

情緒 Emotional



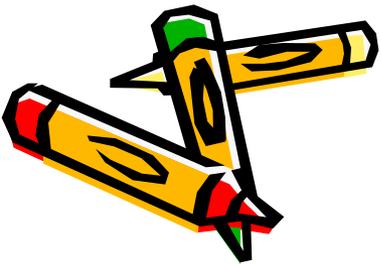
2016.1.25

譚志宏先生 (香港康復學會主席, 香港醫療及復康服務主任治療師, 香港中文大學專業進修學院講師, 註冊職業治療師)

甚麼叫情緒

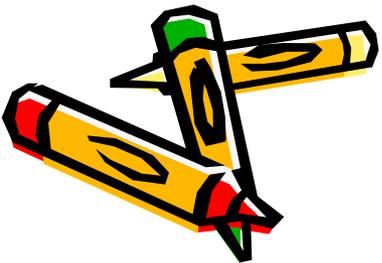
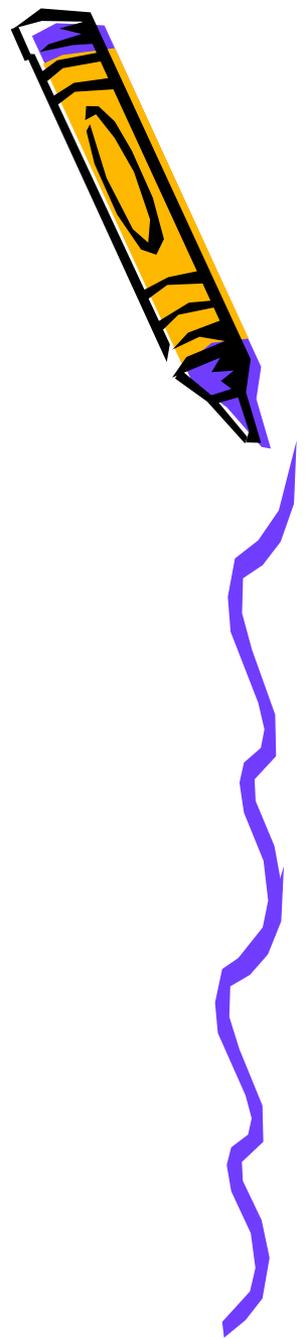
Meaning of emotion

- 牛津英語詞典：情緒是心靈、感覺或情感的激動，泛指任何激動或興奮 (excitement)。



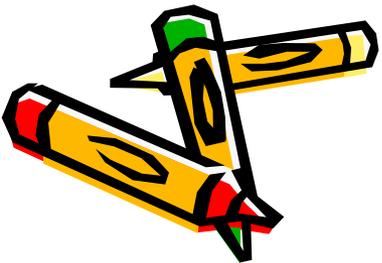
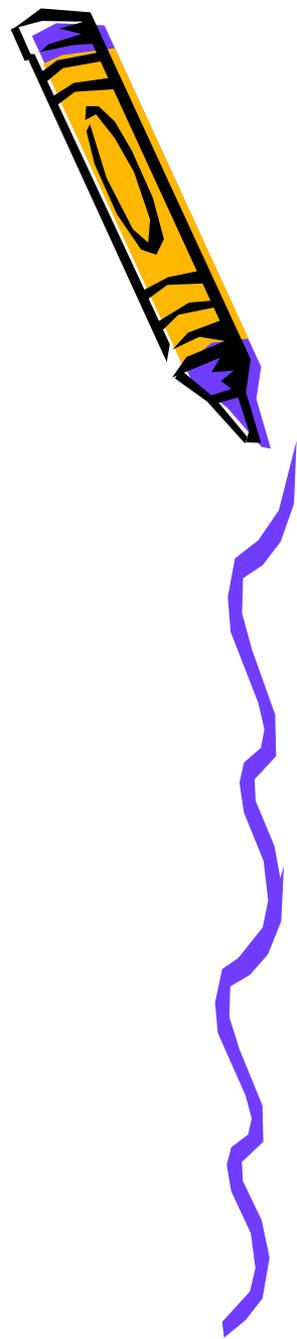
EQ情緒智能

- 高低指數 **index**
- 對自己 and 別人情緒了解 **understand emotion**
- 調控自己情緒 and 行為的能力 **control emotion**



先天與後天born or environment

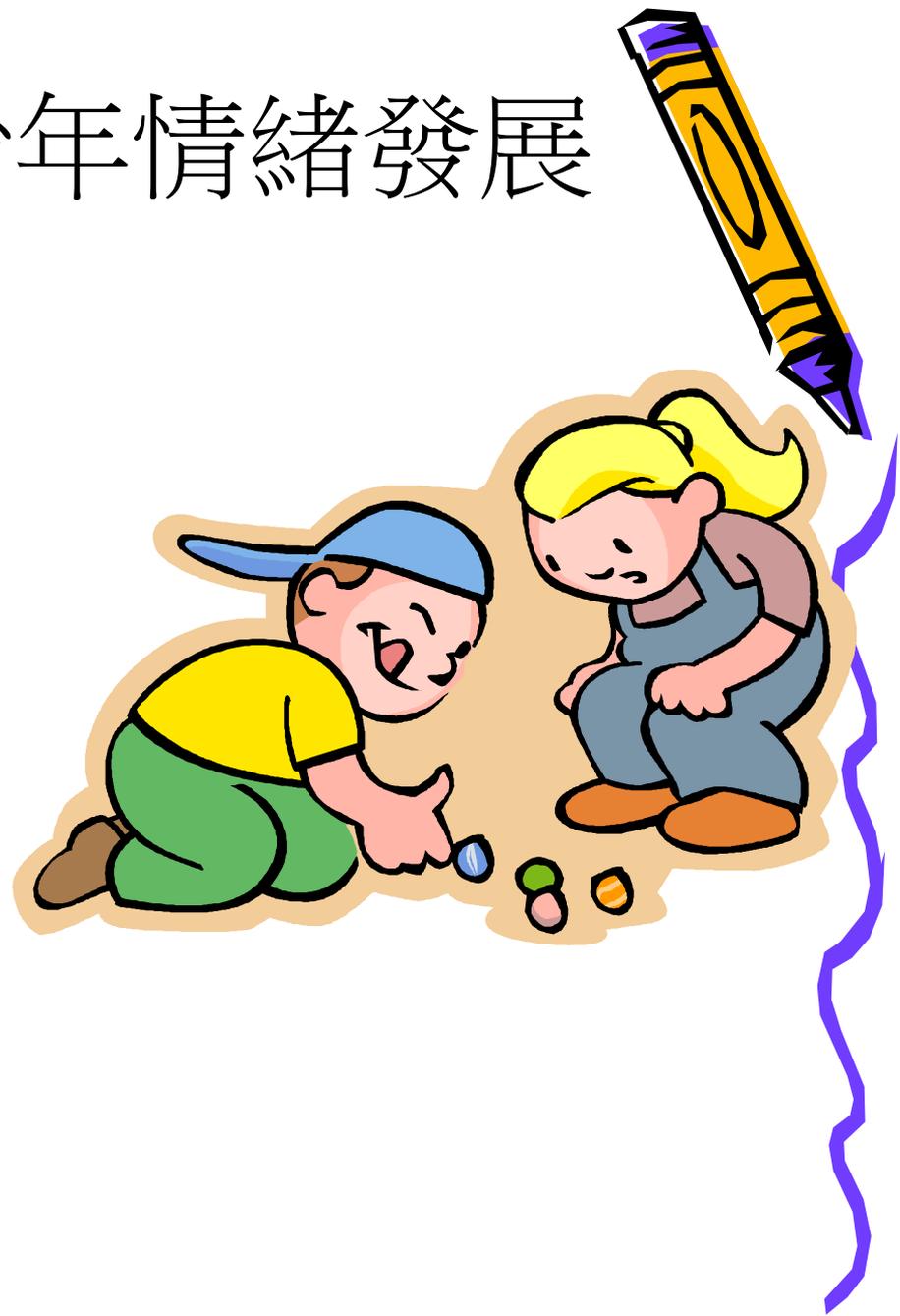
- 先天：50%
- 後天：50%



為甚麼要了解青少年情緒發展

- 認知、社交、行為、情緒、四者不能分割，且互相影響 **inter-related**
- 青少年情緒發展不是一個自然定律，不像生理發展循序漸進式增長，時進時退，較反覆。
No milestone

