對話方式去激發愛意
 - 改變我們的大腦如何應對威脅和痛苦
 - 愛是一個能平靜大腦神經的記號
 - 擁有安全和愛的關係，減少焦慮，改善精神和身體健康

A close-up photograph of two hands, one from the left and one from the right, firmly grasping each other. The hands are silhouetted against a bright, glowing sunset or sunrise. The sun is a small, bright yellow-orange circle in the center of the frame, with a gradient of colors from orange to red to purple in the sky. The background is slightly blurred, showing what appears to be a body of water or a flat landscape. The overall mood is one of support, stability, and hope.

Life is Slippery Take my Hand
生命路湿滑 握住我手

What We need in Intimate Relationship?

在亲密关系中需要什么?

- Emotional Responsiveness

- Accessibility - Can I reach you?
- Responsiveness - Can I rely on you to respond to me emotionally?
- Engagement - Do I know you will value me and stay close?

感情的回應

- 可及性:
 - 我能找著你嗎?
- 回應性:
 - 我能信賴你會在情感上回應我嗎?
- 投入性:
 - 你會珍惜我並陪伴在我身旁嗎?

Dr. Tronick's "Still Face" Experiment

木无表情实验



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

- Finding the Bad Guy
- Protest Dance
- Freeze and Flee



三個關係緊張的循環/三種魔鬼對話

- 尋找壞蛋
- 抗議舞蹈
- 冻结并逃离



Demon Dialogue 1

魔鬼對話 1

Finding the Bad Guy

- The purpose is to self-protection
 - The main move is mutual attack, accuse or blame
 - To fight-to-win
 - It's Not Me

尋找壞蛋

- 目的是自我保護
 - 相互攻擊，指責或責備
 - 戰鬥勝利
 - 不是我錯



Demon Dialogue 2

魔鬼對話 2

• Protest Dance

- Most common problem
 - create a stable loop
- One partner reaches out, and the other steps back, the pattern repeats
- The dance goes on forever
- Any response is better than none.



• 抗議舞蹈

- 最常見的問題
 - 一個穩定的循環
- 一個夥伴伸出手，另一方退後，模式重複
- 舞步循環不息
- 任何反應比沒有更好的關係。

Demon Dialogue 3

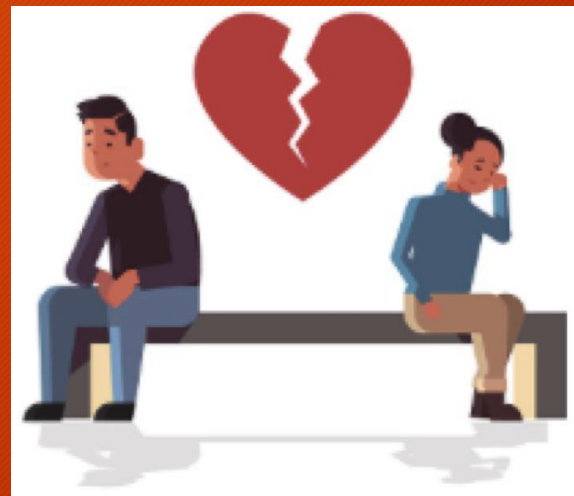
魔鬼對話 3

Freeze and Flee

- Evolves from protest dance
- The pursuing/critical partner gives up trying and becomes silent
- Both partners could be very polite
- The withdrawer finally realized something is wrong and willing to seek help

凍結和逃避

- 從抗議舞蹈演變而來
- 追求/挑剔的伴侶放棄嘗試，變得沉默
- 兩個伴侶可能非常有禮貌
- 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
- Questioning
- Confronting
- Accusing
- Attacking
- Demanding
- Putting the other down
- Clinging
- Interrogating
- Nagging
- Yelling
- Blaming
- Following around the house
- Criticizing
- Phoning & texting repeatedly
- Picking arguments
- Judging
- Controlling
- Disapproving
- 抱怨
- 質疑
- 對峙
- 指責
- 攻擊
- 強求
- 扁低
- 緊貼
- 質問
- 嘮叨
- 大叫
- 責怪
- 家中跟踪、追迫
- 批評
- 重複打電話和發短信
- 挑起爭執
- 指控
- 控制
- 不接納

Withdrawing Behaviors 撤退行為

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

What Do You Tend to Do?
你通常的行為是什麼?



ふうふ

夫婦ゲンカは

たいへん

大変だゾ



Secondary Feelings
表面感情

Primary Feelings
源发感情

聖經的教导

诗篇 139: 23-24

- 神啊，求你鉴察我，知道我的心思；试炼我，知道我的意念。²⁴ 看在我里面有什么恶行没有，引导我走永生的道路。

歌罗西书 3: 12-16

- ¹² 所以，你们既是神的选民、圣洁蒙爱的人，就要存^[b]怜悯、仁慈、谦虚、温柔、忍耐的心。¹³ 倘若这人与那人有嫌隙，总要彼此包容，彼此饶恕；主怎样饶恕了你们，你们也要怎样饶恕人。¹⁴ 在这一切之外，要存着爱心，爱心就是联络全德的。¹⁵ 又要叫基督的平安在你们心里做主，你们也为此蒙召，归为一体；且要存感谢的心。¹⁶ 当用各样的智慧，把基督的道理丰丰富富地存在心里^[c]，用诗章、颂词、灵歌彼此教导，互相劝诫，心被恩感歌颂神。

以弗所书 4:31-32

- ³¹ 一切苦毒、恼恨、愤怒、嚷闹、毁谤，并一切的恶毒^[a]，都当从你们中间除掉；³² 并要以仁慈相待，存怜悯的心，彼此饶恕，正如神在基督里饶恕了你们一样。

Resources 资源

- 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
- 抱緊我
- 愛是有道理
- 心連心事工

Q & A 問答

Hiedi Chan, LMFT

(858) 381-0310

hiedichanmft@gmail.com

www.hiedichantherapy.com