

Understanding Your Partner (瞭解你的伴侶)

I. Introduction 導言

A. Sources of conflict: (衝突的來源)

1. Male/Female differences (Gen 1:27)男人/女人的不同 (創世紀1:27)
2. Different personalities 不同的人格特質
3. Different families of origin/cultures 不同的原生家庭/文化
4. Different personal histories 不同的個人歷史
5. Different traditions/family rules 不同的傳/家庭規則

B. Love, trust, respect and understanding 愛,信任,尊重,瞭解

C. Understanding takes the longest 瞭解是最需要花時間的

1. I Peter 3:7 Husbands live with your wives in an understanding way
彼得前書3:7 丈夫與妻子同住是為了瞭解
2. Prov. 4:7 Whatever else you get, get understanding
箴言4:7 ...在你一切所得之內、必得聰明。
3. Prov. 3:5 Trust in the Lord with all your heart & lean not on your own...
箴言3:5 你要專心仰賴耶和華、不可倚靠自己的聰明
4. Prov. 16:16 How much better to...choose understanding
箴言16:16 得智慧勝似得金子・選聰明強如選銀子
5. Prov 16:22 Understanding is a fountain of life to those who have it...
箴言16:22 人有智慧就有生命的泉源・愚昧人必被愚昧懲治。
6. A fool finds no pleasure in understanding
愚昧的人在瞭解中沒有滿足
7. Isa 11:2 The Spirit of the Lord will rest on him...Spirit of understanding
以賽亞書11:2 耶和華的靈必住在他身上...他有智慧和聰明的靈...

D. I Cor 12:12-26 Diversity-unity

哥林多前書12:12~26 差異---合一

E. II Cor 10:12 Measuring ourselves by ourselves

哥林多後書10:12 ...他們用自己度量自己...

II. Areas of Diversity 不同的地方

A. Approach and response to life 面對生活和對生活回應的方式

1. Emotional feeler, speaks what they feel, hearing-an emotional experience
情緒的感受，述說他們的感受，聽-一個感情的體驗
2. Factual thinker, says what they think, hears only information
事實的思考者，述說他們所想的，聽-只有資訊的部分

B. Decision making process 決定事情的方式

1. Intuitive直覺, subjective主觀, circular reasoning環形的推理
2. Logical邏輯, objective客觀, linear reasoning線性的推理

Examples: 範例

- a. Discerning issues-children, Zion Harbor, sees beyond the obvious
敏銳議題-小孩...看到遠處的目標
- b. Rearranging furniture重新佈置家具

C. Ability and ease to personalize issues 能力和個人化容易度的議題

1. Takes things personal 看待事情個人化
Attracts guilt 引起過失, accepts blame 接受指責
(What have I done?) 我做了什麼嗎?
2. Impersonal 非個人的, projects blame 責怪事情, resentful 怨恨的
(Why did you do it?) 為什麼你做這個呢?
3. Use of humor 使用幽默感

Examples: 範例

- a. Article about weight
- b. Response to conviction
- c. Fixing faucet at Daystar

D. Interest in and awareness of details 對事情的喜好和對細節的體認程度

1. Interested 有興趣, enjoys 享受, appreciation for specifics 對細節的部分激賞
2. Disinterested 無私的, bored 無聊的, irritated by 煩躁的,
thinks in generalities 思考大方向

Examples: 範例

- a. How was your day? Fine! At 6:05 the baby woke up.
- b. Report about a retreat
- c. Packing for a trip (打包旅行的方式)

E. Dealing with issues and resolving hurts 解決問題和處理傷痛的方式

1. Computer 電腦式的處理, tape recorder 錄音帶, emotional snag 情感的枝節,
Clear 清楚的, specific recall 特別的記憶力 (25 years ago (25年以前))
2. File cabinet 檔案櫥櫃, limited recall 有限的回憶
(Quickly forgets 健忘, moves to the next issue 前進到下一個議題)

F. The need for roots and stability 需要根基和穩定度

1. Nesting instinct 築巢的本能, security 安全感, immediate focus 立刻聚焦
2. Nomadic 游牧的, adventuresome 愛冒險, visionary 有夢想的,
external perspective 外闊、透視的

Examples: 範例

Why fix it? (為什麼要修理它)

It's going up in smoke. 2,000 unreached peoples

- a. Leaky faucet, unfinished projects, image to public-I'm messy
- b. Bringing more of home along
- c. Response to camping and deprivation
- d. Thermostats

G. Mood fluctuation 心情變動

1. Always changing 總是改變的, coming into or going out of something 有事情總是在心裡面進進出出的, (Yearly年, monthly月, daily日) (Different daily clocks, Vi chirpy in the AM. L.B. Alert at night.
2. Steady 穩定, level 水平式的, even 均等的, undetectable movement 根本察覺不到的改變
 - a. I love you 我愛你-I hate you! 我恨你 Which one? 哪一種?
 - b. Do you feel? Do you think? 你覺得怎樣? 你的想法呢?
 - c. Lack of emotional support 缺乏情緒的支持-
Need reassurance 需要使其安心
 - d. Told you 25 years ago I love you 25年前我已告訴妳我愛你-
no change 沒有改變

H. Communication 溝通

1. Open 敞開, responsive 有回應的, identifies and shares feelings and attitudes 認同而且分享感受與看法
Vi-clear connection with feelings 對感受可以清楚的溝通
2. Closed 封閉, guarded 小心謹慎的, difficulty identifying and sharing feelings 非常難清楚分享感受, aloof 冷漠的, matter of fact 事情的事實, shares about things 分享有關事情, events 事件, activities 活動, impersonal 非個人化
Wish List 願望清單-Assertive 肯定/Active Listening 傾聽.
(Dana and Tracy, Practical/Relational)
3. Average words/day 平均每天說話的數目:
Men 男人-12,500, Women 女人-25,000
4. Noises out of children (小孩子的聲音): Girls 100% conversation 女生100% 會話, Boys 60% 男生60%