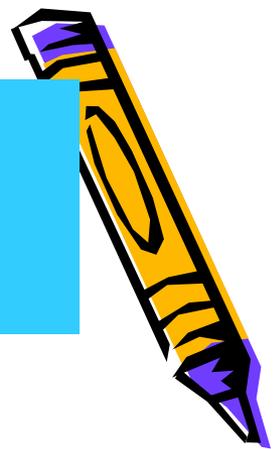
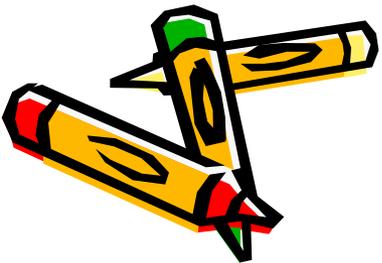
- 青少年工作者每天都要處理與情緒有關的問題



兒童心理學家 J. Watson

一、情緒發展

- 三種基本情緒反應：
恐懼 **fear**、憤怒 **anger** 和
愛 **love**

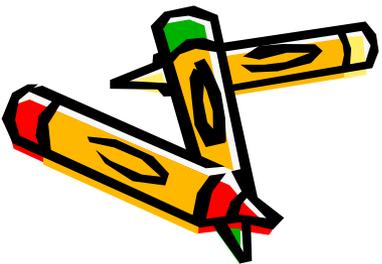


引發情緒：

恐懼**fear**：失去支撐、失去平衡、大聲、睡中吵醒

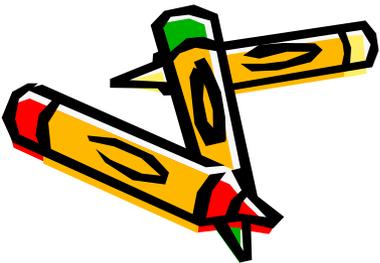
憤怒**anger**：活動受阻

愛**love**：溫柔撫摸



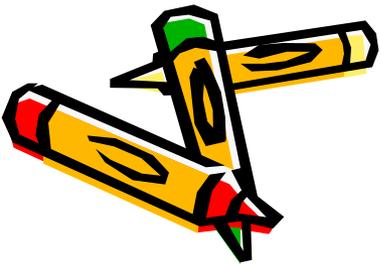
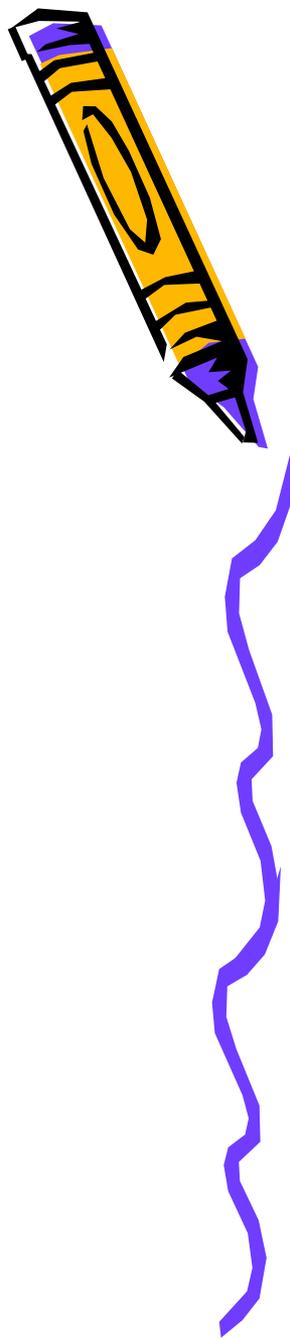
情緒對青少年重要 importance

- 有組織功能，能不斷發動和組織人的探究行為，認識四周環境 **exploration**
- 有人際交往功能 **relationship building**

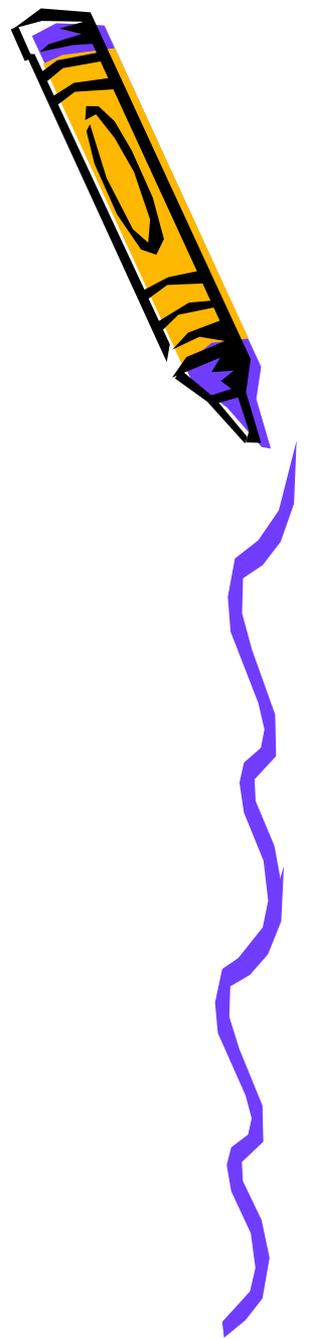


情緒來源

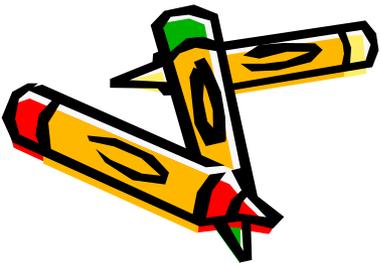
- 思想 (paradigm) 影响情緒
- 固執思想從小建立
- 原生家庭的影響



幼兒情緒不穩原因 Reasons



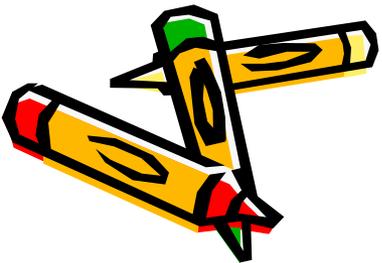
- 情緒發展慢 delay
- 以自我中心 self centre
- 語言表達不好 language expression，易發脾氣
- 理解能力不足，無法解釋 poor understanding
- 不能轉變，轉變造成不安 unable to change
- 疲倦及饑餓 hungry and tired
- 不安及焦慮 anxiety
- 操控別人 manipulation
- 贏輸概念 poor loss-win concept



