

為孩子立界線

「凡管教的事，当时不觉得快乐，反觉得愁苦；后来却为那经练过的人结出平安的果子，就是义。」
希伯来书 12:11



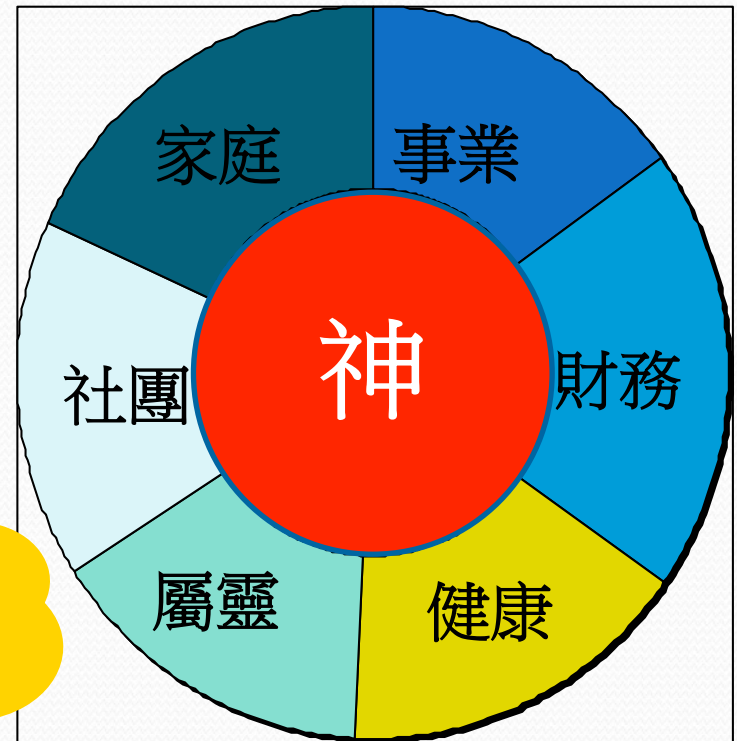
20 year
Later

神在我/孩子身上的祝福

Discipline/ Goal of parenting is NOT Present but Future: Prepare them for Life: Character, Habit

