主題：掌握夫妻與家庭間的有效溝通技巧

A. 內容撮要：

一、 溝通的核心觀念

- **溝通的目的**：不是為了爭辯輸贏或證明對錯，而是為了接收伴侶的感受與經驗，並在衝突中建立連結。
- **避免誤區**：爭論對錯只會破壞關係中的安全感，無助於解決問題。
- **關注過程**：健康的互動「過程」比爭執的「內容」更重要，目標是從對立走向共識。

二、 夫妻互動與教養心態

- **拒絕自動導航**：避免無意識的慣性回應，以免無心言語造成傷害。
- **隊友意識**：在教養觀念不同調時，時刻提醒自己「我們是隊友，不是敵人」。
- **共親職（Co-parenting）**：視育兒為「接力賽」而非「角力賽」，建立合作共識。
- **避免孩子面前爭吵**：父母的歧見若在孩子面前爆發，會讓孩子無所適從，甚至引發偏差行為。

三、 衝突處理原則

1. **情緒優先**：先處理情緒，再處理問題。
2. **善用暫停鍵**：當情緒高漲時，應暫時分開（物理空間上的冷靜），避免火上澆油。
3. **界線分明**：溝通僅限於夫妻兩人之間，切勿牽扯長輩，以免戰場擴大變得難以收拾。

四、 具體溝通四步驟

1. **輪流傾聽與訴說**：給予彼此完整表達的時間，不急於插話或反駁。
2. **探究背後根源**：理解對方的觀點往往源自原生家庭經驗或童年回憶，從而理解對方的堅持。
3. **異中求同**：尋找雙方都能接受的方案，找出意見的「最大公約數」。
4. **擬定計畫**：共同制定具體可行的執行步驟。

==========

B. 家長反思題：

1. 回想最近一次與伴侶發生衝突時，你當下的目標是為了「聽懂對方的感受」，還是為了「證明自己是對的」？
2. 如果在教養孩子時與伴侶意見不合，你會如何確保孩子不會成為你們爭執下的觀眾或籌碼？

參考資料：

1. https://futureparenting.cwgv.com.tw/family/content/index/29359
2. https://www.gvm.com.tw/article/79164

Topic: Mastering Effective Communication Skills for Couples and Families

A. Content Summary:

1. Core Concepts of Communication

- **The Goal of Communication:** It is not about winning an argument or proving who is right or wrong. It is about understanding your partner's feelings and experiences, and building a connection even during conflicts.
- **Avoid Mistakes:** Arguing about who is right only destroys the sense of safety in the relationship. It does not help solve the problem.
- **Focus on the Process:** A healthy interaction "process" is more important than the "content" of the argument. The goal is to move from opposing sides to reaching an agreement.

2. Couple Interaction and Parenting Mindset

- **Stop "Autopilot":** Avoid reacting out of habit without thinking. Careless words can hurt people.
- **Teammate Mentality:** When you disagree on how to raise children, remind yourself: "We are teammates, not enemies."
- **Co-parenting:** View raising children as a "relay race" (working together), not a "wrestling match" (fighting each other). Build a partnership.
- **Avoid Fighting in Front of Kids:** If parents fight in front of their children, the kids will feel lost and confused. It may even cause them to misbehave.

3. Principles for Handling Conflict

- **Emotions First:** Deal with feelings first, then deal with the problem.
- **Use the Pause Button:** When emotions are high, separate for a while (go to different rooms) to calm down. Avoid adding fuel to the fire.
- **Set Boundaries:** Communication should stay between the couple. Do not drag grandparents or other relatives into it, or the problem will get too big to fix.

4. Four Concrete Steps for Communication

- **Take Turns Listening and Speaking:** Give each other time to fully express thoughts. Do not interrupt or argue immediately.

- **Find the Root Cause:** Understand that your partner's viewpoint often comes from their own family background or childhood memories. This helps you understand why they insist on certain things.
- **Find Common Ground:** Look for a solution that both sides can accept. Find the points you agree on.
- **Make a Plan:** Work together to create specific, doable steps for action.

==========

B. Parent Reflection Questions:

1. Think back to the last time you had a conflict with your partner. Was your goal to "understand their feelings" or was it to "prove that you were right"?
2. If you disagree with your partner about raising your child, how will you make sure your child does not become an audience member or a tool in your argument?

Reference：

1. https://futureparenting.cwgv.com.tw/family/content/index/29359
2. https://www.gvm.com.tw/article/79164