



身體反應展現情緒之詞語

火燒心

咬牙切齒

臉紅耳赤

肝腸寸斷

心亂如麻

## 情緒察覺

都市人生活緊張忙碌，很多時都過着「不知不覺」的生活，忽略身體的信號；我們不但不知身邊的人有情緒，甚而連自己的情緒亦忽視了。大部份的情緒其實在身體中是可以感受得到，當人愈能專注在具體的身體感受，愈能察覺自己細微的思緒或情緒的起伏。這個能力不只是察覺情緒的「基本功」，更是深進一步如何調適情緒的發展基礎

其實，情緒的反應往往出現於身體喉嚨以下，小肚以上的部份。如果身體像一棵樹，情緒就是出現在樹的主幹中，亦是盛載情緒的地方。每個情緒的出現，其實身體是有感受的，只是人不習慣去洞覺。而這種對身體反應的察覺，正能告訴我們一些重要的信息。例如我們憤怒時，我們會感到火燒心，心及胸口你會感到燙熱，體溫上升，有的會緊咬牙齒、肩膀繃緊；當我們緊張、擔心和驚恐的時候，會心慌心悸，心跳加速或是腸胃不息，胃好像打了結一般；當好尷尬、羞恥時，臉會火燙得紅起來，其實這都

是身體發放給我們的信息，告知我們不同的感受。若你有這些徵狀，請停下來問自己：身體已經告訴你的是什麼信息？是恐懼？擔心？羞恥？委屈？這與事情的根源有何關係？

故此，各種情緒，往往是由身體的反應表達出來，如果我們能多關注及洞察身體內在的不同感覺，定能提升對自身情緒的了解，而且這些訊號，對身心健康尤為重要！

## EFT 治療中的的聚焦 (Focusing)



聚焦 (Focusing) 是一種引領人在面對一個問題或情況時，經歷洞察身體所表達的，讓自己  
去體會身體內的感受。通過這種與內在身體意識相聯繫的過程，讓人對事情有新的解讀及領  
悟，使困局有所突破。在EFT課堂中，Selina 導師與一學員進行了一次聚焦練習，以下是學員  
的經驗分享。

「這是一次奇妙的經驗，原來細察身體感受 (bodily felt sense) 是有很多話兒的。」

為使自己更專注察覺身體的感覺，我選擇合上眼睛。導師溫柔的引領我感受身體覺得有  
特別感覺的部份。我立時便感到胃部有灼熱，停留一會，更感到胃內藏了一塊又一塊的石頭，  
當導師問這些是什麼時，我便意識到這是近日一連串沒有停下來的工作，我感到胃部有頂著  
不太舒服的感覺，導師繼續著我停留一下再感受它，在安靜停留時，我慢慢留意到胃內出現  
了一大片奶白色的熔岩，把一塊塊的石頭溶掉，胃內不舒服的感覺消失了很多，只感到胃部  
周邊出現一些明顯的邊界，當導師問這些對我是什麼意思時，我仿佛看到那些熔岩其實是一  
些意義感，原來工作對我的意義感，讓我能面對十八天一直沒有停下來日子，胃的邊界，  
是告訴我要好好停下來為自己的生活定下邊界。當身體的感受被解讀時，我明白自己常批評  
對自己不懂停下來、不善待自己時，其實不停下來是因意義感給我的力量，而我只需懂得休

息一下，給自己劃界線，便不需批評自己。這一種察覺身體的感受，讓我對事情有不一樣的解讀，內心感到一種釋懷。」

**EFT Jan-Oct 2018**

**Course Reflection**

By Eunice Yeung (social worker)



*Giving and receiving empathy  
is one of the most beautiful  
things in our human existence.*

I'm fascinated by EFT, and I feel that I'm just touching the tip of the iceberg. There's so much more about EFT that I need to learn and internalize, but I'm very grateful that I've started on this EFT journey. I'm also very grateful to have a workplace where I can practice EFT and experience the way that true empathy by itself, can be healing for my clients.

I never fully understood what empathy looked like until I took this course. Before, I made empathetic statements, and then, quickly jumped into cognitive discussions. Now, I see the power of being with the client in their pain. Showing them that I understand and am willing to go into that dark hole with them is so important. I never knew how statements like, "This must be so hard," or "Your tears are so important," or "It's so painful for you" can be so comforting. Even in my own relationships, I realize that the friends I like to be with the most, are those who just try to understand me and sit with me in my pain. Whether in professional therapy or in personal relationships, I believe giving and receiving empathy is one of the most beautiful things in our human existence.

Recently, because of EFT, I had a breakthrough in one of my cases. I've seen this client for almost 30 sessions with no significant transformation. What she had experienced was so painful, but she was so numb to her pain and she never cried in any of these sessions. In a recent session, we were dealing with how she felt about her parents. She said she was very angry, but I could see that on a deeper level, she felt abandoned and unprotected. Through empty-chair and empathetic attunement, she finally was able to express her unmet needs of protection as a young child. She cried and cried. She was able to grieve what she never had in her childhood and a part of her pain was finally felt and released. I was so touched by her courage to feel her pain, and what a privilege it was for me to be able to be alongside with her.

I'm still just slowly learning this type of therapy and I sometimes I get quite stuck. I still have a lot to learn, but I think this is a good start. I'm looking forward to practicing EFT more and I hope that I can grow in feeling and showing empathy towards everyone around me.

## 本學院最新消息



### 1. 情緒導向家庭治療深進關懷家長工作坊 (香港)

日期：3月30 及 4月6日 (9:30-16:30)



### 2. Certified 2-day Clinician Training (HK)

Emotion-Focused Family Therapy (EFFT)

Emotion-Focused School support (EFSS)

Conducted by : Dr. Allen Sabey, PhD

Date: May 17 & 18, 2019 (9:30-17:00)



### 3. 情緒導向家庭治療師國際認證班課程+家長工作坊 (上海浦東)

(A) 3天咨询师认证班

日期：5月21 -23日 (9:00-17:00)

(B) 2天深进关怀家长工作坊

日期：5月24 -25日 (9:00-17:00)



### 4. 「情來自方」系列四 (如果做一個情緒教練的四大重點)

以上項目詳情請參閱：

<http://www.iefta.com> 及 [www.facebook.com/ieftasia](http://www.facebook.com/ieftasia)



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