

如何当孩子的情绪教练 2



王慈欣

马里兰大学学校心理学副教授

cxwang@umd.edu

主办方: Community Health Initiative Inc.

Howard County Chinese School

7/24/2022

Agenda

1. 重温沟通技巧
2. 换一个角度来思考困境和危机
3. 解决冲突的步骤

沟通风格



	言语上:	非言语上:
直接	询问他人是否可以帮您洗碗。	厌恶地盯着那些碗盘、叹气，或不满地看着那个人。
间接	没去洗碗，说您很累。	什么也没说然后回到房间里躺着。

沟通风格

- 您是否在不高兴的时候提高音调?
- 您是否在不高兴的时候批评孩子?
- 您在不高兴的时候是否会动粗?

激进风格



沟通风格

- 当您不愉快的时候是否会忍住自己的感受？
- 您是否在表达情绪与需求上有困难？
- 您的面部表情与肢体是否有效地表达您的感受？

被动风格

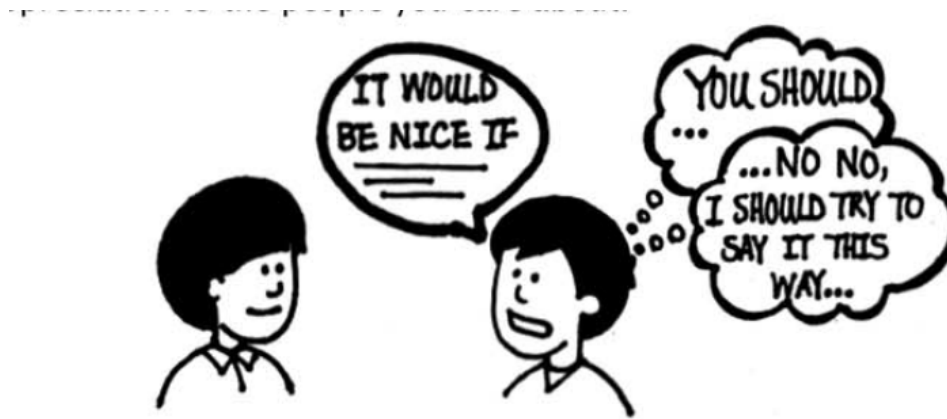


健康沟通风格的诊断清单：

- 您是否能在对情况做出回应前先进行了解并仔细思考？
- 您是否能对他人有同理心，了解他们的感受？
- 您是否能以尊重的态度传达您的情绪与需要？
- 您的面部表情与肢体语言是否与您所说出来的话（或背后隐含的意义）一致？



Communication



移民家庭父母常见的沟通错误

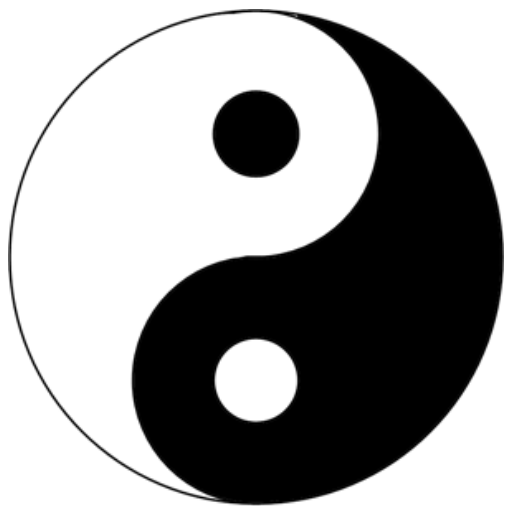
1. 不了解移民背景如何影响家庭。
2. 太常批评孩子、太常使用会引发羞耻感的管教方式
 - 将孩子与别的孩子做比较。
3. 没有在言语上与肢体上对这些在美国成长的孩子表露出足够的情感。
4. 过分重视工作与财务，而忽视了家庭在发展与社交上的需求。
5. 管太多或过分保护。

美国长大的孩子最常犯的错：

1. 不了解移民背景如何影响他们的家庭。
2. 不表示他们对父母亲的感恩与尊重。
3. 不了解他们父母亲因为文化差异而造成不同的表示关爱的方式。
 - “你吃了么？” vs. “我爱你！” “我真为你骄傲！”
4. 对自己的族裔文化不够了解或认同。
5. 过分着重自己的需求，而没有把足够的心思放在家庭角色或责任上。

Q: Please share experience how to help ABC kids build more confidence.

