

## 《你講我聽：同理聆聽有方法》

你是如何聆聽子女的分享？

同理聆聽能夠提高關係中的安全感，促進親子交流！

### 一、表連接納

暫時放下自己的想法，先聆聽子女，鼓勵表達。

### 二、覆述分享

回應時減少評價，透過覆述協助整理經驗和想法。

### 三、提問了解

子女的狀態開始平復，透過猜想其感受和需要，確認理解。

邀請你觀看以下片段，了解如何在生活應用。



<https://tinyurl.com/ywmztzfl>



## Listen with Heart: Empower Your Relationships with Empathetic Listening!

How do you usually listen to your children's sharing?

Empathetic listening can enhance a sense of security in your relationship and foster better parent-child communication!

### 1. Expressing Acceptance

Set aside your own thoughts for a moment and truly listen to your children. Simple responses could encourage them to express themselves.

### 2. Sharing by Repeating

When responding, try avoiding judgments and instead summarize their experiences and thoughts to show understanding.

### 3. Understanding by Asking

When children are feeling more at ease, you may ask questions to understand their feelings and needs. This fosters a thorough understanding and enables you to offer more suitable support.

Explore more practical techniques for everyday life in the following video clip. Get ready to enhance your parenting skills and create stronger connections with your children!



<https://tinyurl.com/ywmztzfl>

