

家庭議會家庭教育系列—家·多一點愛 在乎你

Family Council Family Education Programme—Love Your Family More

第十二集：溝通不隔「幕」 — 專家意見

Episode 12: Breaking the Communication Barrier—Expert’s Advice

字幕稿

Transcript

| 中文 | English |
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| <p>[與家人使用即時通訊軟件時，如何避免出現誤會？]</p> <p>即時通訊軟件 容許我們用很多表情符號</p> <p>但也有它的問題存在 有時候動作太快 會傳錯訊息 另外，對不同的表情符號 各人也不同的理解 譬如這個手勢 有些人把它稱作「祈禱手」 有些人把它稱作「同意手」 有些人把它稱作「拜託手」 每個人的理解都不同 我們乍看之下 就會堅信是自己理解的意思</p> <p>而且，人的情緒不是看一看就能明白 我覺得使用這些表情符號時 也要三思後才使用 特別是對一些需要詳細討論的主題 就不要用一、兩個表情符號來代替 不如跟對方說： 我們見面再說吧</p> | <p>[How to avoid misunderstandings in communicating with family members through instant messaging applications?]</p> <p>Instant messaging applications provide us with many emojis to better communicate emotions</p> <p>However, they can also cause problems</p> <p>Sometimes you may send the wrong messages when texting quickly</p> <p>Besides, even for the same emoji, people may have different interpretations</p> <p>Such as this folded hands emoji, Some people call it “the prayer hands”</p> <p>Some people think it means “OK” or “please”</p> <p>Everyone has different interpretations</p> <p>People tend to believe what they interpreted is the only correct meaning</p> <p>Moreover, people’s emotions are difficult to read</p> <p>We need to think twice before using these emojis, especially when we are discussing something with complicated context</p> <p>In this case, it is more appropriate to have face-to-face communication rather than using emojis to express yourselves</p> |

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| <p>就更加穩當</p> <p>[如何化解家庭成員間的誤會？] 在剛才的片段裡面 子女誤會了媽媽的意思 以為媽媽能議價到一半</p> <p>誤會的產生 這是全家人都不希望的 不過，我很喜歡這句 「始終都是一家人」 家人之間要說清楚 說的時候 不要整天把「你」字放在口邊： 「你明知道我的意思是這樣！」</p> <p>反而應該承認自己在事件上 其實也有遺漏 例如：「我不小心看錯了訊息 對不起媽媽」 大家一人走一步 一人出一分力 甚麼困難始終都可以解決</p> <p>[如何善用即時通訊軟件，促進家庭和諧？] 即時通訊軟件的最大的好處 就是與家人約會的時候格外方便</p> <p>很多時候我們會建立 例如團年飯群組 又有中秋節群組 方便大家回覆之餘 又可以立刻約出來見面</p> <p>而另一個好處 就是當我們知道有家人不開心 有些截圖</p> | <p>[How to resolve conflict within your family?] In the video, the children misunderstood their mother They thought their mother had bargained for half-price deal Nobody wants to see misunderstandings occur between family members I like this expression very much “Always a family” Express your thoughts clearly when you talk to your family members, Stop saying “you”, or “You know I mean it this way!” all the time Instead, you should admit your own oversight</p> <p>For example, you may say “sorry mum, I have misunderstood the message” Meet one another half way, Each family member contributes their part, all difficulties can be eventually resolved</p> <p>[How to encourage family harmony by wisely use of instant messaging applications ?] The biggest advantage of instant messaging applications is that it makes arranging family gatherings more convenient we often create chat groups, such as Year-end dinner groups, Mid-Autumn Festival groups It is easy for everyone to reply It also allows you to arrange for last minute gathering Another advantage is when we know some family members are upset, we can show our sincere care by capturing</p> |
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有些字句

可以轉發給他

代表我們一份很真實的關懷

and sending online pictures and text for them