



「好久好久以前」

* 童話故事的神奇魔力

“Once upon the time” – Magical Power of Fairy Tales

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童話故事可說是我們每個人兒時的共同回憶。在「好久好久的以前.....」裡，總是有一位楚楚可憐的主角、刁難邪惡的巫婆、英俊勇猛的白馬王子、如同及時雨一般的神仙教母。奇幻的世界、迷人的魔法，由墨水勾織而成的溫柔細語，化為通往夢境的金光大道。

但是童話故事是專屬孩子們的故事嗎？所有的童話故事都是格林兄弟自己寫的？還有，童話故事一定會教給大家人生大道理？上述種種的迷思，會阻礙每一個人去感受童話故事作用在內心深處的神奇魔力。

童話故事象徵的心理歷程

從翻開故事書封面的那一刻開始，我們不自覺地讓自己化身成為故事中的主角或裡面的某個人物，登上內心深處的心靈舞台，展開一段探索自我的冒險旅程。

旅途的第一段是「跨越」（crossing）：無論是《糖果屋》的韓森與葛娜德、《木偶奇遇記》裡的小木偶，故事裡的主角往往為了解決某種困難，被迫進入一個陌生的環境。

接著開啟了旅途的第二段「遭遇」（encounter）：

Fairy tales are everyone's childhood memory. From "Once upon the time," there were always a lovely and delicate main character, a spiteful and evil witch, a strong and handsome Prince Charming and a timely helpful fairy godmother. Fantastic world, enchanting magic and from ink-written of tender words transform into the dream world of Golden Boulevard.

Do fairy tales belong to children only? Did the Brothers Grimm write all the stories by themselves? Besides, are fairy tales always educational and ethical? The myths above would resist readers to relish the magical power acted on their deep mind by the tales.

The Psychological Adventure Symbolized in Fairy Tales

From the moment we open the cover page of a story book, we have unconsciously become the hero or heroine or one of the characters. We have come up the stage in our inner world and started a self-exploring adventure.

Act 1 of the journey is "crossing": So as the little brother and sister in 《Hansel und Gretel》 and the little puppet in 《Pinocchio》, heroes and heroines of the stories are often forced to enter a strange environment to solve some problems.

Then the journey moves to Act 2 "encounter": After the he-



主角進入了奇幻的世界中，開始碰到各式各樣的東西、人物。舉凡神奇的魔法物品、善意的幫助者、可怕的怪獸或邪惡的女巫。這些事物都是主角內心想法的投影，所幻化而成的具體事物。我們不難想像，《傑克與魔豆》因貪婪之心而換取的魔豆，為什麼會帶領主角見到掠取大量黃金、珍寶的貪婪巨人；同樣地，內心某處也默默認同，神仙教母在仙度麗拉最無助時候的來訪、北方女巫對桃樂絲的指示，都是我們對於母親慈愛與溫柔的概念，所投射出來的具體形象。

旅途中最驚險、最高潮的第三段「征服」(conquest)：主角必須在這裡消滅可怕的生物或邪惡的女巫。只有邪惡的一方被征服，代表著困擾讀者的想法或不對的衝動才能被克服。邪惡的死去，是一種心靈淨化的儀式，戰勝內心的慾望與罪惡，確保被接納、被認同的那一塊心靈能持續保持下去。

事件的圓滿結束，帶領著故事走向最後一段「歡慶」(celebration)：透過故事結尾的親人團聚，或者是盛大隆重的宴會，象徵內心裡的正力量獲勝之外，也同時再強化與確保這股力量的存在。

童話故事的應用方式

「繪本治療」是童話故事應用在心理治療上最直接的方式。不向孩子闡述人生的大道理，只需要選擇一本與孩子現在的生命議題相關之繪本，藉由說故事的歷程，中間容許孩子對每個段落、每個人物表達自己的真實想法與動作反應，治療師則透過這些反應，再進一步地和孩子探討更深層的想法。故事也許在當下無法解決孩子的問題，但隨著時間緩緩發酵的後座力，往往給孩子在人生的路程上，是最大的陪伴與幫助。

When heroes enter a fantastic world, they started to meet up various events and personages, such as miraculous magic items, well-meaning helpers, terrifying beasts and evil witches. These matters are the materialized image revealing the heroes' inner thoughts. We can imagine, in 《Jack and Beanstalk》, why the magic beans gain from a greedy heart can lead the hero to the avid giant who has robbed massive gold and treasure. And we also privately recognize the visit of Fairy Godmother in Cinderella's most helpless moment and the guidance of Witch of the North to Dorothy where both materialized the image of our concept to mother's loving-kindness and tenderness.

