

## 《種種式式的「策略」》

有時當我們帶著強烈的需要，容易焦急起來，認為只有單一的方法可滿足需要，便以「立刻」、「必須」、「只可」等字眼提出請求。這些字眼或會限制我們的可能性。

鼓勵家長停一停，問一問自己除了此刻的策略外，還有其他方式可以滿足你的需要嗎？多元策略，有助我們與子女達至共識，真誠行動。

讓我們從以下例子試試尋找多元策略：

## 種種式式的「策略」

JUST FEEL

- 主動打招呼
- 尊重 Respect
- 專注聆聽
- 坦承分享感受
- 真誠 Sincerity
- 傷害對方後道歉

發掘多元策略，讓彼此都能真誠自在地行動。

## From One to Many: Embracing Variety

Do you ever feel rushed when you really want something? It's easy to think there's only one way to meet those needs. We might make requests using words like 'immediately', 'must' or 'only'. However, these words might close off other options.

We encourage parents to pause and ask themselves, "Is there another way to get what I need?" Multiple strategies can help us reach a consensus with our children and work together genuinely.

Let's try to find multiple strategies from the following examples:

