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Environment

Events

Hence Harmonious Relationship is

An Extremely Important Factor of a Great Life Journey





所以和諧的關係是 生命之旅中極為重要的因素

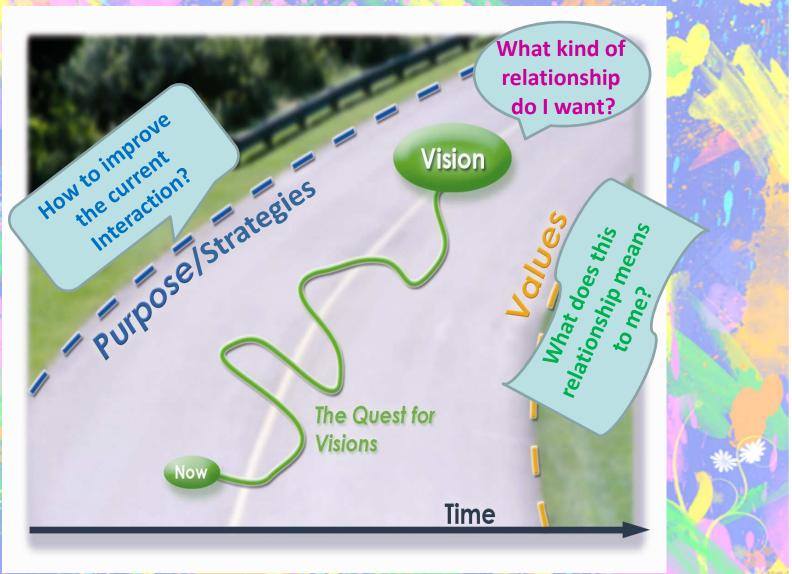


如何建立和諧的關係?



知道我們對每個關係的 理想是什麽?

Three Important Questions For Each Relationship



建立和諧關係必須回答的三個重要的問題





The single person we have spent every second of our existence with,

our own selves.



Without Good Relationship with *Yourself*Hard to Have Harmonious Relationship with *Others*

最重要的是與自己的關係



與自己有良好的關係,與周邊的人事境才會有和諧的關係









Know Yourself

"Be yourself; everyone is already taken"

~Oscar Wilde

- Since we were tiny, we've developed beliefs and values, some good and some not so good, as a result of our environment and the pressure from society to conform.
- When I was younger, I associated academic achievement and fitting into a group with myself-worth.
- I thought that if I worked hard and got into a good university, everything would finally fall into place.
- At my worst, I felt as though I did not truly exist. Without a group to neatly 'fit' into, I lost all sense of my identity.
- The only thing that really helped me was taking time out to really understand and learn about myself. Through my struggles, I identified that I was always working toward goals I thought other people wanted for me.

Tips for Getting to Know Yourself

- Realize that you do not have to justify your worth.
- Take time to try different things to figure out what you enjoy.
- Let go of expectations.
- Make time for yourself.
- Know that fitting in is overrated.
- Remember that your life is not set in stone. Life is full of opportunities.

Know Yourself Ask Yourself Questions - a Few Samples

- What activity in your life lights you up with joy?
- What is something you always love doing, even when you are tired or rushed? Why?
- What do you fear about leaving a bad job or a bad relationship?
- What do you believe is possible for you?
- What have you done in your life that you are most proud of?
- What kind of legacy do you want to leave behind?
- How does your being here in the universe change humanity for the better?
- If you could have one single wish granted, what would it be?
- What is your highest core value?

Know Yourself

Ask Yourself Questions - a Few Samples

(Continues)

- How would you like others to perceive you?
- How confident are you in your abilities to make decisions for yourself?
- What is your biggest Self-limiting Assumptions?
- Who is the most important person in your life?
- Who is your greatest role model?
- Who is a person that you don't like yet you spend time with?
- What is something that is true for you no matter what?
- What is your moral compass in making difficult decisions?
- What is one failure that you have turned into your greatest lesson?



Our External Manifestations are Reflections of Our Internal States



Wishing Others to Treat Us Well

We Must Learn to Treat Ourselves Well

外在世界只是内心世界的投影



要別人接納我們、對我們好,我們必須先學會接納自己、對自己好!