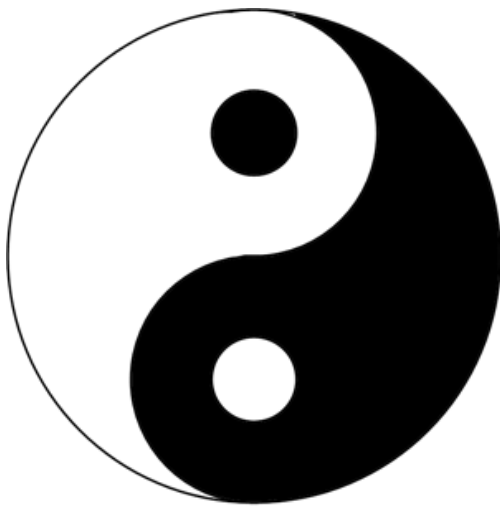
中国文化：
为何太极图中的分隔线是曲线而不是直线



传统太极图

中国文化

为何太极图中的分隔线是曲线而不是直线



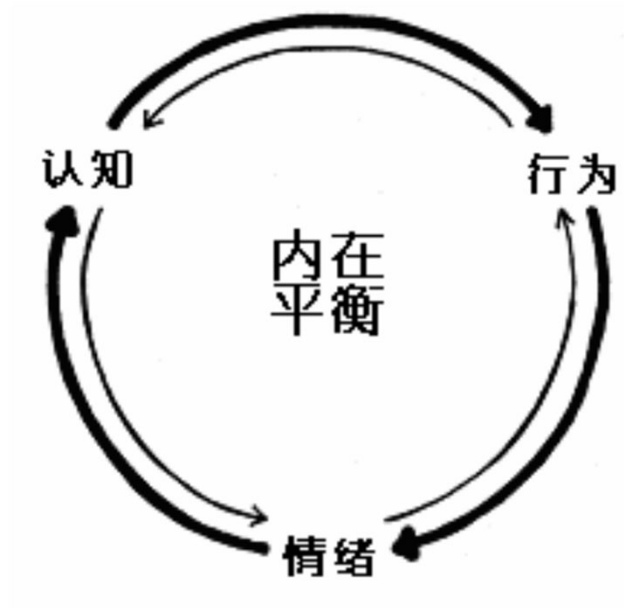
传统太极图

- 生活起起落落。没有事物是永恒的。
- 在变化中等待转机。
- 福祸相依, 目前的困难未必绝对是坏事
- 对待危机, 既来之则安
- 对于无法改变的事, 就接纳它, 顺其自然

- 因此试着不要过分负面, 也别失去希望。
- 逆境, 抑郁: 生活不见天日、令人沮丧, 正如图中黑暗处的小「阳」点, 暗处总是有光明
 - Anxiety example

