

自我瞭解與肯定

Self Understanding and self Assurance

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4 月份的心輔講習，單位很榮幸的請到了彰化師範大學輔導與諮商學系博士，現任弘光科技大學副教授的陳瑛治老師，來為我們主講「自我瞭解與自我肯定」。

陳老師特別提到人格的發展受到先天與後天因素的影響，先天因素包括天生的氣質、生理特徵、智能與能力，而後天經驗則包括家庭環境、排行、父母教養、同儕、教育及社會經驗等因素。俗語說：「知己知彼，百戰百勝。」人倘若沒有一定程度自我認知，不明白自己是什麼樣的人，不知道自己想要的是什麼，也就不會了解自己要追求的是什麼樣的人生，所以，今天便要帶領我們探索更深層的自我。

老師從自己的名字「瑛治」（台語唸法為「迎弟」之意），看出自己父母對於生兒子的期待，因此他認為父母親眼中的我們將會構成我們的部分人格。其次，出生序是性格的構成要素，例如：以三個孩子的家庭為例，一般而言，老大本身會有照顧和指導弟妹的責任，所以個性上會較具責任感，也具有獨當一面的特質；老二由於有父母及兄姐的照顧與呵護，容易養成依賴的性格；老三則是可能上有兄姐，下有弟妹，在此情形下，父母對老三的關注程度往往較低，而孩子本身的性格也較不鮮明，但一般來說，老三待人處事的態度都能夠採取中庸之道。因此，在明白這些參考原則下，將可對於我們的生活有些許的幫助，例如：可作為我們本身擇偶時參考的因素之一等等。

For the psychological counseling session in the month of April, we are proud to have invited Chen Ying-Zhi from National Changhua University of Education, Department of Guidance and Counseling, who is currently the Associate-Professor of HungKuang University to give a talk titled "Self understanding and self assurance".

Dr. Chen emphasize that personality development is influenced by both inborn factors and the environment. Inborn factors includes: natural born qualities, physical traits, intelligence and abilities. The environment factors includes: family, position within the family, parents' upbringing, people of the same generation, education and social experience, etc. As the old saying goes "Know thy self, thou shall not fail." If a person does not know oneself or do not know one's wants in one's life, one will not know what to expect in life. Hence, today we are going to soul search on ourselves.

Dr. Chen realize the expectation of his parents through her name "Ying-Zhi" (in Taiwanese it literally means "welcoming brother"), and therefore she thinks that what parents sees in a child will create part of the personality. Secondly, the rank among the kids is another important factor. Let us take a family with three kids for example: normally the oldest in a family will take care

在課堂上，老師藉由一些原理簡單的心理測驗，來檢測我們對自己的認識程度。由於每個人的生長過程與環境不同，便產生截然不同的人格特質，對於面對各項問題的解答方式與選擇也會有所差異，藉由這種差異，老師將每個人的性向做簡單的分類，給大家當作參考。經過了數個心理測驗與性向測驗後，每位參與的學員都覺得獲益良多，並且對自己有了更深一層的認識。老師同時也告訴我們一個觀念：「世界上最快樂的人有兩種，一種是智慧者；另一種則是白痴。既然你現在已經做不成白痴了，那麼就當個有智慧的人吧！」

的確，什麼個性的人，就會有什麼樣的人生。但是，倘若我們能夠認清自己，並且勇敢的去追求自己的理想，就算失敗了又如何？至少我們可以不留一絲遺憾的繼續走下去，至少明白自己追求的為何？最重要的是，我們對自己生命的意義並不迷惘。😊

(本文作者任職於中部地區巡防局岸巡三總隊勤務中隊)

and lead the brothers and sisters, and therefore personality-wise they will be more responsible and more independent. The youngest is normally used to rely on other people due to the extra care from parents and the elders. The second in the family on the other hand, is normally more neutral when comes to handling things due to the fact that they are in the middle of the family and a certain degree of negligence from their parents compare to other brothers and sisters. Based on this principles it can help us better understand things in our lives, for example: this could help us to make certain decisions when looking for a spouse.

During the class Dr. Chen will utilize some simple psychological tests to test the degree on how much we know about ourselves. The environment and the process that we grow up are different, hence it will create a personality unique to each of us. The difference will be more obvious when each of us is faced with some problems, and through the solution that we give, we can be categorized accordingly. After a few psychological and personality tests we found ourselves learning a lot from them and getting to know ourselves a lot better. Dr. Chen also told us a concept in life “There are two types of people in this world that will be the happiest, a wise person and an idiot. Since we know that we cannot be idiots, then let us try to be a wise person.”

Indeed, personality leads to reality we face in life. But if we get to know ourselves better, understand what we want in our life and fight for it, doesn't matter if we fail. At least we have tried our best and could still face the remaining years of our lives. Most importantly we understand the true meaning of our lives.

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Associate-Professor of HungKuang University Dr. Chen Ying-Zhi (Person standing) giving lecture on “Self Understanding and Self Assurance”.