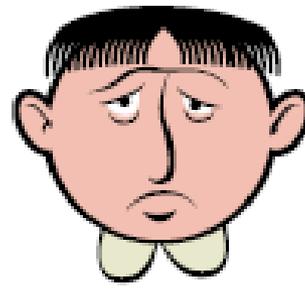
焦慮 anxiety



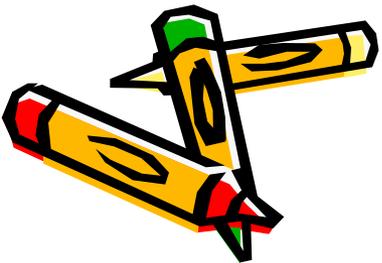
- 青少年焦慮主要是對於外界危險或意料中傷害知覺的反應。
- 具有掛念、不安及預知成份
- 處理方法：祈禱交託，改變思想方法



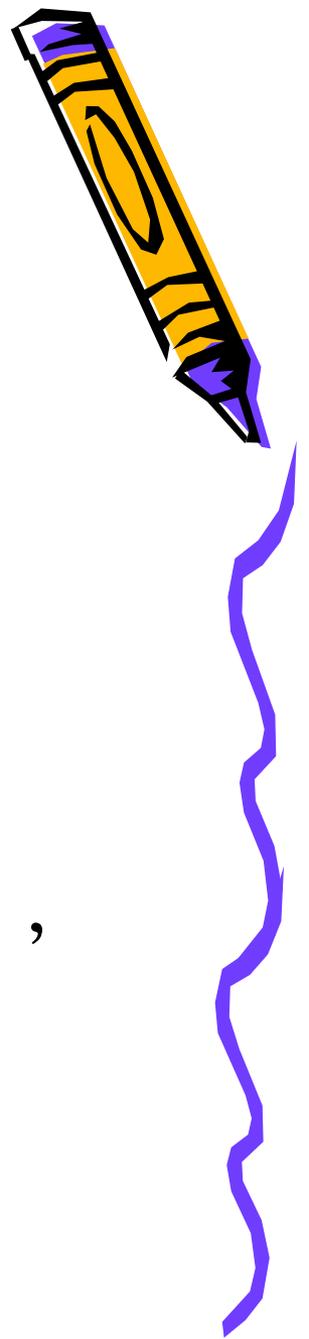
焦慮



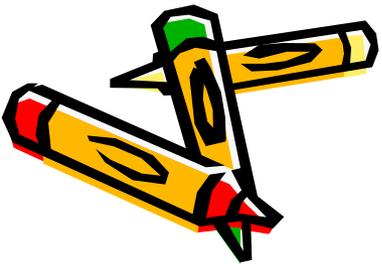
- 失去安全感，社交憂慮最常見
- 解難能力低，壓力大
- 處理方法：讀聖經，找着神的應許



怒氣

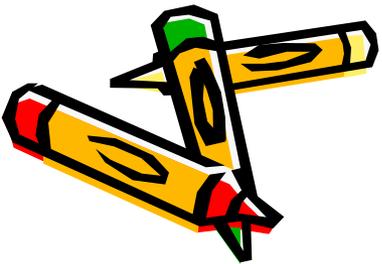
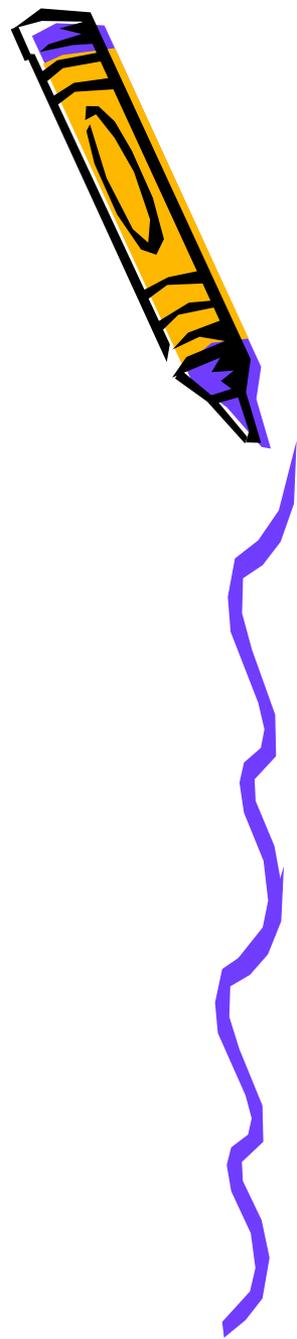


- 常伴着不高興、憤慨、敵意、報復
- 從父母學回來，說話是怒氣中介
- 處理方法：改正錯誤心思，學習寬恕，多聽小說，倚靠聖靈



無故哭泣

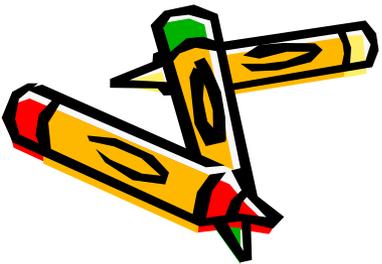
- 因改變恆常習慣而產生憂慮
- 過份保護環境
- 因恐懼而產生行為倒退
- 處理方法：適應轉變，找出恐懼原因



尋求注意



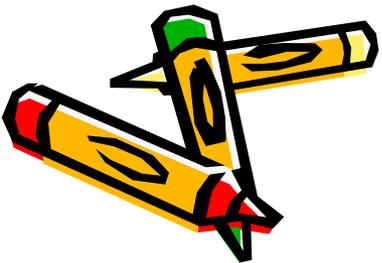
- 不肯定自己價值，形像低
- 不肯定別人接納，緊張別人眼光及接納
- 處理方法：告訴他/她是天父及父母寶貝



被責備/指正時發脾氣

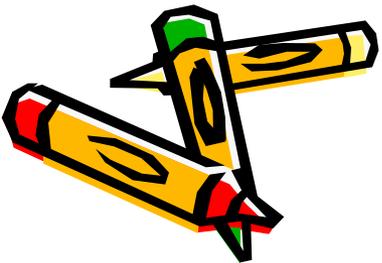
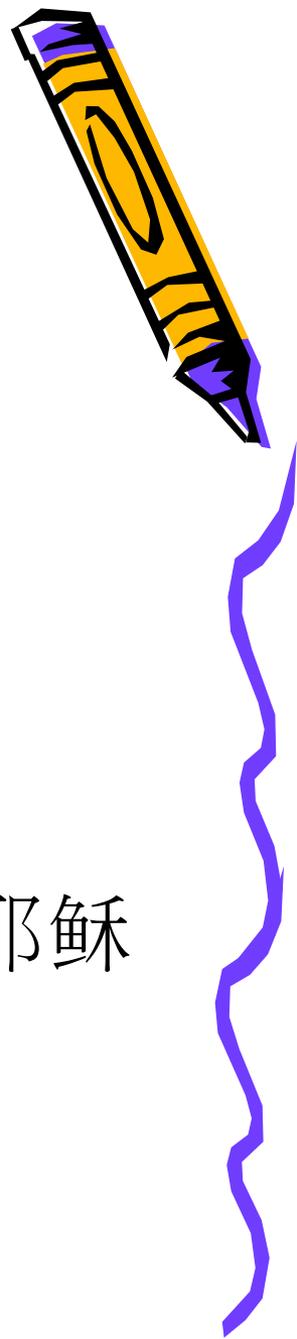