- 顺境: 看似美好, 正如图中阳极的小「阴」点, 一切不可能完美。

重新构建新的平衡

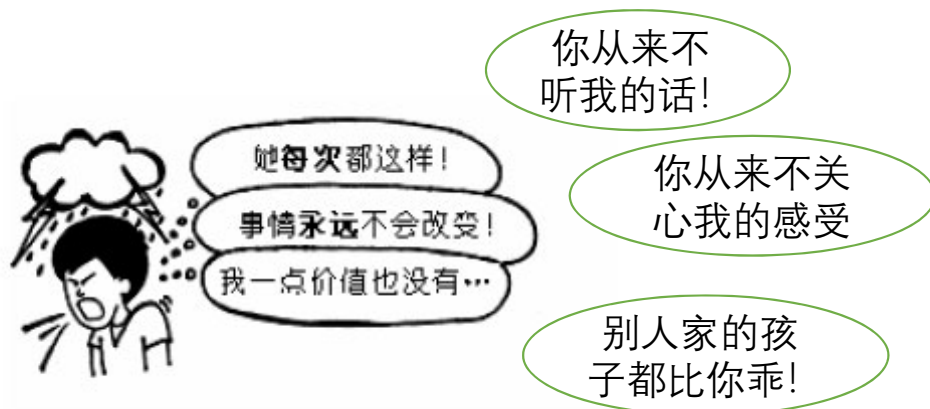


改变认知（思维方式）



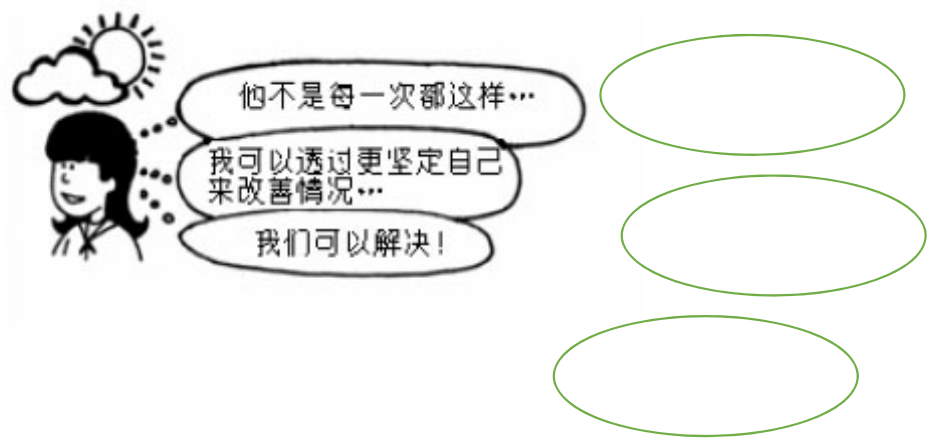
不健康且无效思维的特质

1. 非黑即白
2. 悲观、无望、过分负面
3. 对自己或他人加以批判







健康且有效思维的特质

1. 有弹性、不过分坚持
2. 乐观、抱持希望
3. 支持与鼓励自己和他人



改变行为 你最喜欢的放松活动（健康生活方式）？

身体的	社交的	任务取向的	休闲放松的
上健身房	与亲友聚聚	做饭	阅读
慢跑	打麻将	清扫	冲/泡热水澡
举重	打扑克牌		按摩
散步	玩纸上游戏	园艺	听音乐
瑜伽	吃东西 / 尝美食	洗碗盘	冥想
国术	品茶或喝咖啡	洗衣服	钓鱼
太极拳	与朋友散步	采买生活用品	赏鸟
跳舞	唱卡拉 OK	装饰	看云
健行	讲电话	跑腿	日光浴
骑自行车	去海边	装修房子	
体育活动	与朋友一起看电影	阅读	观赏日落或日出
游泳	上教堂	去图书馆	聆听水声（河流、大海、瀑布、水池、喷泉）
遛狗	参加社区活动	上课进修	静观
乒乓球	参加俱乐部	处理账单	深呼吸
羽毛球	当义工	大减价的时候去捡便宜	渐进式肌肉放松训练
高尔夫	拜访亲戚	编织	玩乐器
	看连续剧		呼吸新鲜空气
	养宠物		去海边
	带小孩		回顾美好回忆

