



# 你的桶子 有多滿?

Extract from Reading "How Full  
Your Bucket Is"?

◇文 | 王聖淑

◇ Article | Wang Sheng-shul

**我**常告訴別人，辦理心理諮商的業務，如果您認真投入，受惠最多的不是同事也不是長官，而是我們自己。因為每當心情不好時，我學會了找尋正面的出口，這是因為每一次在心理諮商的教育訓練中，不知不覺的吸收了老師的知識，成為蘊藏在心中的種子，它慢慢的被我們細心呵護著，當種子長成大樹，不只可以給自己乘涼，又可以庇蔭別人。

這些日子在工作上有些忙碌，心中似乎也有些恐慌，心想，是不是該給自己一點精神食糧，好讓自己的心靈安定些，於是在心理諮商室隨手拿起了一本：「你的桶子有多滿？」。看完了這本書，心裡有一種滿足的感覺，於是，想與大家分享。

書中說，每個人都有一個無形的水桶和杓子，水桶滿溢使人樂觀積極；水桶見底令人意志空虛。讚賞、肯定及正向思考、增添正面情緒，讓彼此的水桶滿溢。每個人也都有一支無形的杓子，當我們舀水到別人的水桶裡，以言行為別人增添

I used to tell people, the most benefit does not got by the colleagues nor the executives, but yourselves when you run a psychological counseling business, if you are earnestly devote yourself to the work. For the reason that every time there is a bad mood, I learned to find a positive way out. I absorbed unconsciously the knowledge of what teacher had taught us in every psychological counseling training course. The knowledge become the seeds embedded in my heart and have gradually been taken care of elaborately by us. When the seeds grow into trees, not only can they enjoy the breeze themselves but they can also shelter some other people.

It is quite a busy day recently. It seems to have some panic in my mind. I wander is it time to offer myself some spiritual stuff so that my spirit could be more stabilized? I picked up the book, "How Full Your Buckets are?", in the psychological counseling rooms at hand. After reading this book, I am satisfied and I would like to share all my pleasure with you.

The book said that everyone has an invisible bucket and scoop. It makes people optimistic and positive when the bucket is overflow. It makes people without will when the bucket is empty. Appreciation, affirmation and positive thinking increase positive emotions which make the bucket of each other overflow. Everyone is entitled to an intangible scoop, too. When we scoop water into other people's bucket, to add positive emotions to other people by words and actions, it also raises the water level in our own bucket; on the other hand, if you scoop water out



正面情緒，也會讓自己的水位高一些；反之，如果你用杓子去舀別人的水，亦是你的言行有損別人的正面情緒，自己桶子裡的水也會跟著減少。裝滿水的水桶就如同滿溢的福杯，讓人思想正向、充滿活力，水桶裡的每一滴水都會讓人更堅強、更樂觀；空空的水桶則會讓人思想悲觀、精神萎靡、意志頹廢，這也是為什麼被別人舀水是一種痛苦的經驗。我們每一刻都面臨一個抉擇：我們可以為彼此加水，也可以互相舀水。我們的人際關係、生產力、健康狀況、快樂與否都深受這個影響（摘自你的桶子有多滿一書）。現在，我們該如何為別人也替自己的水桶加水呢？

在我們的工作及生活中，我們是為人加水的人？或是從別人水桶舀水的人？我們應該注意自己是否有要從別人的水桶舀水的警訊及有喜歡從別人水桶舀水的習慣？如喜歡挖苦別人或看別人的笑話？還是喜歡觸碰別人傷口？我們都應立即停止這樣的行為。如果同事間有人習慣用負面表現的人，當您勸他及你的身體力行都無法改變他時，書中告訴我們，只好盡可能與之保持距離，以保自身身心安康。書中並給了創造正向情緒的五種策略：1、避免從別人的水桶舀水；2、凸顯光明面；3、交友要交心；4、製造驚喜；5、顛覆以眼還眼的黃金律。

生活要快樂或是要悲哀，其實很多時候是可以決定在我們的手中，因為我們有了知道如何快樂的方法，就是要讓自己有正面的思考，如果您發現這樣的方法很好，應該利用機會去影響身旁的人及協助需要的人。願我們水桶的水是溢滿的，我們也有能力為別人加水，因為彼此的加水，相信工作、生活必定會有活力及樂趣。親愛的朋友，請問你的桶子有多滿？☺

（本文作者任職於海洋巡防總局第十五【台東】海巡隊）

other's bucket, your words and deeds is in detrimental to harm others positive emotions by words and deeds, the water level of your own bucket will decrease. A bucket filled with water is like a cup full of blessing, which enables people to think positively and makes people full of energy. Each drop in the bucket buckets makes people stronger and more optimistic; empty buckets will let people to be pessimistic thinking, apathetic and decadent. It is why dipping out water from bucket by someone else is a painful experience. Every moment we are faced with a choice — we can add water for each other, or we can scoop out the water in other's bucket. Our relationships, productivity, health and happiness are greatly affected by the choice. (Extracted from the book "How Full Your Buckets?"). Now, how are we going to add water for other's bucket as well as for our own?

In our daily life, are we the people to add water for others? Or are we the people take water from others? We should remind ourselves of the warning about whether we scoop out water in someone else's bucket and the habit about we likely to scoop out water in the other's bucket? Are we fond of making sarcastic remarks to other people or making someone else as a fool? Are we preferred to touch other people's wounds? We all should cease such a behavior immediately. If people among colleagues who are accustomed to using a negative expression way, the book tells us that we have no choice but to stay away from him as much as possible in order to maintain our own physical and mental in a state of peace and good health when your advise and carry out by actual efforts still can not change him. The book gave five strategies for creating positive emotion: 1. Avoid scoop water out in other people's buckets. 2. Highlight the bright side. 3. Make friends with all your hearts. 4. Create surprise. 5. Overthrown the golden rule of an eye for an eye.

In fact, the life to be happy or sad, can very often depend be decided in our own hands, because we have known the method to make happiness, that is to let ourselves have positive thinking, if you found this is good way, we should take the opportunity to influence the people around us and assist people in need. I hope our bucket is overflowing, and we also have the ability adding water to others', because through adding water to each other, I believe that the work and the life will be vivacious and fun. Dear friend, may I ask how full your buckets is?☺

（The author is currently with the Offshore Flotilla 15, Maritime Patrol Directorate General）