

A08 《你有說過阻礙溝通的說話嗎？（下）》

大家有留意自己在甚麼時候更常說 4D 語言？
當人在狀態不穩，如感到壓力、擔心時，會更容易說 4D。

其餘的兩個 D：

- Demand 命令：讓對方感到內疚，非做不可
- Deserve 應得：強調責任和「應該」

這些說話難以建立子女的內在動機，真誠地行動。

邀請大家說 4D 前，先平靜自己，並發掘其他溝通新可能！



[↑ 回到內容目錄](#)

Breaking Barriers:

Words that Block Communication (Part 2)

Ever noticed when you tend to use more 4D language?
It often happens when we are emotionally unsteady, such as feeling stressed or worried.

Today, we will take a look at two additional Ds, that can make a difference in communication:

- Demand: Making others feel guilty, and do not provide any choices
- Example: “I will confiscate your phone if you don’t put it away.”
- Deserve: Emphasizing responsibility and what someone 'should' do.
- Example: “As a student, you should work, do homework...”

These words can hardly cultivate intrinsic motivation and encourage genuine action in children.

So, before resorting to 4D language, take a deep breath to compose yourself, and explore ways to foster meaningful communication.

The infographic is titled "Breaking Barriers: Words that Block Communication (II)" and features a central giraffe character wearing a red and yellow striped scarf, holding a glowing yellow wand. To the left, a blue cloud contains a cartoon boy with a red star on his forehead and a grumpy expression. To the right, a pink cloud contains a cartoon boy with a blue graduation cap and a stack of books. A green chalkboard in the center contains the text "Breathe in, and explore ways to foster meaningful communication." In the top right corner, there is a logo of a heart with a unicorn and the text "JUST FEEL".

Demand:
Making others feel guilty, without providing any choices.

“I will confiscate your phone if you don’t put it away.”

Deserve:
Emphasizing responsibility and what someone 'should' do.

“As a student, you should work, do homework...”

[↑ Back to Table of Contents](#)