Relationship with Yourself Influences Your Relationship with Others

If You	You Tend To
Have low self-esteem	See others as better
	Or even arrogant
Can not accept yourself	See others as not
	accepting you
Lack of self-affirmation	Judge others

Relationship with Yourself Influences Your Relationship with Others

(Continued)

If You	You Tend To
Have been hurt	Play with others'
emotionally	emotion
Like to conceal your	Correct others' mistakes
weaknesses	
Are fear of authorities	See others' as bossy
Lack self-confidence	Flatter others
	to please

跟自己的關係如何影響你跟別人的關係

低自我形像所引發的七個心理座標轉移症

如你:	你就會:
自己自卑	看別人驕傲
不能接納自己	懷疑別人排斥
缺乏自我肯定	論斷別人
自己情感受過傷害	玩弄別人感情
掩飾自己弱點	喜歡糾正別人
自己懼怕權威	看別人霸道
缺乏自信	諂媚討好別人

Why Do We Have Difficulty Accepting Ourselves

Discover 'bad' personal traits

First deny it subconsciously

Try to find excuses to defend ourselves

Do our best to hide these traits

Cannot 'be ourselves'

Even begin to dislike ourselves

為什麽不能接納自己?

發現自己有'壞'人格特質

下意識的否認

找藉口為自己辯論

努力隱藏、打壓這些人格特質

無法'做自己'

產生對自己的厭惡感

Learn to Accept Ourselves

Aware that strengths and weaknesses are like the two sides of the same coin

Investigate and contemplate the inner feelings objectively

No judgment or demand ourselves to change

A thorough understanding of the source of the weakness

Analyze and determine whether it is necessary to change

Will not be affected by others' comments easily

學習接納自己

認知優點與缺點是一體的兩面

客觀的審視、觀照内心的感受

不作批判或要求自己作改進

透徹的了解'缺點'的來源

分析、決定是否須要修正行為

不會被別人的評語影響了

Transcend Yourself

- Replace the undesirable habits, thinking patterns, believes systems and behaviors with desirable ones.
- It's not as easy as you might think!
- A few helpful methods:
 - **Reflection**
 - > The book of positive aspects
 - > The purple bracelets



- ·除去習氣、毛病、想法、格局
- 。說來容易做來難
- 一些有效的方法:
 - 〉反思
 - > 正面優點小冊
 - 》紫手環









Parents are Parents

- When we got sick, they took cared of us, sometime worry themselves sick,
- Teach us the true meaning of life, so that we will not get on the wrong path;
- Encourages us to strive to better ourselves, so that we will not suffer in the future, and can weather the storm;
- When we had been wronged, they protect us, and when we suffered a setback, they comfort us;
- They provide us a warm and worry free haven.

天下父母心

- 我們生病時細心照顧、心生焦慮;
- · 教導我們做人真諦,以免我們走上人生歪路;
- · 鼓勵我們努力上進,以免我們將來吃苦頭、經風雨;
- 我們在外受了委屈,他們保護我們;
- 我們受了挫折,他們安慰我們;
- 他們給我們一個不愁吃、不愁穿的溫暖的家和避風港。

How To Be Filial?

- Provide parents their basic living expenses when needed;
- Help meet their emotional and spiritual needs;
- Non-interference in their freedom;
- Have job success and brilliant career, make contributions to the country and society;
- Being law abiding, so that parents don't have to worry
- Do not have addictions and staying healthy.

現代人該如何盡孝?

- 供養父母物質上最基本的需要;
- 滿足父母精神上的需要;
- 不干涉他們的自由;
- 工作創佳績、事業輝煌、能成為國家和社會的有用之才;
- 不做違法亂紀之事、讓父母安心生;
- 不沾染惡習、保持身心健康、不讓父母牽陽掛肚、做人處事都能讓父母放

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Romantic Relationships Why is Divorce Rate is as High As 50%?



親密關係

為什離婚率會高達50%?



Romantic Relationships Because Most People Do Not Know the True Meaning of Marriage



