
為什麼會有“溝”沒“通”？

— Stacey Soong Sept. 11, 2022 —
爸媽，我有話要說 主日學課程(1)

親子關係

- 好消息：你比任何人對你的孩子的影響力還要大
- 共同的盲點
 - 需要把對方當“人”看
 - “父母”與“青少年”的標籤和角色
 - Parents: Over-controlling, jury/judge/jailer, make life miserable for their teen.
“I need you to call me to let me know you’re okay.”
 - Teens: Self-centered, impulsive, rude attitude.
“If I know that I’m okay, why should I have to call you?”

Teenager 101



What They Do

Disagree with parents' opinion

Speak their mind more

Not very polite

Want more freedom and independence

How They Feel About Parents

Still love and respect parents

Feel parents work hard and take care of them

Feel parents have good set values

父母哀悼孩子長大了

- 你也許哀悼不再是孩子以前的英雄
- 青少年跟父母爭吵常是因為認為父母的要求不合理。
- 青少年說出難聽的話，不要放心上。
- 父母的反應
 - 憤怒/控制: punishment, policies, spying, very few privileges → teen gets angry → parent gets angrier → vicious cycle
 - 冷戰/放任: quit parenting, not a good idea, teens still need parents to set boundaries and keep them from self-destructing
 - 反覆不定: one week control, next week whatever, trying different ways to get the “little child” back



溫馨小叮嚀



1. 繼續學習成長
2. 避免生氣或疲累時溝通
3. 常常反省，常常道歉
4. 少說多聽，不用解決他們所有的問題
5. **愛是恆久忍耐**

有效溝通 1: 肯定青少年的感覺

不好的方法：

- 否定感覺
- 用邏輯說教
- 馬上給意見

較好的方法：

- 了解他的想法，感覺
(Sounds as if... You want to...)
- 少說，多聽，適當回應 (Uhh...oh...)
- 想像如果 (Wouldn't it be great if...)
- 同理心但堅持原則 (I hear...the problem is...)



Scenario 1





Scenario 1



媽媽是好意，但批評少年的行為，並告訴他該怎麼做，剝奪了少年自我檢討改進的機會。

Mom has good intentions. But by criticizing his behavior and telling him what to do, she makes it difficult for him to tell himself what to do.

Scenario 2





Scenario 2



媽媽少說多聽，同理心的反應，使她兒子覺得被了解，進而自己想出解決辦法。 Mom's minimal, empathetic response helps her son feel understood and focus on what he needs to do.

Scenario 3





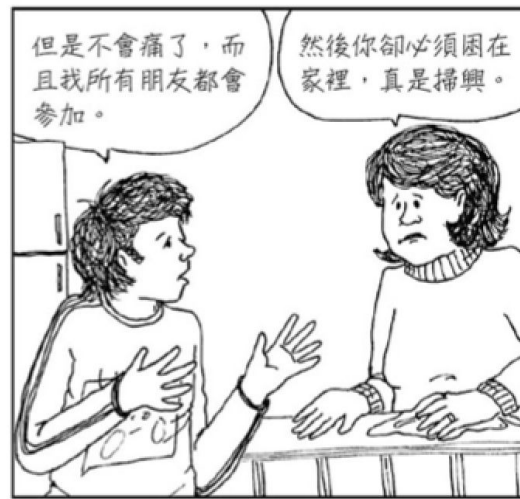
Scenario 3



媽媽為了避免衝突，
沒有堅持原則，盡到
保護孩子的責任。

Mom ignores better
judgment and takes
the path of least
resistance to avoid
a battle.

Scenario 4



Scenario 4



媽媽表達了解兒子感受，讓兒子比較容易接受母親為了他好而設的限制。

Showing empathy for her son's predicament, mom makes it easier for him to accept her firm limits.

應用題1：我不一定要上大學

“I don't know if I want to go to college.”

肯定他的感覺：

1. 了解他的想法，感覺
(Sounds as if... You want to...)
2. 少說，多聽，適當回應
(Uhh...oh...)
3. 想像如果 (Wouldn't it be great if...)
4. 同理心但堅持原則
(I hear...the problem is...)

應用題1：我不一定要上大學

“I don’t know if I want to go to college.”

“Sounds as if you’re having some real doubts about it.”

“You’re wondering if college is right for you.”

“Know what would be cool? If you could look into a crystal ball and see what your life would be like if you didn’t go to college ... or if you did.”

“Why not?” “What do you want to do instead?” Show you are open to options.

肯定他的感覺：

1. 了解他的想法, 感覺
(Sounds as if... You want to...)
2. 少說, 多聽, 適當回應
(Uhh...oh...)
3. 想像如果 (Wouldn’t it be great if...)
4. 同理心但堅持原則
(I hear...the problem is...)

應用題2：為什麼總是我在倒垃圾

“Why do I always have to be the one to take out the garbage?”

肯定他的感覺：

1. 了解他的想法，感覺
(Sounds as if... You want to...)
2. 少說，多聽，適當回應
(Uhh...oh...)
3. 想像如果 (Wouldn't it be great if...)
4. 同理心但堅持原則
(I hear...the problem is...)