从事放松活动的阻碍？

- 没有时间
- 太贵了
- 不会得到乐趣
-

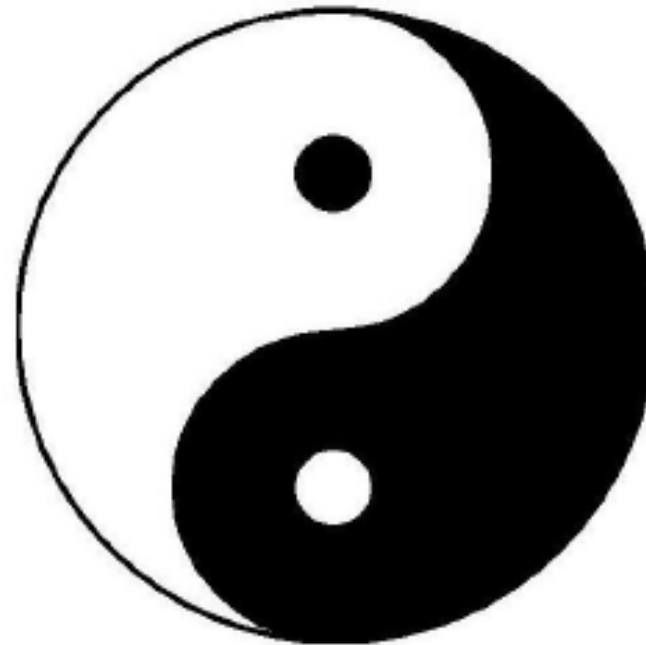
策略

- 设定符合现实的目标与期待。
- 凡事一步一步来（如：设定阶段性目标、循序渐进，而不是一口气就想跑 10 英里；可先计划起床、在附近巷弄间走走、到公园散步、慢跑 1 英里、慢跑 2 英里...等等）。
- 评估与再次评量您的目标与策略。
- 自我鼓励：试试看，再试试看！

Positive Emotions

- Compassion
- Joy
- Gratitude
- Satisfaction
- Contentment
- Love
- Thoughtfulness
- Optimism
- Respect
- Valued
- Accomplished
- Useful
- Fortunate
- Belonging
- Supported
- Calm
- Happy

平衡的情绪



Negative Emotions

- Anger
- Fear
- Sadness
- Jealousy
- Greed
- Suspiciousness
- Worrying too much
- Critical
- Loneliness
- Arrogance
- Pessimism
- Bored
- Empty
- Lost
- Helpless
- Worthless
- Ashamed

解决家庭冲突的步骤

心平气和地坐下来慢慢谈，家和万事兴

Problem-solving is the act of **identifying** an issue and coming up with possible **solutions**



困难之处



- 父母和孩子追求的目标不同
 - “聚会时如果我早回家，很丢脸”（**同伴关系/合群**） vs
 - “你不按时回家我很担心”（**父母担心孩子的安全**）
- 双方都容易情绪化
 - “你从来不让我玩得开心” vs. “你从来都不听我的话”
- 平静下来，头脑风暴

STEP 1: STAY CALM AND FIND THE RIGHT TIMING

- When a problem arises, it is natural to get emotional or upset
 - This may make it harder to think clearly and to use the problem-solving steps
 - **放松训练**
- If your teenager brings up a problem and you feel yourself getting angry or upset, **take a step back**
 - Tell your teenager that you understand their concerns and will talk to them about it at a later time (give a specific: “I will come talk to you about this in 30 minutes”)
 - **退一步海阔天空**
 - **家和万事兴**

Calm

有时候我实在很生气...

What to say...

WHEN YOUR KID SAYS → **YOU'RE THE WORST MOM EVER!**

Try our 3R Co-regulation Script!


1 Regulate your own triggers

Take a deep breath.
Focus on a long exhale.

BREATHE

"This isn't an emergency."
"She is having a hard time."
"I can cope with this."

MANTRA



gozen.com/nextworkshop/

你的Mantra?

- 是我亲生的!
- 不和他们较真
- 大人不计小人过
- 青春期的孩子大脑还没有完全成熟, 容易冲动
- Calm
- Let go
- ...