20 year
Later

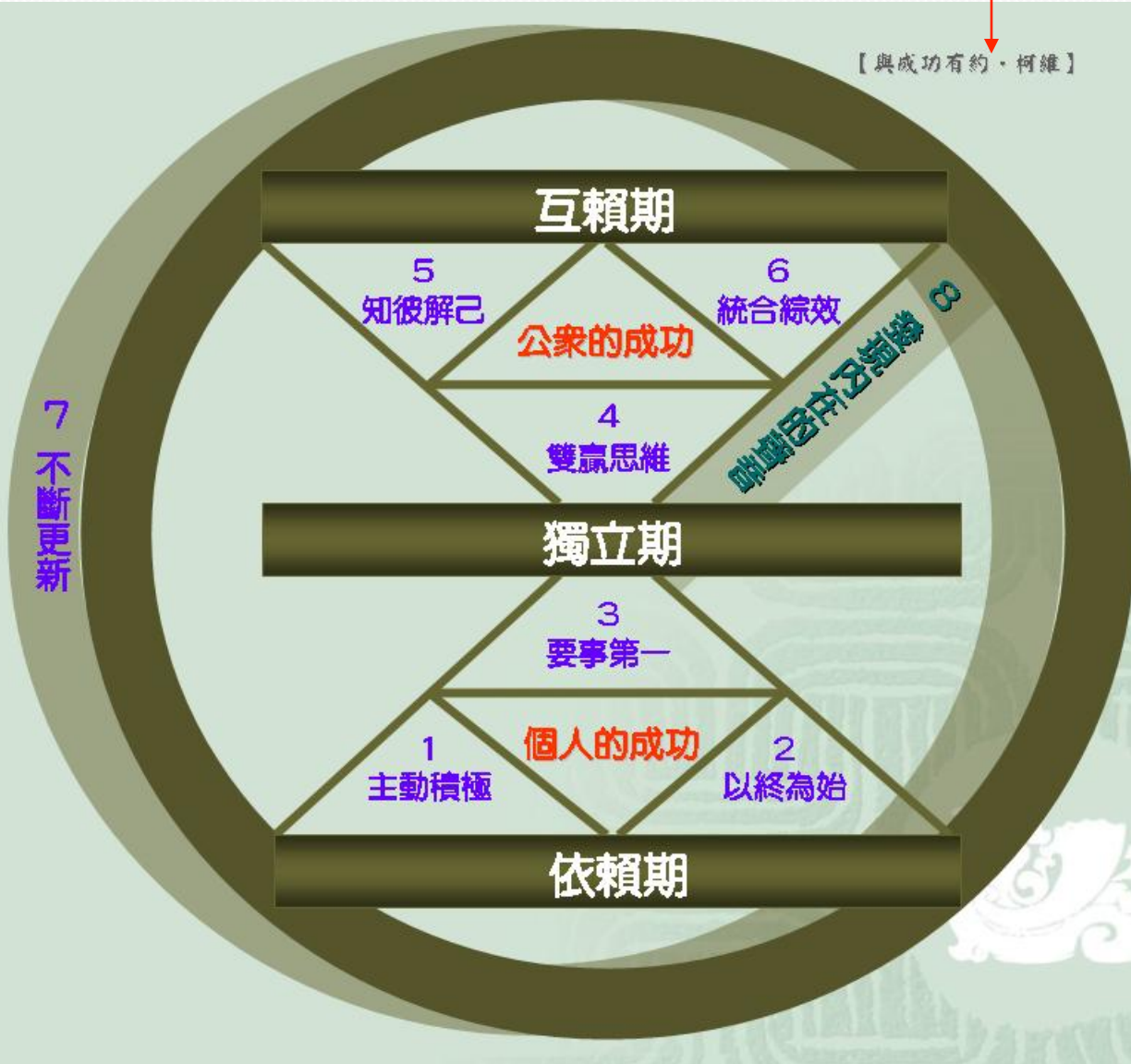
With the end in mind