應用題2：為什麼總是我在倒垃圾

“Why do I always have to be the one to take out the garbage?”

“Boy, I hear how much you resent it.”

“It’s not your favorite activity. Tomorrow let’s talk about rotating chores. Right now I need your help.”

“Wouldn’t it be great if the garbage would take itself out?”

“Yeah, I know it’s not fun, but I appreciate it.” “You can do something instead. We just need you to help out around the house.” (Stacey大女兒的建議)

肯定他的感覺：

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(I hear...the problem is...)

應用題3：我就算發燒也要參加演唱會

“I don't care if I've got a fever. No way am I missing that concert!”

肯定他的感覺：

1. 了解他的想法，感覺
(Sounds as if... You want to...)
2. 少說，多聽，適當回應
(Uhh...oh...)
3. 想像如果 (Wouldn't it be great if...)
4. 同理心但堅持原則
(I hear...the problem is...)

應用題3：我就算發燒也要參加演唱會

“I don’t care if I’ve got a fever. No way am I missing that concert!”

“What rotten luck to be sick—on today of all days! You’ve been looking forward to that concert for weeks.”

“I know. You had your heart set on going. The problem is, with a fever of 101, you belong in bed.”

“Even though you know there will be plenty of other concerts, you sure wish you didn’t have to miss this one.”

“I’m sorry you’re missing it. I don’t get anything out of you not going. You’d probably not have a good time if you’re sick though.” (Stacey大女兒的建議)

肯定他的感覺：

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(Sounds as if... You want to...)
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(I hear...the problem is...)

有效溝通 2: 讓青少年願意與父母合作

不好的方法:

- 命令
- 責怪
- 指控
- 毀謗
- 威脅
- 說教
- 警告
- 苦肉計
- 比較
- 諷刺
- 預言孩子失敗

較好的方法:

- 冷靜描述問題 (I can't think when the music is so loud...)
- 形容你的感覺 (It hurts my ears...)
- 告知有用資訊 (Frequent exposure to loud sounds can damage a person's hearing...)
- 提供選擇 (Would you rather turn the volume way down or lower it and close your door?)
- 用簡單幾個字表達-不要太囉嗦 (The volume!)
- 說明你的期望 (We need to be aware of other people's tolerance level for noise.)
- 其他創意的表達法 (Put hand over ears, make motion of turning music down, and bow in gesture of gratitude.)
- 用寫的, 留紙條 (Please turn down the volume. Thanks!)

Scenario 5





Scenario 5



當我們生氣，我們的言語會攻擊或貶抑他人。結果青少年會退縮或反駁。

When we are angry, we sometimes lash out with words that attack or demean. The result is teens withdraw or counterattack.

Scenario 6



Scenario 6



當我們形容我們的感受，青少年聽到我們的心聲，也比較願意合作。

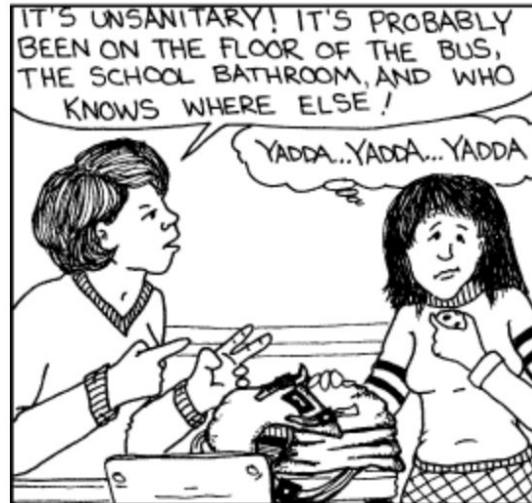
When we describe what we feel, teens hear us and respond helpfully.

Don't say "disappointed." It's a trigger word. Just say "You were going to shovel the driveway, but you didn't." "When are you going to do it?" Then discuss consequences if persistent. "We need to talk about ..." (Stacey大女兒的建議)

Scenario 7



Scenario 7



青少年聽到父母叨念，會閉起耳朵。

Teenagers tend to tune out long lectures.

Scenario 8





Scenario 8



簡短的提醒勝過叨念，讓青少年比較願意合作。
A short reminder or a note focuses their attention and encourages cooperation.



Scenario 9





Scenario 9



簡短的提醒勝過叨念，讓青少年比較願意合作。
A short reminder or a note focuses their attention and encourages cooperation.

Sources

How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish

怎麼說, 青少年會聽 vs. 如何聽, 青少年願意說 by Adele Faber and Elaine Mazlish
(eBook through [Rakuten Kobo](#))

Yes, Your Parents Are Crazy: A Teen Survival Guide by Michael J. Bradley, Ed.D

"Among the best of the best...worthy of any parent's library. Faber and Mazlish have finally written a book for parents of teenagers." —*Boston Globe*

How to Talk So Teens Will Listen & Listen So Teens Will Talk

Adele Faber &
Elaine Mazlish

Authors of the multimillion-copy bestseller *How to Talk So Kids Will Listen & Listen So Kids Will Talk*

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MICHAEL J. BRADLEY ED.D.
FOREWORD BY CLAY AIKEN

Q&A

time