

唯有相愛才能通往幸福

點亮生命教育協會講師 陳炯堯



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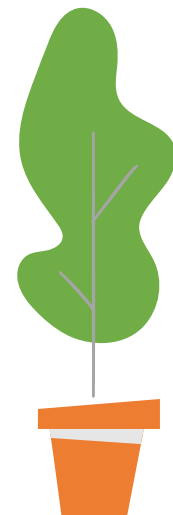
Association for Education on Life Enlightenment

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你愛你的孩子嗎？

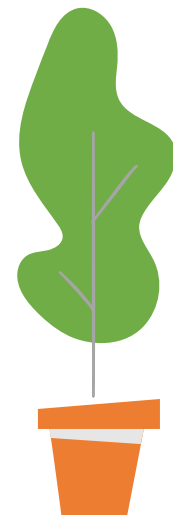


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你的孩子愛你嗎？

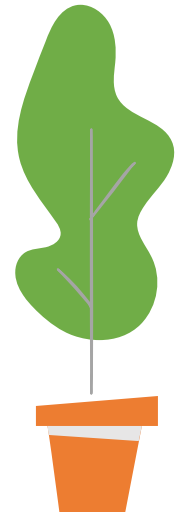


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愛的渴望是與生俱來的

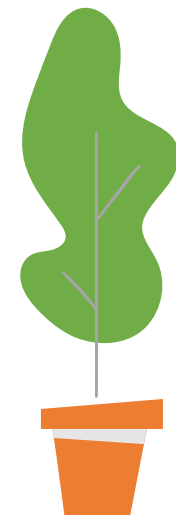


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愛的能力需要努力學習

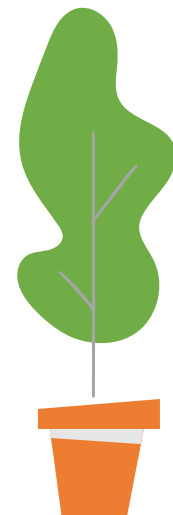


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一、愛需要智慧

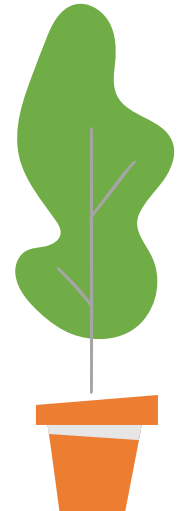


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智慧的兩項特色： 完整與根本

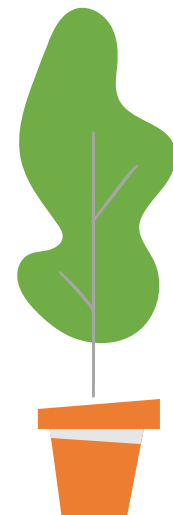


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二、愛需要了解

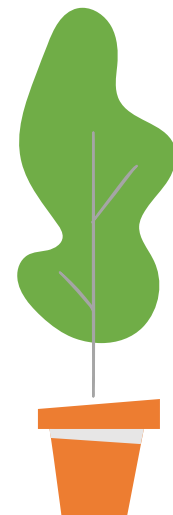


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了解自己才能愛己
了解對方才能愛人

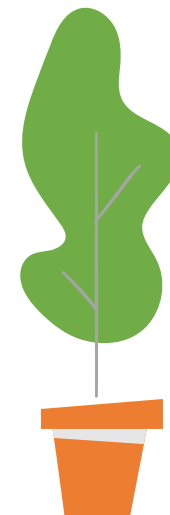


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三、愛需要交流

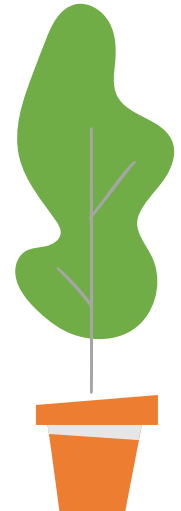


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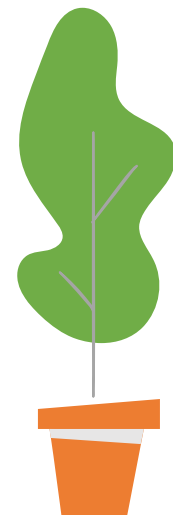


要能明確愛到對方
要能覺察自己被愛





長期、穩定、溫暖的互動關係，是健康成長重要的條件

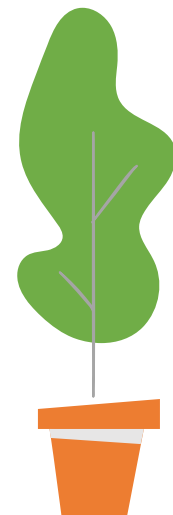


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忽略對孩子的傷害 不亞於凌虐的傷害

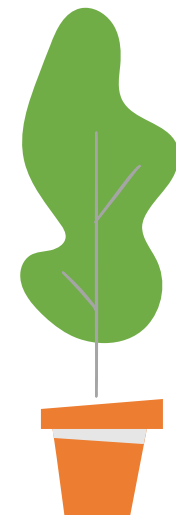


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孩子情緒發展的關鍵是體驗而非訊息

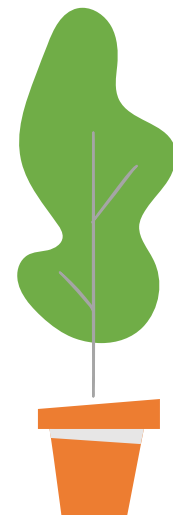


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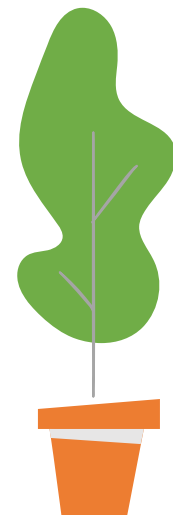


愛只能在愛中學習
道理無法讓人相愛



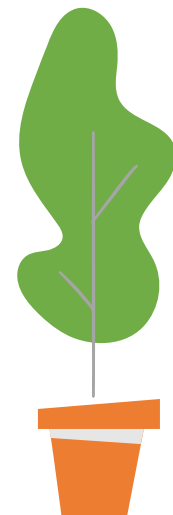


幸福不是消除生活上的困境
幸福是具備因應困境的能力





愛不是保護他不受傷
愛是陪著他一起成長



做更好的自己
更溫暖的他人

謝謝您的聆聽！



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