

## A07 《你有說過阻礙溝通的說話嗎？（上）》

「我講極都有人聽、冇人明！」語言既能拉近，又能疏遠彼此。

4D 語言有時會阻礙我們向彼此傳遞關愛，以下分享兩類：

- 診斷 (Diagnosis)：標籤、比較、批評
- 否認 (Denial)：否定他人的感受和想法

子女聽到這些說話容易覺得受批評，難以感受關愛，抗拒對話。

邀請大家回顧一下：「我甚麼時候會說 4D？」。



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## Breaking Barriers:

### Words that Block Communication (Part 1)

"Nobody seems to listen or understand our words!" It is frustrating when our words fail to connect the ones we care about.

The use of 4D Language sometimes get in the way of showing love and understanding, let's explore two types below:

- **Diagnosis:** Moral Judgment, Labeling, Comparison, Advise  
Example: "You'll never succeed if you keep being lazy,"
- **Denial:** Disregarding and disregarding others' feelings and thoughts.  
Example: "You're a big kid now, no more tears! You should be embarrassed!"

When children hear these words, they might feel knocked down, struggling to feel loved and withdrawing from dialogues.

Let's take a step back and ask ourselves, "When do I find myself using such 4D language?"

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

The infographic features a central thought bubble with the text: "When do I find myself using such 4D language?". To the left, a character with blue hair and a frustrated expression is shown next to the text: **Diagnosis:** Moral, Judgment, Labelling, Advise & Comparison. Below this is the example: "You'll never succeed if you keep being lazy,". To the right, a character with blonde hair and a frustrated expression is shown next to the text: **Denial:** Disregarding and disregarding others' feelings and thoughts. Below this is the example: "You're a big kid now, no more tears! You should be embarrassed!". A small logo in the top right corner reads "JUST FEEL" with a heart icon.

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