- 防衛機制保護自己
- 錯誤接收訊號，以為別人對他不好，感覺怨屈，被誤解
- 處理方法：學習饒恕別人像天父

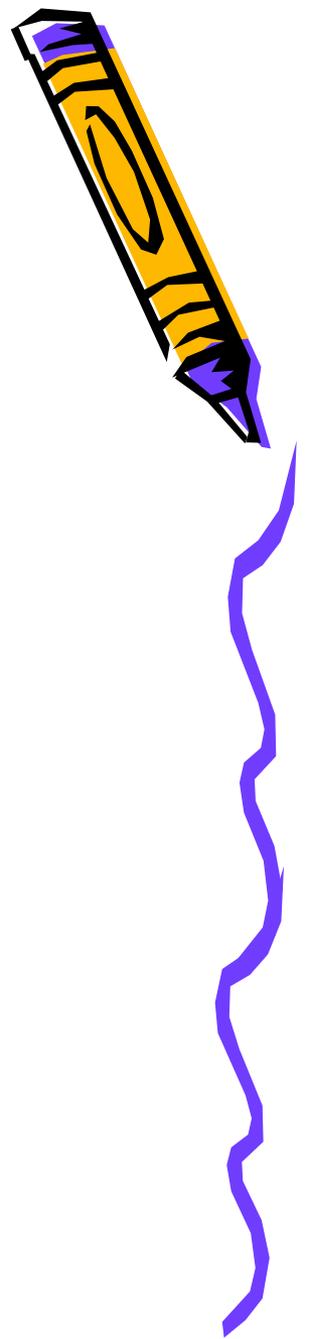


害怕別人 Say No

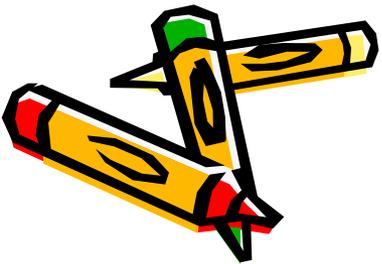
- 怕被拒絕，唔想接受輸及失敗
- 願望不被滿足
- 處理方法：分開 **No**與自我價值，主耶穌如何面對被世人拒絕榜樣



不守規矩

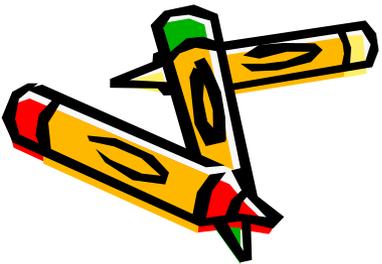
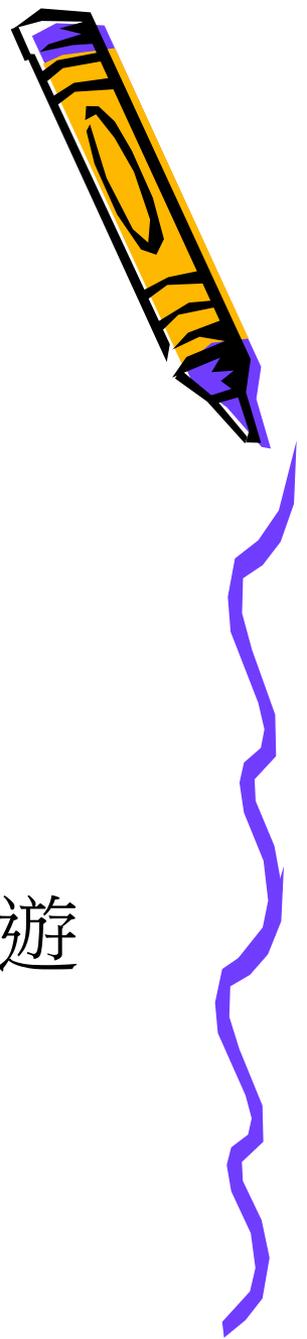


- 遲緩：8-12歲心智年齡
- 資優：太強領導，想自定規矩
- 挑戰權威，試底線
- 處理方法：威迫利誘同時使用



自己有錯 別人錯

- 太自我中心，不能站在別人角度
- 亞氏保加傾向
- 處理方法：自省能力訓練，角式交換遊戲



莎莉與安妮 測驗

The Sally & Anne Experiment



(Baron-Cohen, Leslie
& Golan, 1985)

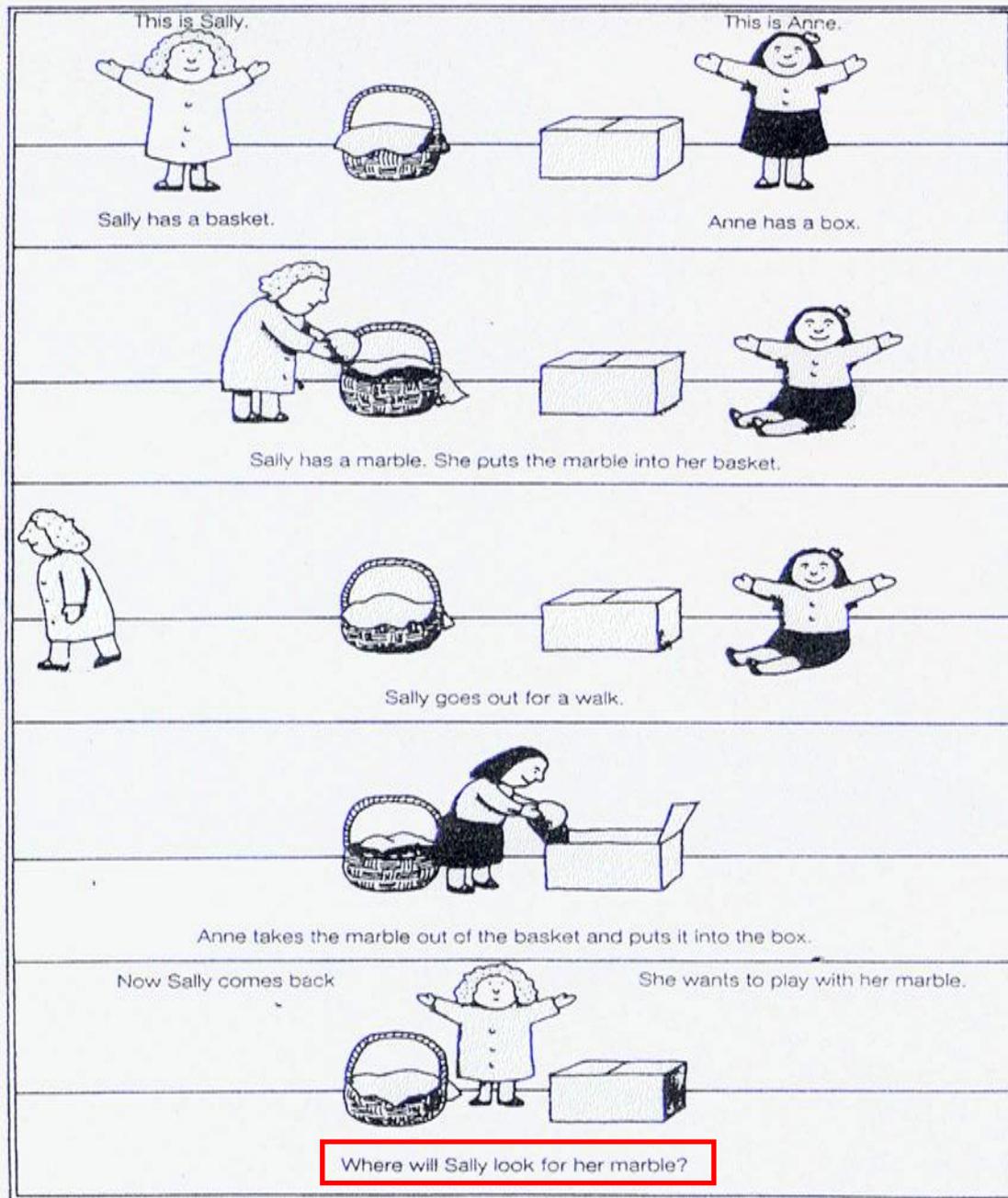
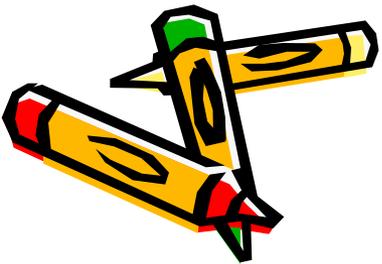
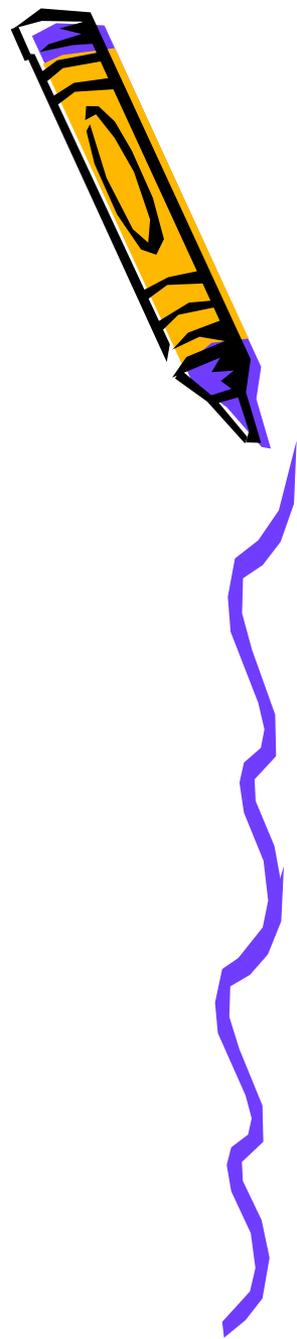