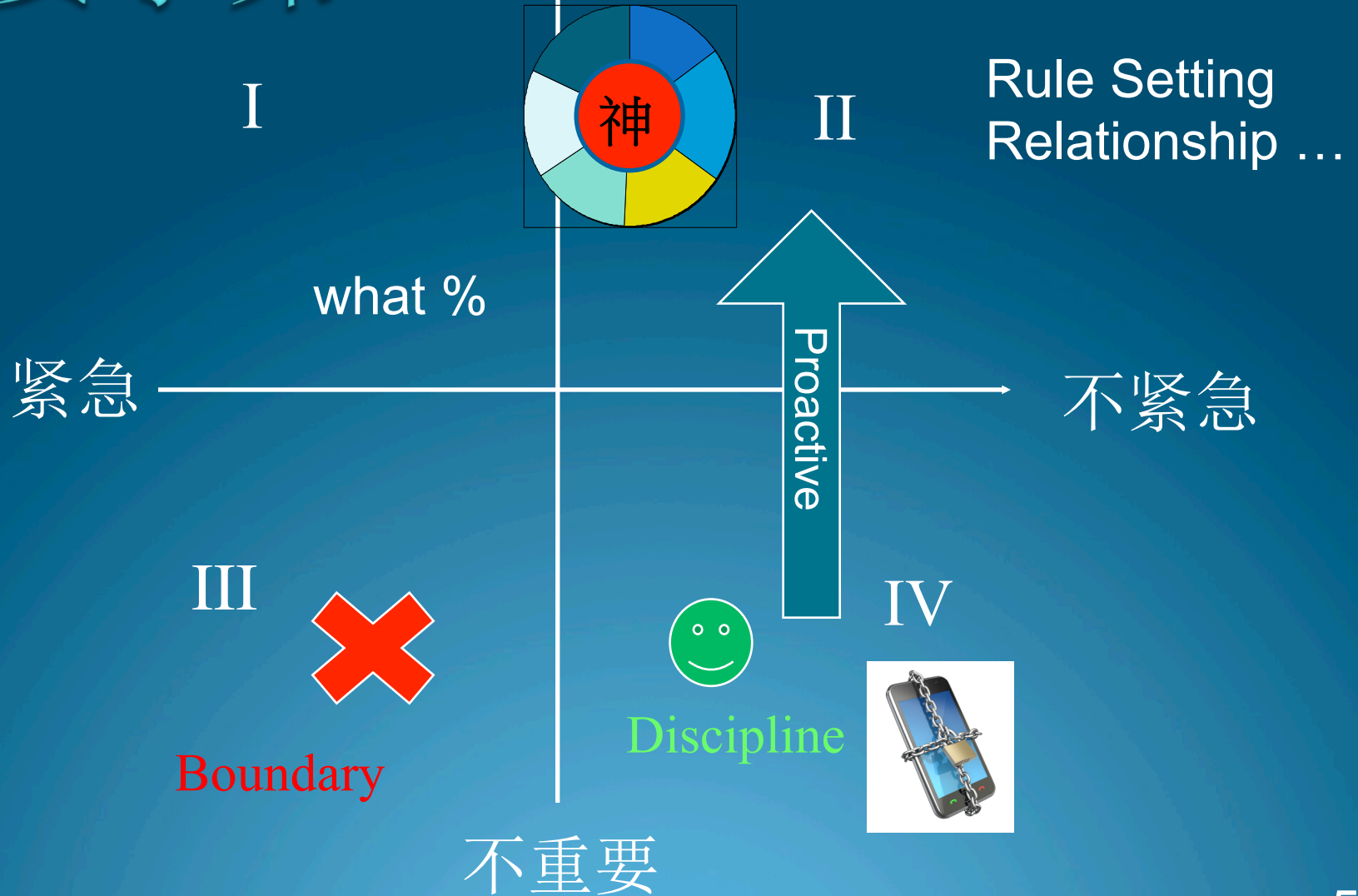
7 Habits of Highly Effective People by Stephen Covey

