

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

第十一集：尋找後半生 — 專家意見

Episode 11: Finding the Second Half of Life—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[退休夫婦待在家容易產生磨擦，有何要注意的地方？]</p> <p>其實退休生活並不容易 夫妻間有很多事要適應</p> <p>重點是 我們首先要學會 保持生活的紀律和健康 就如影片中 早上無所事事 去睡覺、乾坐著 甚麼都不願做</p> <p>我真的見過有位男士 突然間變胖了 女士本來是年輕白領 現在變成了一個「阿嬤」 這樣是不行的 有紀律、健康的生活 兩夫妻就有精神，有情趣</p> <p>去活動一下，互相關心 婚姻生活也會好一點</p>	<p>[It is easy for retired couples who spend more time at home to have conflicts. Is there anything they need to aware of ?]</p> <p>Retirement is not easy Retired couples have to adapt to a lot of changes</p> <p>The key is that we must first learn to maintain disciplined and healthy lifestyle</p> <p>In the video, The husband was idle in the morning He either took a nap, or just sat around He had no motivation to do anything</p> <p>I have seen a man who gained much weight in a short period of time There was an office lady who looked raddled after retired</p> <p>This is not the good retirement should be Having disciplined and healthy lifestyle ensures the couples to be more energetic and full of sentiment</p> <p>Hanging out with and showing affection to your spouse more often, the married life will be better off</p>

<p>[退休夫婦如出現溝通問題，如何化解彼此的誤解？]</p> <p>學會表達自己的需要</p> <p>表達需要是很重要的 就是拿走埋怨： 「你不理我了！陪我去買菜不行嗎？」</p> <p>為何不改為： 「老公，不如我們一起出去拍拖買菜？」 「老婆，妳陪我去晨運好不好？」</p> <p>是不是比較悅耳，容易接受得多？</p> <p>坦白將你的需要表達</p> <p>不少夫婦有誤解 常以為「猜中有獎」 我不知道，你又不表達</p> <p>彼此胡亂猜測 便產生更多的埋怨 溝通變得更困難 不如清楚表達 我想要，我會說 你做了，我能體諒和看到</p> <p>你肯做已經是一份愛意了</p>	<p>[How can retired couples resolve their misunderstandings?]</p> <p>It is important to Learn how to express your needs</p> <p>They key is don't blame your spouse Instead of saying, "you don't care for me! Can't you go to the market with me?"</p> <p>Why don't you express in this way, "Hubby can you date with me?"</p> <p>"Darling, would you like to have a morning walk with me?"</p> <p>Is it more pleasant to the ears and easier to accept?</p> <p>You also need to express your needs frankly</p> <p>Many couples are mistaken as they like to play guessing games Husband and wife have no idea of what is in each other's minds Both sides keep making blind guesses As a result, it leading to more grumbles and makes communication even harder Why don't we express ourselves clearly? If I want something, I will tell you If you do something for me, I will appreciate it You show your love through your action</p>
<p>[作為子女該如何幫助退休父母改善關係？]</p> <p>子女其實也是好幫手</p> <p>要明白我們的父母 從前他們的世界很豐富</p>	<p>[How can children help strengthen the relationship between their retired parents?]</p> <p>Children can be facilitator in parents' relationship</p> <p>They should understand that they parents had fruitful lives in the past</p>

<p>有工作，有各樣事情 現在退休了 他們整個世界就只有家庭 作為子女 對父母來說很重要 如果我們愛父母，孝順父母</p> <p>重點不是你能給他們多少金錢和物質</p> <p>如果可以的話 盡量花點時間陪他們 跟他們一起重溫 小時候的事情</p> <p>鼓勵父母再做拍拖時的事</p> <p>重回那個地方 這些溫馨的時間 有你們的陪伴 就能幫到父母</p>	<p>They had jobs and everything But after they were retired The family is the whole world for them Their children become very important to them If we love our parents, we should respect them It is not about how much money and material life you can provide them If it is possible, do spend more time with them You can relive fond memories with them, such as those incidents of their childhood You can also encourage your parents to do what they used to do when they went on a date Accompany your parents to revisit the old places and spend the warm moments will help strengthen your parents' relationship</p>
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