

《你有說過阻礙溝通的說話嗎？（下）》

大家有留意自己在甚麼時候更常說 4D 語言？當人在狀態不穩，如感到壓力、擔心時，會更容易說 4D。

其餘的兩個 D：

- Demand 命令：讓對方感到內疚，非做不可
- Deserve 應得：強調責任和「應該」

這些說話難以建立子女的內在動機，真誠地行動。

邀請大家說 4D 前，先平靜自己，並發掘其他溝通新可能！

你有說過阻礙溝通的說話嗎？（下）

命令
「你再唔做功課，我就沒收你部電話！」

平靜自己，
找出溝通
新可能！

應得
「做學生，你就應該要讀書、做功課。」

JUST FEEL

Breaking Barriers: Words that Block Communication (Part 2)

Ever noticed when you tend to use more 4D language? It often happens when we are emotionally unsteady, such as feeling stressed or worried.

Today we will take a look at two additional Ds, that can make a difference in communications:

*Demand: Making others feel guilty, and do not provide any choices.

Example: 'I'll confiscate your phone if you don't put it away.'

*Deserve: Emphasizing responsibility and what someone 'should' do.

Example: 'As a student, you should work hard, do your homework ...'

These words can hardly cultivate intrinsic motivation and encourage genuine action in children. So, before resorting to 4D language, take a deep breath to compose yourself, and explore ways to foster meaningful communication.

By being mindful of our words, we can foster an environment for more effective and open conversations.

**Breaking Barriers:
Words that Block Communication (II)**

Demand:
Making others feel guilty, without providing any choices.

Deserve:
Emphasizing responsibility and what someone 'should' do.

Breathe in, and explore ways to foster meaningful communication.

"I will confiscate your phone if you don't put it away."

"As a student, you should work, do homework..."

JUST FEEL

The infographic features a central yellow giraffe wearing a red and yellow striped scarf, holding a green chalkboard. To the left, a blue cloud contains a cartoon boy with a red star on his forehead and a speech bubble. To the right, a pink cloud contains a cartoon boy with a blue graduation cap and a speech bubble. The background is light yellow with a small logo in the top right corner.