深呼吸

- https://www.youtube.com/results?search_query=do+nothing+for+10+minutes
- <https://www.youtube.com/watch?v=VUjiXcfKBn8>

向孩子表达同理心，帮他们表达情绪

- 你现在肯定觉得特_____ (e.g.,难受, 无助, 绝望, 沮丧) 吧...
- 爸爸/妈妈也不想你需要经历这些
- 这听起来很糟糕啊! 你听上去很 _____
- 你是不是有_____ (eg. 被xxx抛弃) 的感觉....
- 怪不得你不开心
- 如果我是你, 我肯定也特别_____ (eg. 难过) ...
- 真是好尴尬呀。那时你肯定想_____ (eg. 挖个地洞钻下去) 吧?
- 真是气死人!

事后讨论

3 Reflect outside the moment

"Earlier today you were having a really hard time. Next time you feel that way, I wonder what you could do differently? How can I help you in those moments?"



- 和孩子沟通时，哪件事情经常引起你们的冲突？
- 你和你孩子的哪些需要没有得到满足？

Dr William Glasser's *Basic Needs*

				
<i>Love & Belonging</i>	Power	FUN	Survival	<i>Freedom</i>
<ul style="list-style-type: none"> ✓ belonging ✓ being loved ✓ being respected ✓ friendship ✓ sharing ✓ cooperation 	<ul style="list-style-type: none"> ✓ recognition ✓ success ✓ importance ✓ achievement ✓ skills 	<ul style="list-style-type: none"> ✓ enjoyment ✓ laughter ✓ learning ✓ change 	<ul style="list-style-type: none"> ✓ health ✓ relaxation ✓ sexual activity ✓ food ✓ warmth 	<ul style="list-style-type: none"> ✓ choices ✓ independence ✓ freedom from ✓ freedom to

Acknowledge we ALL need to have FUN + REST.
 Playing video game is FUN (Wii Sports).
 Children want parents to be proud of them.
 Autonomy and relationships are both important.

Zoom 讨论

- 和孩子沟通时，哪件事情经常引起你们的冲突？
- 你和孩子的哪些需要没有得到满足？

你的目标是什么？

- Solve the specific problem
 1. Get my child to do things my way
 2. Prove I am RIGHT
 3. Protect our relationships
 4. Teach my child the process of negotiation and compromising
 5. Keep my child safe
 6.



WHEN TO USE AND NOT USE

When to use the steps:

- ✓ For negotiable disagreements
- ✓ For problems in your child's life
- ✓ For common disagreements (before they happen again)

When NOT to use the steps:

- ✗ For problems you won't change your mind on (**non-negotiable**)
- ✗ When you are emotional or unable to stay calm during the steps

哪些问题是可以讨论的？

哪些问题是不容商榷的？

Note: The important piece is the process of using the steps, not the outcome!



需要避免

- Selective listening 选择性忽视
 - Only hearing words/phrases that pertains to your own interests
- Attention to words 只看表面
 - Only listening to the words and ignoring other nonverbal languages (e.g., tones, feelings, or body languages)
- Self-centered listening 忽视他人的观点
 - Taking only your point of view and not considering the other's perspectives.

STAY CALM: EXAMPLE

Teen: I got a **C** in math. I don't want to take AP Calculus next year.

Parent: A **C**?! You are a failure! I'm so mad at you

What could the parent do or say instead?

Parent: I know you're upset. Let's talk about this in an hour after I finish making dinner

EXAMPLE

STEP 2: IDENTIFY THE PROBLEM

- Identify one problem that is causing you or your teen difficulty
- Tips:
 - Get a clear definition of the problem and make the problem as specific as possible
 - Only consider one problem at a time – this makes problem-solving more manageable 一步一步来
 - Remember that you don't need to solve the problem right away!



IDENTIFY THE PROBLEM: EXAMPLE

- Your child comes to you and says...

“You don’t let me do anything fun!”

- This is an unclear definition, as you don’t know exactly what they need or want.

他/她需要什么？

- *What could the parent say to better understand the problem?*

- **Use your active listening skills**

IDENTIFY THE PROBLEM: EXAMPLE

Teen: You don't let me do anything fun!

Parent: Is there a particular activity or event you're thinking of that I won't let you go to?

Teen: You won't let me play video games with my friends!

