

《溝通點至醒？同理加邀請！》

溝通並非只是說話和聆聽，以下的元素對於有效的溝通十分重要：

一、提出連結請求

了解意願，確保彼此願意交流。

二、留意身心狀態

溝通時，留意彼此的狀態。發現自己的狀態不太平穩，可暫停對話，平靜自己。

三、察覺溝通目的

尊重彼此的意願，避免透過「命令」要求子女服從自己。

邀請你觀看以下片段，深入瞭解這三個溝通元素！



<https://tinyurl.com/yrgtf46q>

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1 提出連結請求



2 留意身心狀態



3 察覺溝通目的

From Conflict to Connection: Mastering the Zero Steps for Genuine Connection!

Communication is more than just talking and listening. Check out the video to understand how the following elements are crucial for effective communication:

1. **E x t e n d a n I n v i t a t i o n t o C o n n e c t**
Extend an invitation to understand each other's willingness and ensure mutual openness to engage in dialogue.
2. **B e M i n d f u l o f Y o u r S t a t e**
Be aware of each other's emotional and mental state during the conversation. If you notice yourself becoming unsettled, take a pause and find your calm.
3. **R e c o g n i z e t h e P u r p o s e o f C o m m u n i c a t i o n**
Respect each other's needs and avoid demanding obedience from your children through "commands."



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