Act 3 "conquest", the most breathtaking crescendo of the journey: The hero must kill the terrifying beast or the evil witch. Only when evil prevails, then the readers' confusing thought or incorrect impulse would be overcome. The death of evil represents a soul-purifying ceremony. Inner lust and sin are conquered, making sure the admitted and identified part of mind to be retained continuously.

The satisfactory ending of the event leads the journey to the last Act "celebration": At the end of the story, family reunion or prosperous banquet not only symbolizes the victory of the positive power in the mind, but also strengthen and ensure the existence of the power.

Application of Fairy Tales

"Picture book treatment" is the most directive way of applying fairy tales on psychotherapy. A child is not preached with ethical principles, but given a picture book relating to his/her present life issue. By telling a story, and allowing the child to express his/her real thought and reaction during each section, the psychotherapist can further discuss the child's deeper thoughts with him/her. The story might not be able to solve the child's problem immediately, but with time goes by, it would become the greatest companion and help in his/her life.



至於應用在成人上，部分企業也透過分享童話故事來引導解決工作上面臨的困難。因為成人的表達與思考更加純熟，可以在說故事之前先引導成員思考幾個問題；在故事結束之後，去站在不同角色的觀點來詮釋整個事件的歷程，能幫助成員獲得全新的觀點，甚至拋出新穎的創意，活化企業的生產力與效力。

聆聽、閱讀故事是每個人共有的童年經驗。應用在部隊的心理與諮商晤談與裡，與個案的對話建立在相同背景裡，容易引起彼此的共鳴。助人工作者帶領個案重溫童話故事的每個段落，進而從中激發出當事人面對挑戰的勇氣；個案將自己投射在童話故事裡的某個人物上，進而獲得支持的力量；另外透過探討故事裡的每個事件，取得困擾自身問題的全新觀點。也許到最後對個案而言，困擾再也不是困擾。

當然也不一定是童話故事，一則與個案的生活能引起共鳴的故事，都能夠帶領個案對於自身問題與狀況獲得頓悟。

「每個人的生命都是一段故事，每一段故事都是一場冒險。」縱使過程中遭遇許多困難，也都別忘了自己曾經很勇敢—勇於選擇誕生在這世界上，開啟故事的序章。值得慶幸的是，在每段冒險旅程的終點，我們會與真實的自己相遇。

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參考書目：

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For applications on adults, some enterprises also try to conduct problem solving on works by sharing and discussing fairy tales. Because adults have mature expression and thinking abilities, they can be given several guiding questions before telling the story. After that, interpreting the course of the entire event in different character's view can help them to obtain new outlook or even fresh creativities, in order to activate the enterprise's productivity and efficiency.

Listening and reading stories are everyone's childhood experiences. To apply the stories on psychotherapy and counseling in troops, the conversation with the individual shall be based on the same background, thus an in-between sympathy can be easily raised. The counselor guides the individual to go over each section in fairy tales, in order to inspire his/her courage for facing challenges. The individual would project him/herself on one of the characters in the fairy tale, to obtain a supportive strength. Besides discussing every event in the story, he/she would gain a new outlook to his/her difficulties. In the end, the problem may no longer be a problem to him/her.

Of course not only fairy tales, a story sympathizing with the individual's life can also lead him/her to obtain an insight to his/her own problems and conditions.

"Every life is a story; every story is an adventure." Although we always encounter a lot of difficulties in the journey, we should not forget we used to be brave-brave in choosing to be born on the earth, to prologue the story. Fortunately, in the end of the journey, we will meet our real self.

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