

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

第一集：我家的工匠 — 專家意見

Episode 1: My Family Craftsman—Expert’s Advice

字幕稿

Transcript

中文	English
[夫妻面對處境的轉變，應抱持甚麼態度？]	[What attitude should married couples have when facing changes in circumstances?]
時代改變，有很多變遷 在婚姻的歷程裡 總有很多處境的改變 例如經濟 傳統上男人賺得比較多 女人賺得比較少	With changes in times A couple may face changes in circumstances in their marriage For example, economically Traditional mindsets always believe men makes more money than women do
但如果經濟改變	But what if economical circumstances change?
就像剛才看到的影片	For example, in the video we just watched
妻子賺多了 丈夫賺少了 是否就會帶來婚姻的衝擊？	The wife made more money than her husband Does that mean it will bring impact to their marriage?
我認為，重點不是金錢 重點不在經濟高低	In my point of view, we should not focus on the money or their ability to earn money
重點是夫妻的恩愛	What really matters is their affectionate relationship
我妻子成功 我便更開心，祝福她 如果我丈夫有點經濟困難	If my wife has a better career prospects I will be more than happy and wish her well If the husband encounters financial difficulty
或者一點低沉	or is dispirited

<p>作為妻子，有體諒 更加關懷 我不會隨便說一些話 挑動他的神經情緒 令他覺得被人壓抑 或者覺得自卑 可能對他更加肯定</p> <p>其實這些體諒，就是愛的表現 [中年夫妻有何溝通妙法？]</p> <p>而溝通方面 我們更加學會多一點溫柔鼓勵的說話 人很特別，愈罵便愈反感</p> <p>愈讚愈肯定，便愈樂意去溝通</p> <p>夫妻無論面對甚麼處境的改變和壓力 多一點肯定，多一點欣賞</p> <p>不要怕撒嬌 互相撒嬌 男向女撒嬌，女向男撒嬌</p> <p>任何時間都很恩愛 [父母溝通出現問題，子女應怎辦？]</p> <p>而身為子女的，學一下敏銳點 最簡單可以觀察到的是父母有一些行為的改變 平常會拖手，現在不拖了 平時會對話，現在變得沉默 或者他們兩個的相處距離愈來愈遠 一個在房間，一個在廳外</p>	<p>The wife will need to be more considerate and be more caring Don't make casual remarks that will get on husband's nerves or make him feel depressed or inferior Try to show your love by reassuring his ability and being more considerate [Any tips for middle-aged couples on better communication?] Regarding better communication We must learn how to express support and encouragement in a gentle manner It is because people usually are resentful to criticism against them On the contrary, the more you assure their ability, the more they are willing to communicate Whatever circumstances change or pressure a married couple may have to face Show more assurance and more appreciation to each other And don't be afraid to being affectionate Try to be more affectionate When husband and wife can be affectionate with each other Then everything will go smooth and fine [What children could help when it comes to parents' communication breakdown?] Children need to learn to be more observant to behavioural changes of their parents For example, parents are not holding hands anymore Or not talking to each other anymore Or keeping themselves away from each other One stays in the bedroom, one stays in the</p>
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這個時候我們身為子女
就是出手的時候
潑下他們，造就一些機會
讓他們多一點溝通，多一點相處

living room

Now here is the point children should
intervene

By proactively creating opportunities that
strengthens parents' communication and
fosters their harmonious relationship