


My own Life Narrative

家庭成長歷程

What was growing up like in my family?


- 
- * **Who was in your home with you?**
 - * **在家裡的人?誰會經常陪伴你?**





*** Think of 5 words that reflect your earliest recollection of your childhood relationship with your mother.**

*** 你的母親**

*** 用五個形容詞去描述你與母親的關係**

- 
- * Then think of an example for each word that illustrates a memory or experience that supports the word.
 - * 舉例子與上述形容詞相關的情景?

- 
- * **Think of 5 words that reflect your earliest recollection of your childhood relationship with your father.**
 - * 你的父親
 - * 用五個形容詞去描述你與父親的關係

- 
- * Then think of an example for each word that illustrates a memory or experience that supports the word.**
 - * 有沒有與上述形容詞相關的情景?**



***Who were you closest to and why?**

***你最靠近誰？**


***為什麼？**

- * What was it like the first time you were separated from your parents or other care-givers ?**
- * What was it like for you, and for them during this separation ?**
- * 第一次與他們分離是怎樣的？**
- * 他們對這分離的反應又怎樣？**



***What would you do when you were upset ?**

***他們不開心時，你會做些什麼？**



*** If you were sick, injured, or emotionally distressed, what would happen ?**

*** 假如你病了、受傷了、或是有情緒困難，他們會有什麼反應？**



***Were you ever terrified of your caregivers ?**

***你有沒有被他們嚇怕的經驗？**



**How did your
relationship with
them change over
the years ?**

***你與父母關係這些年來有什麼
改變？**



*** Did anyone ever die in your
childhood or more recently ?**

*** 你年幼的時候，家裡有沒有喪事？**

*** 或近期的喪事**



***Did anyone you were close to
leave your life ?**

***家中成員有沒有與你分離的呢？**



*** How were those losses for you,
and how did they impact the
family ?**

*** 這些失落對你及你的家人的影響？**




***Are you close with your
caregivers now ?**


***你與照料者的關係密切嗎？**



***Why do you think they acted they did ?**

***你明白他們當日的表現嗎？**

- 
- * How did all of these things we've been exploring in these questions influence your growth as an adult?
 - * 以上的問題有那些影響了今天的你？

- 
- * **What are the main things you've learned from being parented by your parents ?**
 - * 你在父母身上學到那些親職的要點？



***What would you want for them
in the future ?**

***你希望自己在親職上是怎樣的？**

- * How do you feel all of these issues of your attachment history may impact your ability to be open, to attune, and to resonate with others – in your personal or your professional life ?
- * 你認為這些與依戀有關的事情對你今天與其他人的關係、同理、產生共鳴的能力等等,有什麼影響?。