【與成功有約·柯維】

● 七大準則與三大成長層次的關係 ●



要事第一 重要



OVER 2 MILLION COPIES SOLD

WHEN TO SAY YES
HOW TO SAY NO
TO TAKE CONTROL
OF YOUR LIFE



BOUNDARIES

NEW YORK TIMES BESTSELLER

UPDATED
AND EXPANDED
WITH BOUNDARIES
FOR THE
DIGITAL AGE

DR. HENRY CLOUD & DR. JOHN TOWNSEND

Exercise 1:

In the last 3 months, you said “Yes”,
but you should say “No”

What does it cost you?

Exercise 1:

感覺，行為，選擇，責任，。。

界限1st step: “我”的定义

感覺，行為，選擇， 責任，。。



為什麼這麼難說“不”

- 你會因為別人請你做事，你雖不想做，卻不好意思拒絕嗎？你在勉強答應別人要求之后，心里卻又生別人的氣嗎？
- 為什麼這麼難說“不”

界限？

请想几件你在未来一年希望成就的事？

界限？

希望 与 目标：

A hand with dark red nail polish is reaching towards a small yellow house model. The house has a grey roof, a white door, and several windows. A white label with the Chinese characters '你的' is placed on the roof of the house.

我的

你的

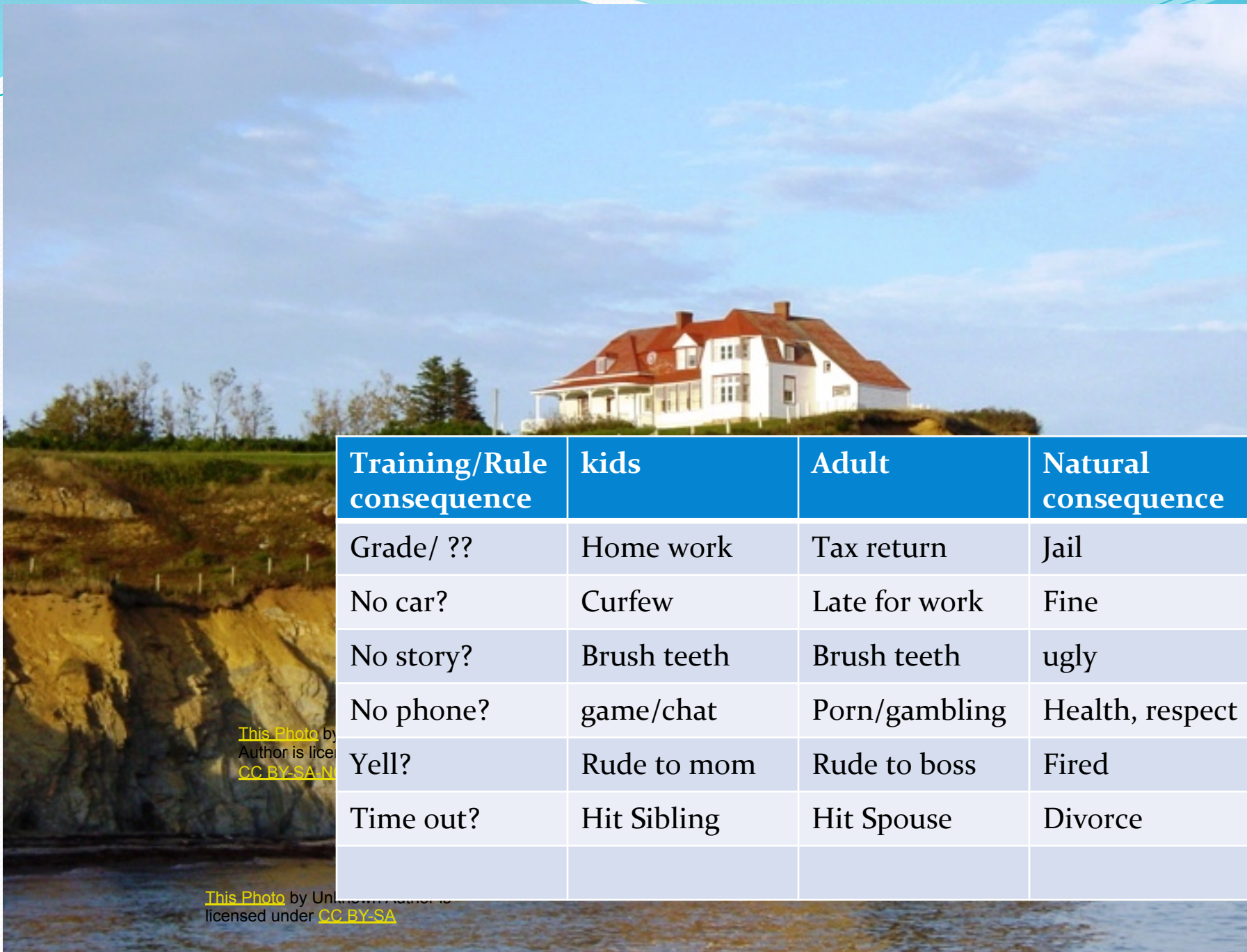


界限2nd step:
尊重别人的：“我的”



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Training/Rule consequence	kids	Adult	Natural consequence
Grade/ ??	Home work	Tax return	Jail
No car?	Curfew	Late for work	Fine
No story?	Brush teeth	Brush teeth	ugly
No phone?	game/chat	Porn/gambling	Health, respect
Yell?	Rude to mom	Rude to boss	Fired
Time out?	Hit Sibling	Hit Spouse	Divorce

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Being Disciple in Digital Age

- Pastor Rick Warren (Youtube)

我的



邀請好的進來

不好的：
Say "No"

Waste my Time

Distracted from what's most important

Temptation all day

Seduced by world value (\$\$\$ spent on get you hooked!)

Tempted to compete and show off.

我現在是要得人的心呢？還是要得神的心呢？加拉太書 1:10

Get addicted to the approval of others.

How: 為孩子立界線

1. Parents MUST learn “Boundaries” first
2. Don't discipline on the “Fly”
3. Invest time to Set Rule (要事第一)
4. Only set rule that you can enforce (Pick the battle)
5. Win initial battle to establish authority
6. Empathy (On the same side vs. Rule)

Exercise 2: Rule Setting

Pick 1 rule that you WILL follow through

Practice Setting rules and consequence

- Kids participate and negotiate to an agreement

(as close to natural consequence as possible)

Plan for re-enforcement

不要為別人負責

向別人負責：同理傾聽，了解，幫助
接納，平等。

為/替別人負責：壓力，患得患失，操
控，沮喪，生氣。

Discussion : 心動不如行動

- 你家裡的衝突中，有什麼是你把希望當成目標了？ 如何找到真正的目標來幫助你達成希望？

Bonding then Boundary

Parenting, with **END** in Mind

- Think about 18 + 80
- Prepare them to become independent / Interdependent person
- Good Character
- Good Habit
- Good Skill
- Good Health

界限？

希望 与 目标：

你會為了一件你認為正確的事，要求孩子聽從嗎？

- 如果對方不聽從， 你會生氣或再三勉強嗎？