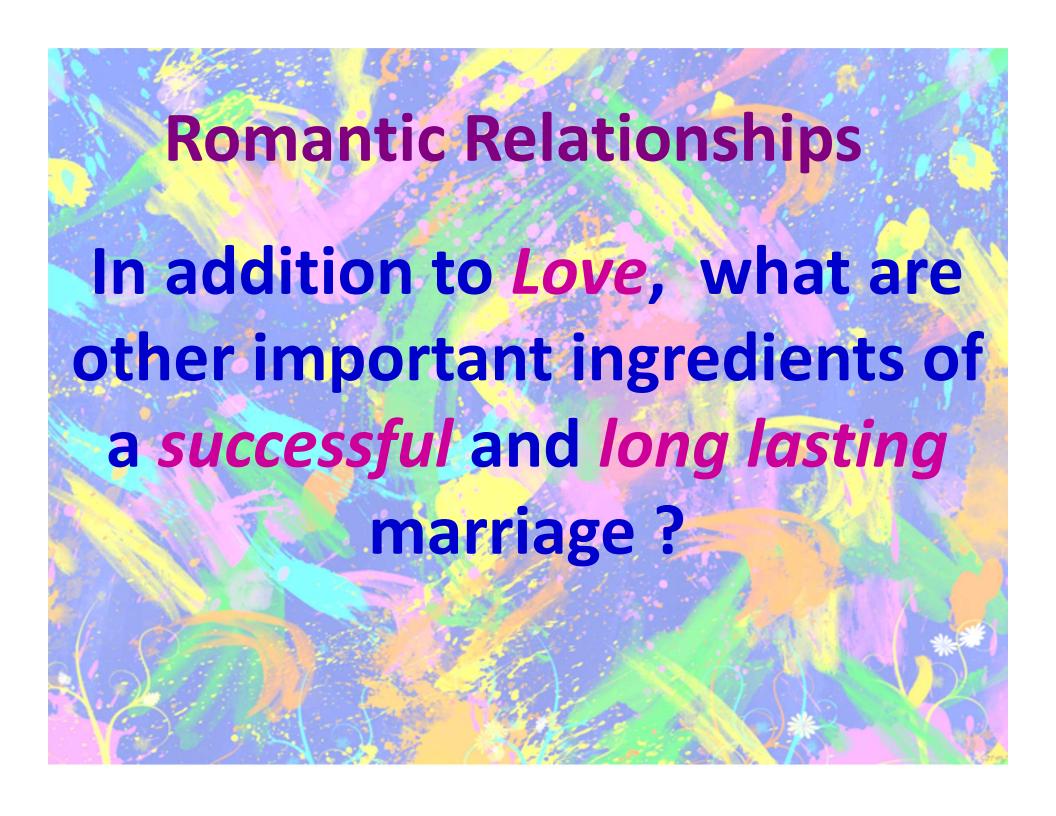


親密關係

因爲大多數的人對婚姻没有 正確的認識。







親密關係

圓滿、持久的婚姻 除了愛情以外 還必須具備些 什麽其他因素?



Similar Life Journeys 相近的人生旅程









After Marriage 婚後

Understand the differences between before and after marriage 明白婚前與婚後之間的差別



Importance of good in-law relationships 好的親家關係是很重要的



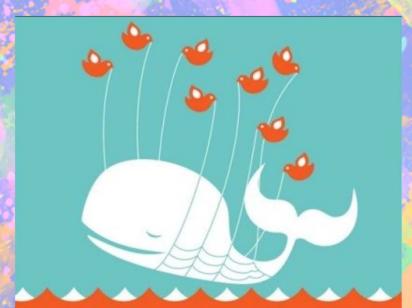
The divorce rate is so high, and you don't see many very enviable marriages!

Do you still want to get married?

離婚率那麼高, 也看不到許多令人羨慕的婚姻! 你還想要結婚嗎?

Relationship with Colleagues and Classmates 與同事和同學的關係





We are each of us angels with only one wing, and we can only fly by embracing one another.

Luciano de Crescenzo

Relationship with Students and Children Have we let them be themselves?

Controlling Type	Inspiring Type
Discipline, discipline,	Discipline hurts
discipline	self-esteem
Fear of children making	Learning from mistakes
mistakes	
Children don't know better	Let them learn while young
Parents make decisions for	Learn decision making
children	while young
Children listen, not talking	Learn communication skills
Make children obedient	Make children motivated

與學生/子女的關係 讓他們做自己了嗎?

掌控型	啓發型
不打不成器	打罵傷自尊心
怕孩子犯錯	從錯中學習
不懂事	從小學習
大人代作決定	從小的決定作起
小孩有耳無嘴	培養溝通能力
命令孩子聽話	從動機上鼓勵





我們的願景宣言是「做你想做的人。」

Relationship with Students and Children A Few Stories

- From a victim to became popular: Being unique is not a drawback;
- Not someone else's behavior that bothers us;
 but our reaction to their behavior;
- Encourage them to do the things they want to achievement;
- Do not force children to be obedient, but to nurture and inspire them.

與學生/子女的關係

一些小故事

- •從受害者變成受歡迎的人:有獨特性不是缺點
- ·不是別人的行為煩擾我們;而是看 我們怎麼反應
- 鼓勵她們做自己想成就的事
- •不要強迫孩子聽話,要從動機上鼓

勵



喜歡你的工作嗎?



Do you know why you need to go to school? 你知道為什麼你需要上學?