EXAMPLE

STEP 3: BRAINSTORM SOLUTIONS

- With your child, generate as many possible solutions as you can
- Tips:
 - Consider ALL solutions, even if you don't think they're good ideas
 - Try to **withhold judgment or evaluation**
 - **Do NOT** say "This is a stupid idea. It will **NEVER** work."
 - Use your imagination, or ask other family members or friends for solutions. The more ideas, the better!



BRAINSTORM SOLUTIONS: EXAMPLE

Teen: You won't let me play video games with my friends!

Parent: I know you want to spend time with your friends online. **And** I am worried about your sleep and your mood. Let's brainstorm some solutions to this problem together.

What possible solutions might your teen suggest?

What would you suggest?



BRAINSTORM SOLUTIONS: EXAMPLE

Parent Solutions

1. -You don't play the video game at all. Spend more time on your schoolwork.
2. -You can play the video game as long as you don't go past your bedtime.
3. -You don't play the video game, but you can do other activities with your friends on the weekends.

Teen Solutions

1. -I play the video game everyday.
2. -I play the video game but go offline before the bedtime.
3. -I plan other online activities with friends for this weekend.

STEP 4: EVALUATE THE SOLUTIONS 评估方案

- Identify the pros (advantages) and cons (disadvantages) of each solution
- Tips
 - You can either write down the pros and cons, or do this out loud
 - Remember, no solution will be perfect! Every idea will have some faults, and both you and your child will likely need to compromise



EVALUATE THE SOLUTIONS: EXAMPLE

Parent: Let's talk about the pros and cons of each idea. First, what do you think are the pros and cons of me allowing you to play the video game after setting a time to log off?

What pros and cons might the parent and teen come up with for this solution?

EXAMPLE

EVALUATE THE SOLUTIONS: EXAMPLE

Solution: You play the video game as long and stick to the bedtime.

Teen Pros:

-I get to play video games with my friends

Teen Cons:

-I have to log off when my friends are still on and miss out on the fun.

Parent Pros:

-I'll feel more comfortable knowing that you stick to your routines.

Parent Cons:

-You'll be distracted from other school work.

NOTICE:

Do you recognize any common goal between the
parent and the teen?

在父母和孩子共有的目标上达成共识

STEP 5: PICK A SOLUTION, MAKE A PLAN

- Pick a solution or a combination of solutions which are most likely to solve the problem for everyone involved. Then, create a detailed plan to implement it
- Tips:
 - Choose a solution that is easily implemented – this will increase the likelihood that it will actually happen
 - Plan out step-by-step how you and your teen will carry out the solution. Who will do what? When?



STEP 5: QUESTIONS TO CONSIDER



- Do you have the necessary resources to implement the solution (time, skills, equipment)?
- Is everyone involved on-board with the solution?
大家都认同这个方案么?
- What exactly needs to be done to implement the solution? Who will do each part?
具体步骤和分工明确么?
- When will each part of the solution be implemented?
什么时候开始行动?

PICK A SOLUTION: EXAMPLE

Parent: Which solution do you think works best?

Teen: I really want to play video games everyday with my friends, but it will take time away from my schoolwork. What if I set a time to log off?

Parent: That sounds like a good idea, but I also want to make sure you do not go past your bedtime.

Teen: That is really uncool. But if it means I can still play my video games with my friends, then fine.

EXAMPLE

MAKE A PLAN: EXAMPLE

Solution: You play the video game only until your “log out” time AND you stick to your bedtime, 11pm

What: You choose a “log out” time and put an alarm to make sure you log off well before your bedtime by 11pm

When: Decide on the “log out” time before your next play time.

STEP 6: REVIEW WHAT HAPPENED



- Review how the solution went. If there is more that you and your child need to do to solve the problem, you can re-start the problem solving process or go back to the brainstorming phase
- Tips:
 - Oftentimes, problems are not solved after the first solution. Remember this and prepare your teen that the first solution you try might not work
 - If you or your child is unhappy with the outcome, talk about why this is the case and what can be done to make everyone as happy as possible
 - Remember it may not be possible for everyone to be happy.

