主題：如何陪伴孩子走過青春叛逆期?

A. 內容撮要：

理解反叛行為動機：明白青少年正經歷生理與心理劇烈轉變，其反抗往往是為了爭取獨立和尋找自我認同，並非刻意與父母作對。

建立雙向信任尊重：改變以往高壓或命令式的管教手法，給予孩子適度的空間與選擇權，以尊重為基礎來建立信任關係。

實踐傾聽重於說教：在日常溝通中多聽少罵，先試著理解並同理孩子隱藏在頂嘴背後的情緒，避免連珠炮式的長篇大論或直接否定。

保持冷靜理性引導：當衝突發生時，父母需控制自身情緒、避免硬碰硬，並用明確的界線與柔和的態度，引導孩子承擔自己選擇的後果。

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B. 家長反思題：

1. 當孩子開始反駁、追求獨立時，我當下的憤怒是來自「孩子不尊重我」，還是來自「我正在失去對他的控制感」？
2. 在最近一次與孩子的爭執中，我是在「拼命說教、證明自己是對的」，還是在「用心傾聽，找出孩子頂嘴背後的真正需求」？

影片連結：

https://www.youtube.com/watch?si=3R01wyYJ2YDUONbp&v=e3FJZ9M4i6Y&feature=youtu.be

Topic: How to Accompany Your Child Through the Rebellious Phase of Adolescence?

A. Content Summary:

- **Understand motives behind rebellious behavior**: Recognize that teenagers are going through intense physical and psychological changes. Their resistance is often a bid for independence and self-identity, not a deliberate attempt to oppose their parents.
- **Build two-way trust and respect**: Change past high-pressure or commanding parenting styles. Give your child appropriate space and the right to make choices. Build a relationship of trust based on respect.
- **Practice listening over lecturing**: Listen more and scold less in daily communication. Try to understand and empathize with the emotions hidden behind your child's backtalk. Avoid continuous, lengthy lecturing or immediate dismissals.
- **Maintain calm and rational guidance**: When conflicts occur, parents need to control their own emotions and avoid head-on confrontations. Use clear boundaries and a gentle attitude to guide your child to bear the consequences of their own choices.

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B. Parent Reflection Questions:

1. When my child starts to talk back and pursue independence, is my immediate anger stemming from "my child disrespecting me," or from "me losing my sense of control over them"?
2. In the most recent argument with my child, was I "desperately lecturing and trying to prove myself right," or was I "listening with my heart to find the real need behind my child's backtalk"?

Video link：

https://www.youtube.com/watch?si=3R01wyYJ2YDUONbp&v=e3FJZ9M4i6Y&feature=youtu.be