Figure 10.1 *The Sally-Anne experiment*

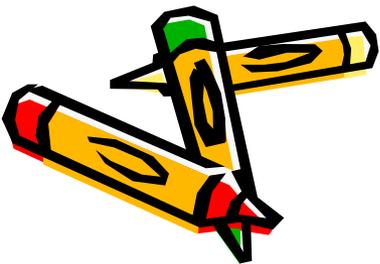
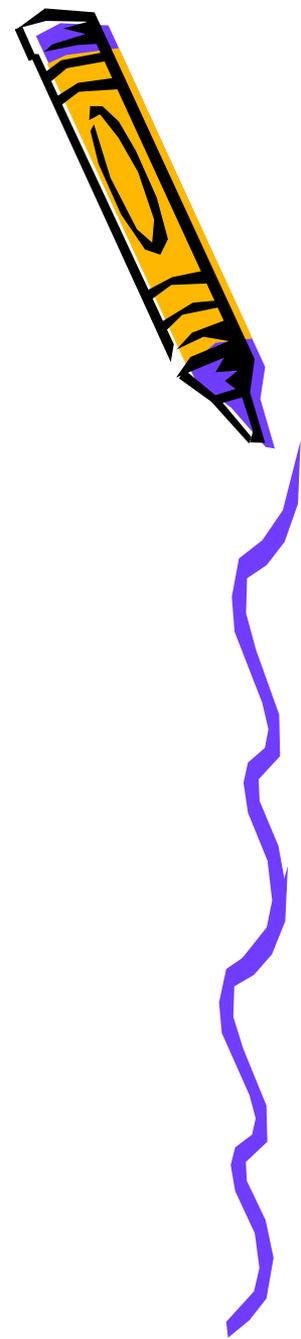
反抗父母權威

- 嚮往自由
- 不受約束



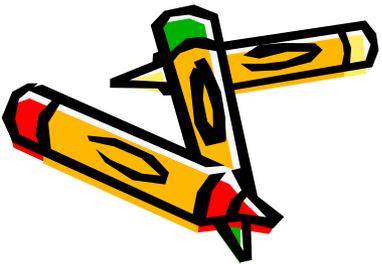
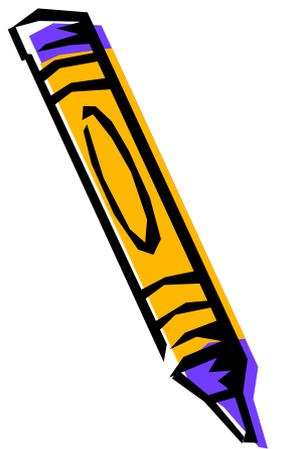
溝通技巧

- 審判語氣
- 不被尊重
- 不被信任
- 說話重覆



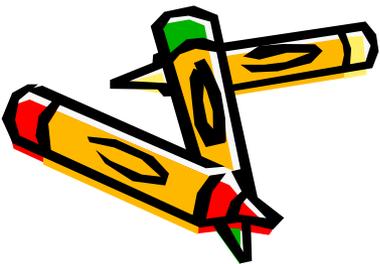
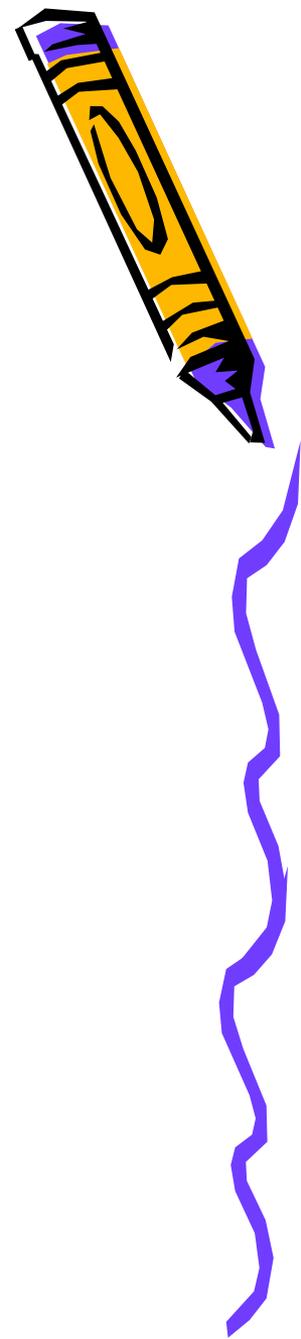
理想主義

- 父母太現實
- 尋找興趣



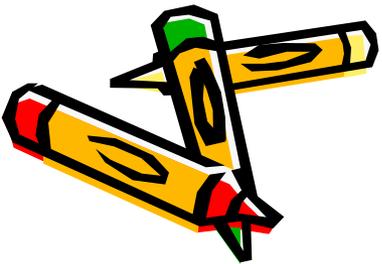
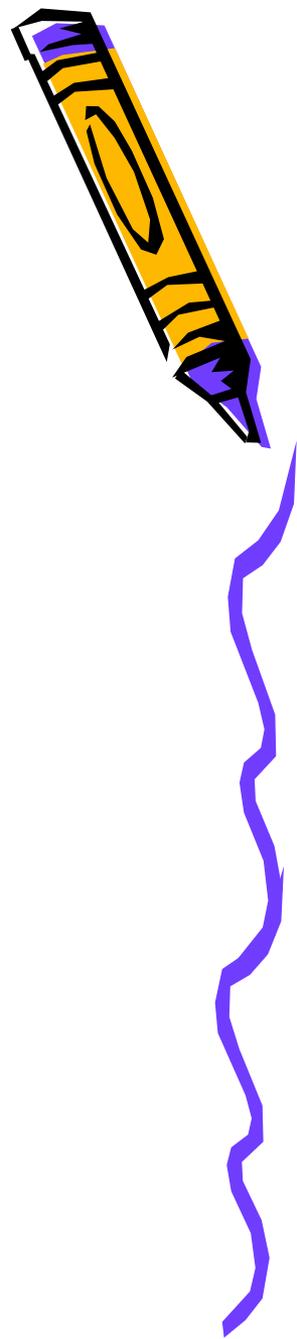
同輩認同