REVIEW WHAT HAPPENED: EXAMPLE 1

- **Outcome:** You and your child agree on a “log out” time together. Your child plays video games and remembers to turn off their computer before their “log out” time /bedtime.
- **Next step:** Discuss with your child how it felt to solve the problem together so that you and the teen are happy. How can you use this process together in the future?
- 总结谈论



REVIEW WHAT HAPPENED: EXAMPLE 2

- **Outcome:** You and your child agrees on the “log out” time, but it does not align with the friends’ screen time.
- **Next step:** Go back to the brainstorming list. Determine if any of the options will make both you and your child happy. If not, come up with other possible options
 - Ex: Your child can play the video game, but you will agree on a “modified log out” time for that night and make sure that your child sticks to it.



THINGS TO REMEMBER



- There may not always be a solution that works for both you and your child. Try to find a combination of solutions that have advantages for both you and your teen
- If a solution doesn't work, have an open conversation with your teen about why this is the case. Make it clear that other problems WILL have solutions. Try to come up with a small solution to show your child you are listening
- Use your **communication skills! Stay calm. Use reflective listening.**
- **Remember your goal: teach them how to solve problems (compromise and negotiate) V.S. prove you are always RIGHT “家和万事兴”**
- Remember that your child (and you) may be feeling emotional

Mental Health Services (DMV area)

- [Kennedy Krieger Institute](#)
- <https://www.kennedykrieger.org/patient-care/centers-and-programs/behavioral-psychology-outpatient-programs>
- [443-923-7508](tel:443-923-7508)

- **Children's National**
- **Psychology and Behavioral Health**
- Contact number | [202-729-3300](tel:202-729-3300)

- CCACC Pan Asian Volunteer Health Clinic (PAVHC)
- 9318 Gaither Road, Suite 205, Gaithersburg, MD 20877
- panasianclinic@ccacc-dc.org, 240-393-5950
- 亚裔健康项目: <https://aahiinfo.org/aahi-resources/>

问题和讨论

- A 14-years-old boy doesn't go out a lot and doesn't have many friends, is this normal?
- Please share experience how to help ABC kids build more confidence.

- 你好，我的女儿今年11岁，准备九月份上初中，但是我发现她现在情绪很忧愁，她每天都很不开心，只有玩游戏的时候才开心，还喜欢看YouTube里面比较负面的东西，现在学习也不是很想学都是敷衍了事，做好作业就算，然后也不检查，看书也不喜欢，喜欢看漫画，还有我平时管教比较粗暴，以前她做的不好我就说她骂她，现在感觉她并不自信，在学校也不怎么出声，社交很差，现在基本也不想出门去玩，没有那个兴致了，叫她出门一起去买东西她也不想去，我想问问她这样是不是Social anxiety 啊？我很怕她抑郁，她画画也是很伤心的画，很悲伤，还有她觉得我偏爱弟弟，所有她很讨厌弟弟经常吼弟弟，我应该怎么做才能挽救我的女儿呢？谢谢你！期待你能解答一下！

- 女儿是ADD，辍学，因为无法注意集中力读书，她目前觉着自己最大的问题是害怕，害怕各种危险发生、抑郁，但她又喜欢打游戏、不爱运动。她对抗害怕的方法就是看短视频、让自己转移注意力。怎么样可以更好的帮她走出来

讨论

- 分享:你今天新学到了什么知识?
- 哪些你觉得特别有用?
- 哪些你觉得特别难做到?
- 哪些你觉得你的孩子会需要? 哪些你觉得用在自己孩子身上会特别受用?
- 有什么方法可以提醒你在今后的生活中继续去用这些技能?

参考文献

- Hwang, W. (2008). *Improving your mood: A culturally responsive and holistic approach to treating depression in Chinese Americans (Client Manual)*, Claremont, CA. Copyrighted©

部分以前讲座的录像

- <https://education.umd.edu/research-college/labs/bullying-prevention-and-mental-health-promotion-lab/workshops>