I. Ease of involvement 對事情的投入

1. Quickly 快速的, easily 容易的, impulsively 衝動的.
(Vi's pressure to purchase a car)
2. Cautious 十分謹慎的, evaluates 評估的, stands back 退一步思考的,
Thoughtful 深思的(Rabbits)

J. Response to communication 對溝通的回應

1. Needs to hear words 需要聽到話, statement of response 回應的陳述.
(Will follow you to the next room)
2. Needs a listening ear 需要聽者的耳朵
Examples:範例
 - a. “Blink your eyes”
眨眼睛
 - b. “I stopped talking 5 minutes ago”
我五分鐘前已經停止說話的。
 - c. Full attention, acknowledge understanding, active listening
全神貫注的，充滿知識語料解，主動傾聽。

K. Sexual responses 對性方面的回應

1. Sensitive to overall closeness and harmony
敏銳感受到整體的親密度與和諧
Responds to setting, tenderness, touch and voice
對所擺設的有所回應，溫柔，接觸與聲音！
2. Spontaneous, visual, (Slow vrs rapid build up)
隨性的，視覺的（緩慢(相反)快速的建造）
3. Microwave ovens and Crock pots
微波爐和瓦斯爐
4. Easily distracted, mood fluctuations. Caterpillar
容易分心，心情容易波動。毛毛蟲。

L. Time Management 時間管理

1. Punctual, orderly, predictable vrs spontaneous, flexible (Stop watch/calendar)
準時的，有次序的，可預期的（相反）隨性的、有彈性的（不看錶/行事曆）
2. I Cor 14:40 Properly and in order; Jn 3:8 Wind blows where it wills...do not know
哥林多前書14:40 恰當的且有次序的，約翰福音3:8 風隨□意思吹、你聽見風的響聲、卻不曉得....

M. Idealism 理想主義

1. Romantic 浪漫的, idealistic 理想主義的
2. Practical 實際的, pragmatic 務實的, cost effective 有成本效益的
Examples:範例
 - a. Quaint restaurant, dark, small portions, expensive
古典的餐廳，昏暗的，小小的角落，昂貴的。
 - b. Flowers, new iron 鮮花，新的熨斗
 - c. Phone calls, weekend away 打電話，週末外出！
 - d. Walk along the beach-fishing pole 一起海邊散步-...

N. Shopping 購物

1. Recreation, outing from the house, ideas, casual, unhurried, enjoyable
娛樂，外出，理想的，休閒的，不慌不忙得，享受的！
2. Ordeal, unpleasant, hurried, specific, organized, Fishing as recreation
有次序的，不愉快的，匆忙的，特定的，有組織的，釣魚才是休閒
3. Shopiiiiing vrs Hunting 購物（相反）打獵

O. Spatial perceptions 對空間的感受

P. Compartmentalizing vrs flowing together 區分與串流在一起

1. Dresser with drawers vrs a flowing river 像衣櫥一般如同流動的河流
2. Did you think about me at work? 你真得在你工作的時候有想到我？

R. Goals 目標

1. Understand each other-not to agree or to change
瞭解彼此-但是並非同意或去改變
2. Accept one another-unconditionally. Different not wrong. Christ accepted you.
接受彼此-無條件的。不同，但非是錯誤的。基督接受你。
3. Receive each other-As God's gift. Compliment.
接納彼此-如同上帝的禮物一般。恭維！
4. Recommit to one another-Covenant loyalty
再度彼此承諾-忠誠的約
5. Celebrate your differences. The joy of marriage. Wonderfully made.
慶賀你們的不同。婚姻的喜樂，美好的創造。
6. Compliment and balance one another (Become a team)
讚美而且平衡彼此（成為一個團隊）

S. Wrong attitudes 錯誤的態度 (I Cor 12哥林多前書12)

1. I don't fit! I am worthless, a bother, stupid. Hindrance to my life and ministry.
我不合適，我是沒有用的，一個麻煩，愚蠢的，阻礙了我的生活和服侍。
2. I don't need you! Pride, independence, despising
我不需要你啦，驕傲，獨立，鄙視。

Couple Interaction Project: “Understanding Your Partner”.

夫妻互動專案『瞭解你的伴侶』

1. Review the areas of diversity and rate their level of significance in your relationship.

Area方面 Insignificant無意義 Significant有意義 Highly Significant極有意義

A. Approach
面對...

B. Decision Making
做決定

C. Personalizing Issues
個人化議題

D. Details
細節

E. Past Issues
過去的議題

F. Roots and Stability
根基和穩定度

G. Mood Fluctuation
心情的變化

H. Communication
溝通

I. Involvement
投入

J. Response
回應

K. Sexual Responses
性方面的回應

L. Time Management
時間管理

M. Idealism
理想主義

N. Shopping
購物

2. Discuss how misunderstandings have developed in the past because of these differences.

請討論你們是否有對過去的誤解有所澄清，因為這些方面的不同

3. Discuss how these differences can be viewed as strengths in your relationship.

請討論這些方面的不同如何成為你們關係的長處

4. Verbalize your acceptance of one another and commit yourselves to celebrating your differences.

請口語的接受彼此並承諾你們自己為慶賀你們彼此的差異。