- 群體性強
- 怕被排擠
- 怕失面子



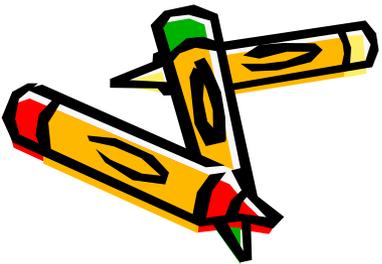
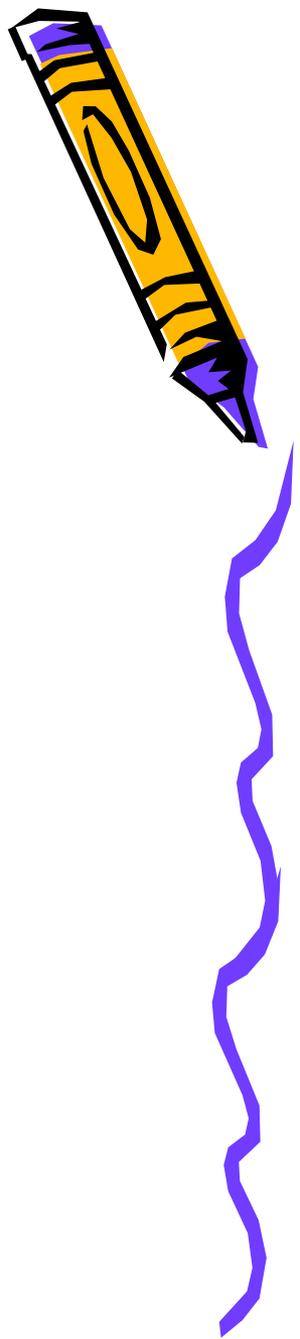
迷惘與憂慮

- 身份
- 前途
- 價值
- 意義



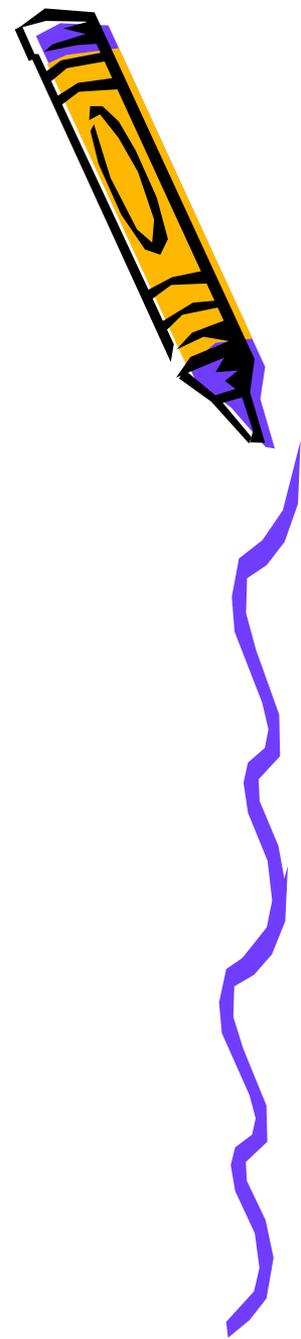
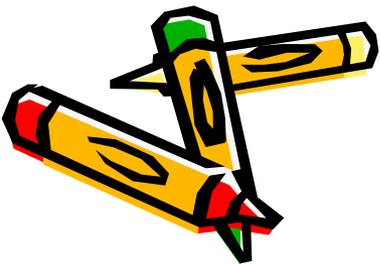
不被明白

- 時代脫節
- 不合邏輯
- 沒有常識
- 胡言亂語



問題？

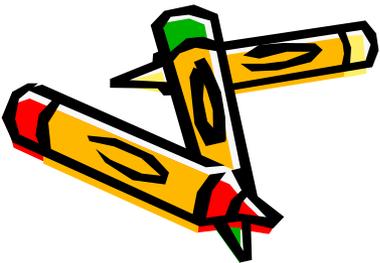
- 出街
- 金錢
- 打機
- 交友
- 學業



培養兒童適當地表達情緒

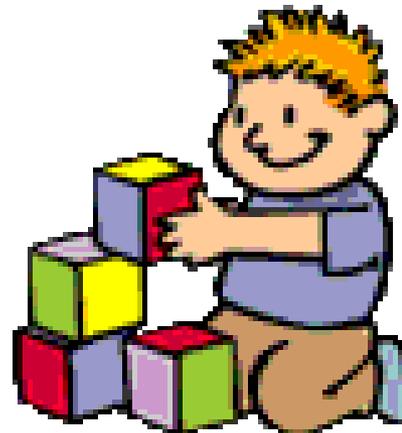
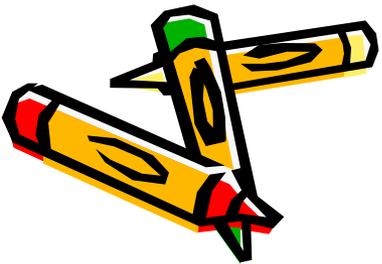
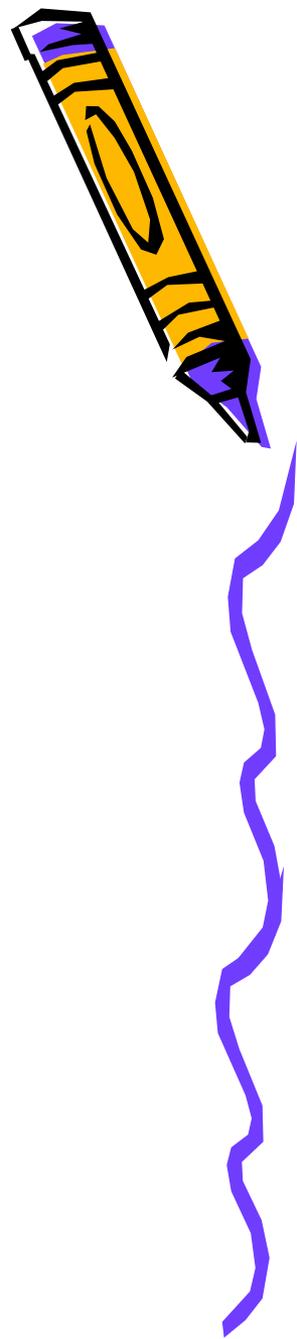


- 敏感兒童情緒訊號-留意情緒變化 **aware**
- 為兒童設立情緒溫室-聆聽他們心聲 **listen**
- 接納並肯定兒童感受-嘗試設身處地了解 **understand**
- 幫助兒童認識情緒-分辨並用言語表達 **express**
- 協助兒童建立宣洩情緒方法-解決問題 **solve**



