主題：親子關係 ― 反思性的聆聽技巧

A. 內容撮要：

核心理念：

- 「親子關係」的重點在於「親近」孩子。
- 成年人固有的思維、判斷和辦事效率，容易切斷與孩子真實需要的連結。
- 透過學習「反思性的聆聽技巧」，能真正靠近孩子，幫助他們學習以對話處理情緒，而非透過行為發洩。

四個聆聽步驟 **(DEAR)**：

1. 偵測 **(Detect)**
    - **重點：** 父母需先控制自己的主觀情緒。
    - **行動：** 專注觀察孩子的舉止、行為、語氣和用語，真實地「偵測」孩子的感受與狀況，而非急於給予指導。
2. 同理 **(Empathy)**
    - **重點：** 放下家長視角與批判，走進孩子的世界。
    - **行動：** 即使孩子破壞了規則，也要先同理其感受。
    - **實用話語：**「我看到你的憤怒喔！」、「看來，你很生氣呢！」（向孩子傳達：我看到的不只是你的行為，更是你的感受）。
3. 詢問 **(Ask)**
    - **重點：** 在處理行為問題或尋找解決辦法「之前」，先關注孩子的情緒與經歷。
    - **行動：** 透過發問蒐集資訊，釐清問題所在，幫助孩子平伏情緒並讓他們知道父母願意聆聽。
    - **實用話語：**「可以告訴我發生甚麼事嗎？」、「我可以幫助你嗎？」。
4. 反思 **(Reflect)**
    - **重點：** 藉著「反思」和「整理」孩子表達的內容，來緩和他們的情緒。

- **行動：** 父母重述或解釋聽到的內容，讓孩子有機會退後一步，重新整理自己的感受。

💡 **實踐 DEAR 技巧的 4 個重要提醒：**

1. 父母要從個人情緒中稍微退後。
2. 尋找那表面行為的深層困擾。
3. 發問時避免用「為甚麼？」。
4. 解釋並整理其中聽到的事情。

B. 家長反思題：

1. 當孩子出現負面情緒或不良行為時，我的第一反應通常是急於用大人的標準去「糾正」他，還是能夠先放下自己的情緒，去觀察並說出他當下的感受（例如：「你看起來很沮喪」）？
2. 在與孩子溝通時，我是否經常不自覺地問「你為甚麼要這樣做？」，或是急著給予解決方案？

參考資料：

https://www.revwongty.com/single-post/2018/11/06/親子關係-－-反思性的聆聽技巧

Topic: Parent-Child Relationships — Reflective Listening Skills

A. Content Summary:

Core Ideas:

- The main goal of a "parent-child relationship" is to be "close" to your child.
- Adults' usual ways of thinking, judging, and fixing things quickly can easily disconnect them from what the child truly needs.
- By learning "reflective listening skills", we can truly get closer to our children. This helps them learn to handle their feelings through talking, rather than acting out.

Four Steps of Listening (DEAR):

1. Detect

- **Key point:** Parents must first control their own emotions.
- **Action:** Pay close attention to your child's body language, behavior, tone of voice, and words. Truly "detect" how they are feeling and what is happening, instead of rushing to teach or correct them.

2. Empathy

- **Key point:** Let go of your "parent" viewpoint and judgments. Step into your child's world.
- **Action:** Even if the child breaks a rule, show understanding for their feelings first.
- **Useful phrases:** "I can see that you are angry!" or "It looks like you are very mad!" (This tells the child: I see your feelings, not just your behavior.)

3. Ask

- **Key point:** Focus on the child's feelings and experiences *before* trying to fix their behavior or find a solution.
- **Action:** Ask questions to gather information and understand the problem. This helps calm the child down and shows them you are willing to listen.
- **Useful phrases:** "Can you tell me what happened?" or "Can I help you?"

4. Reflect

- **Key point:** Help calm the child's emotions by "reflecting" and organizing what they just said.

- **Action:** Repeat or explain what you heard. This gives the child a chance to step back and sort out their own feelings.

💡 **4 Important Reminders for Using the DEAR Technique:**

1. Step back from your own emotions.
2. Look for the deeper feelings hidden behind their surface behavior.
3. Avoid asking "Why?" when asking them questions.
4. Explain and summarize what you have heard from them.

B. Parent Reflection Questions:

1. When my child has negative emotions or bad behavior, is my first reaction to rush and "correct" them using adult standards? Or am I able to put my own feelings aside, observe them, and name their feelings out loud (for example: "You look very frustrated")?
2. When talking with my child, do I often catch myself asking "Why did you do that?", or do I rush to give them a solution right away?

Reference：

https://www.revwongty.com/single-post/2018/11/06/親子關係-一-反思性的聆聽技巧