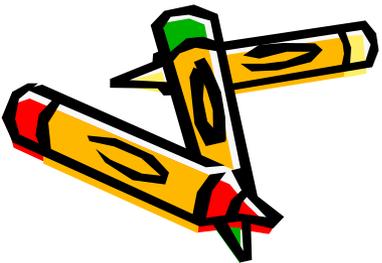
平靜情緒方法 methods

- 談感受 story telling
- 遊戲 games



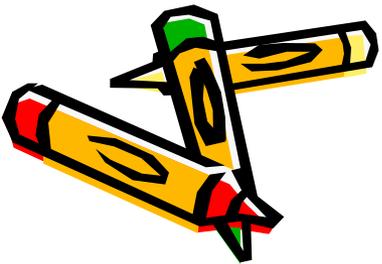
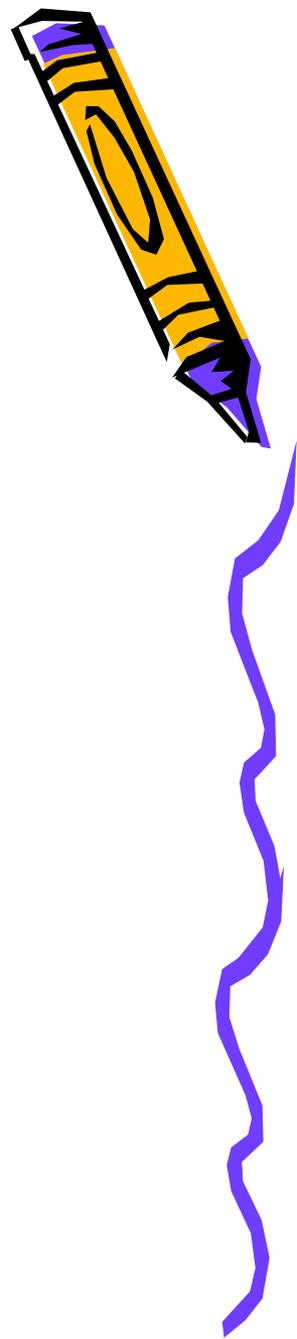
調節策略-認知 **cognitive skill**

- 接納 **acceptance**
- 接納父母所定下的規則及堅持的原則是不能抵觸的，有時會哭鬧着接受。
- 尋找理由 **reasons**：為了解決問題，例如與人爭吵時會問為何爭吵



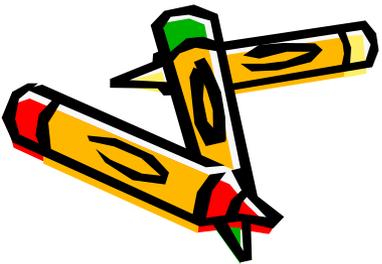
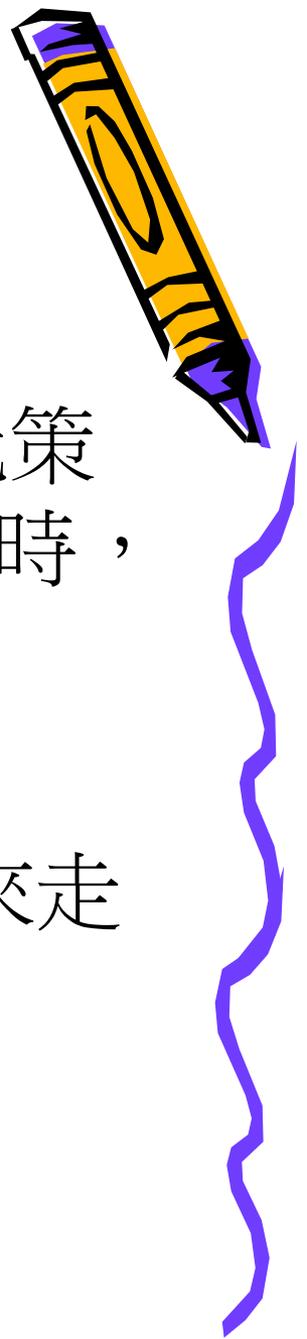
調節策略-分心distraction

- 頭轉開及遙望遠方
- 目光迴避
- 找尋替代物
- 持續做自己喜愛的事不予理會



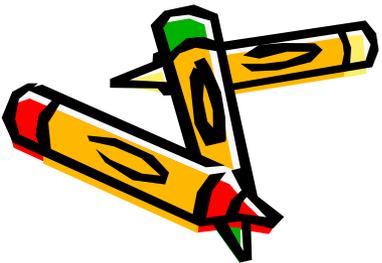
調節策略-認知 **cognitive skill**

- 忽視 **ignore**：面對嫌惡刺激時，選此策略最合適，例如幼兒正在玩心愛玩具時，別人想分享，孩子會選此方法。
- 認知 **avoidance**：放棄並漫無目的走來走去，退縮獨自一人



調節策略-認知 **cognitive skill**

- 酸葡萄 **denial**-得不到想要東西時，例如被拒絕時，會用酸葡萄來安慰自己。
- 自言自語 **self talking**：自我對話方式來安慰自己



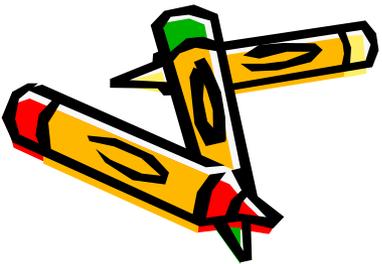
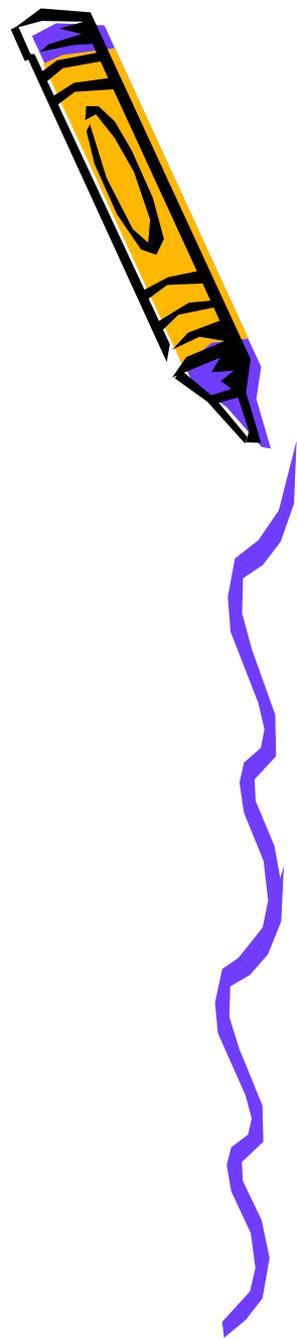
調節策略-認知 **cognitive skill**

- 耍賴 **refuse** : 不認輸，坐着不動
- 輕蔑助詞 **wordings** : 哼，我不稀罕跟你玩
- 面紅、眉頭深鎖、嘟嘴 **facial expression**



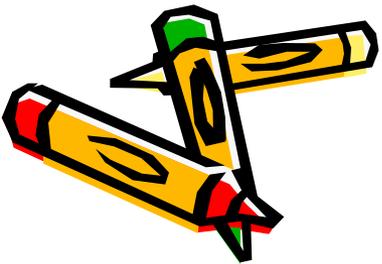
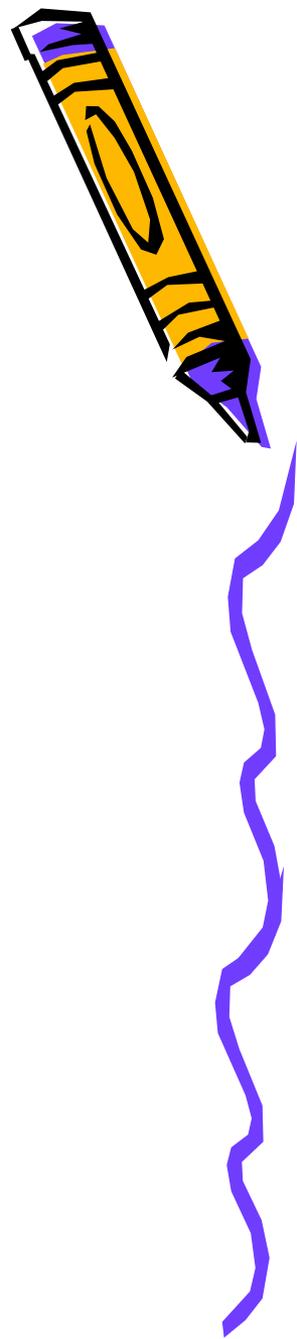
調節策略-攻擊策略 attack

- 捶打物件及摔東西
- 瞪人，用手指着對方



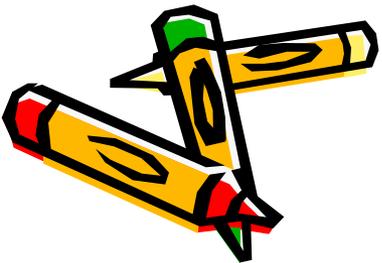
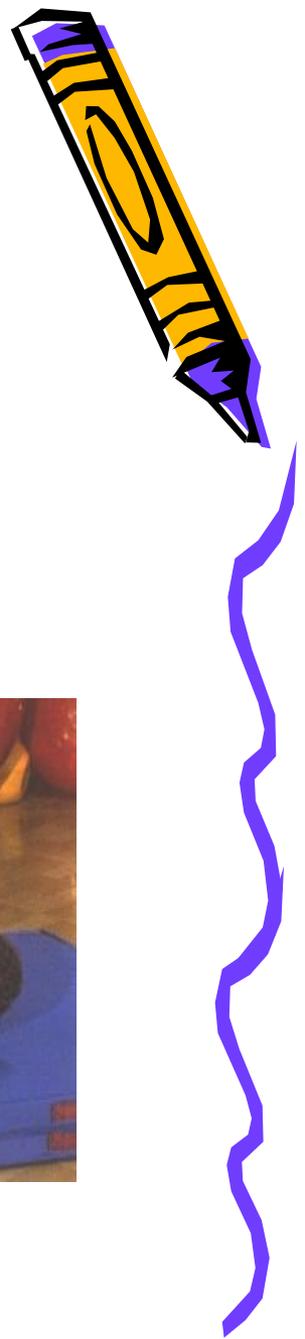
調節策略-放鬆策略 relaxation

- 呼吸訓練
- 大自然
- 運動及遊戲



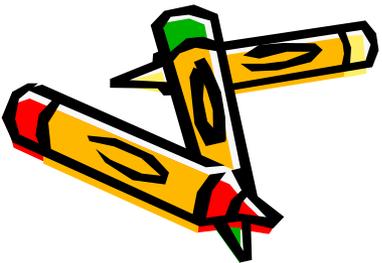
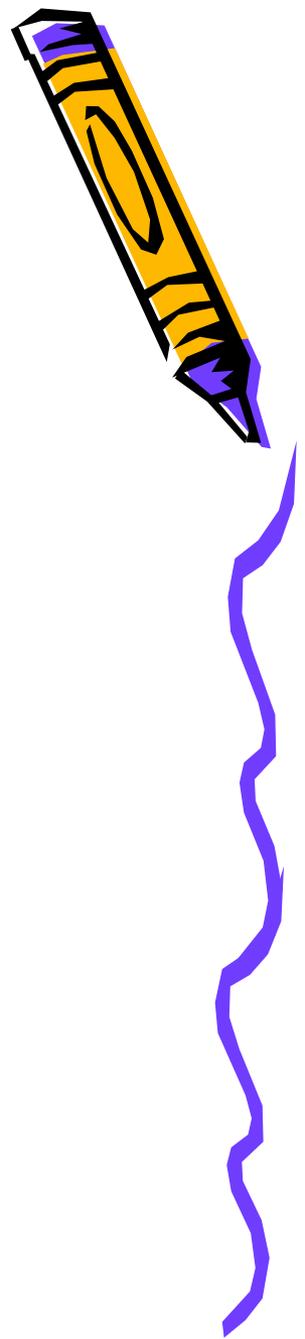
平靜情緒建議

- 呼吸練習 **breathing**
- 兒童太極及瑜珈 **yoga**
- 自我安慰 **self-comfort**
- 轉移注意 **distract**
- 離開 **leave**

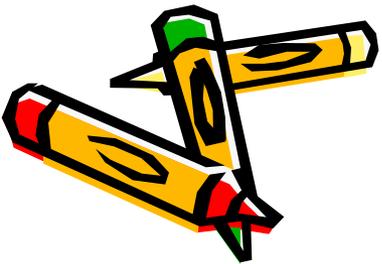
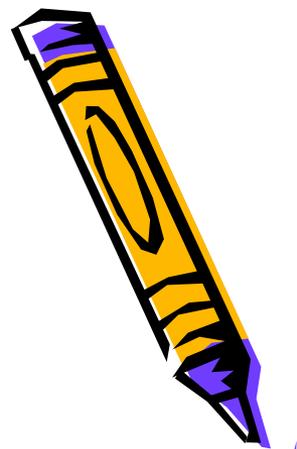


平靜情緒建議

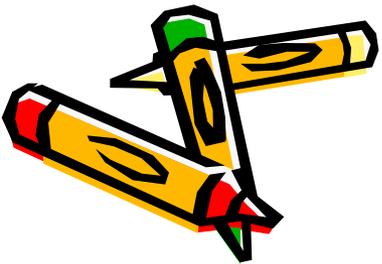
Time out chair



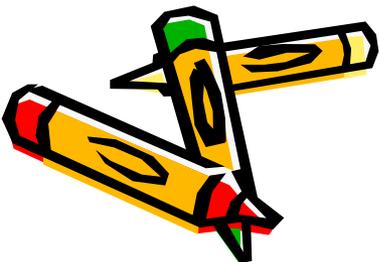
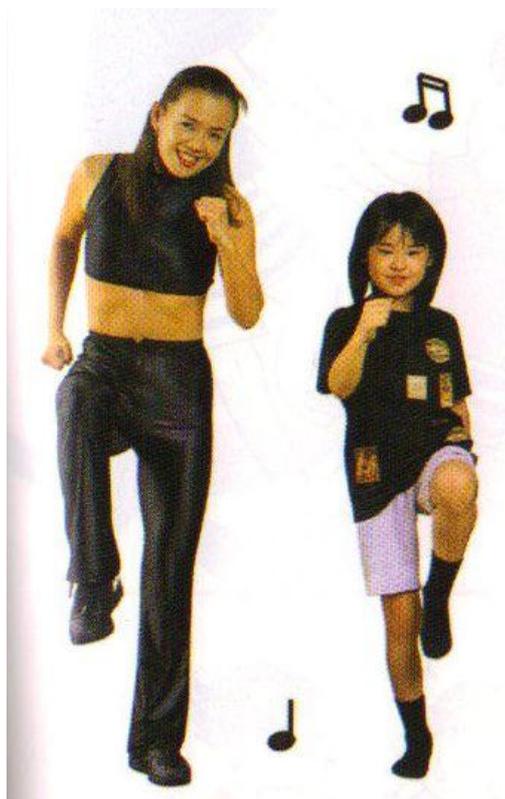
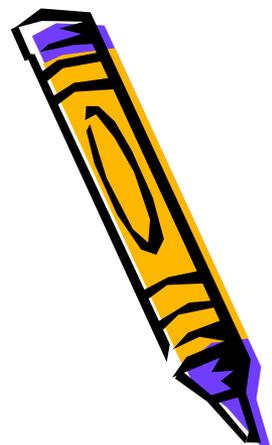
平靜情緒建議 大自然



平靜情緒建議



節奏感運動 rhythm



全身運動-exercise

