

# 我心愛的家

My Loving Home

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不論男人、女人；不論大人、小孩，每一個人都希望自己的家是溫暖的避風港，甚至是元氣的補充站，在這裡我們可以得到無條件的支持與撫慰、在這裡我們可以分享我們的快樂、榮耀與悲傷、卑微，在這裡我們可以擁有再出發的勇氣與力量。

然而我們的期待好像常常落空，為什麼我們衷心的期盼卻喚回無以言喻的痛苦？甚至必須常常流連在外，不敢回家？到底我們對家做了什麼（不是只是家人對我做了什麼）？讓它無法呈現我們期待的面貌？

身為一個輔導者，讓我常有機會聽到許多家人的心聲，也常反省自己為家人做了什麼？其實家人或是我們要的不多，不過只是一些溫暖的精神慰藉罷了，因為實質的內涵（包含財物、金錢…）常超過家人所能給予的能力，這些我們都知道，然而這些溫情的話語、體貼的動作，我們卻吝嗇施捨，甚至給了後，還會計較為什麼對方都不肯給，先生跟太太計較、太太跟孩子計較、父母又跟我們計較，總而言之，就是沒完沒了，什麼時候，我們可以跟自己大聲說，就從我開始做，不求回報，因為他們都是我的家人，不論他們是不是我選擇的，重點是他們已經是我的家人囉！

Whether men or women; adults or children, everyone hopes that their home will be a warm shelter where they are protected from all harm, or even a place where they can recharge their batteries. Here, at home, we have unconditional support, and the consoling words from our family; and indeed, here is where we share our happiness, glories, sadness and humble wishes with them; and also somewhere we can regain our courage and power so that we are once again ready to go out and face all challenges.

However, it seems that our hopes usually fail us. Why do our whole-hearted hopes always bring pain that we can't even describe in return? Even worse, why we are often driven away from home? What, exactly, did we do to our home (it is more than what our family did to us) to make it fail to live up to our expectations?

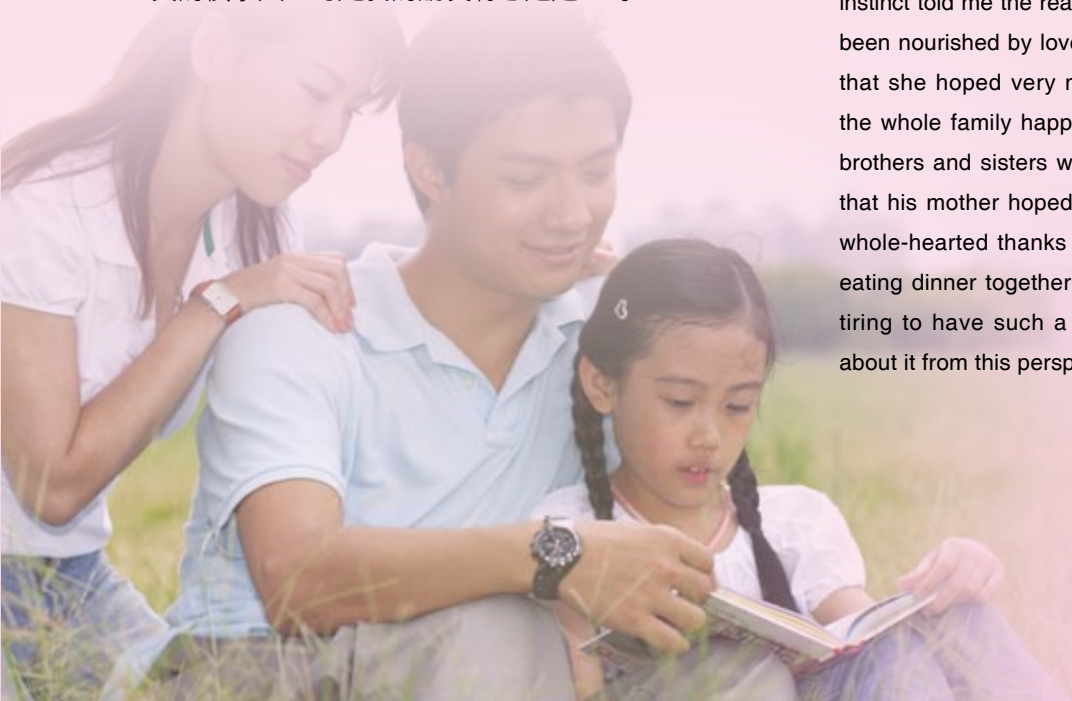
As a counselor, I have plenty of chances to listen to what families have to say, and I am constantly asking myself what I have done for my family so far. The truth is what our family or we ourselves want is not much. All we want is some warm-hearted consolation for we all know physical or material things (such as wealth or money…) are usually beyond what our family can offer. However, we are shy and reticent about saying warm and kind words, and making considerate gestures to our family. Even if we do, we do it on the thought of why they don't give us something back? Husbands do that to their wives, wives do that to their children and children do the same to their parents. In a nut shell, this never ends!! When can we say loud and clear to ourselves that I will be the one to start doing it, to show tenderness with no strings attached, because they are my family whether I chose them or not, the point being, they are MY FAMILY !!!

過年時一位單身的朋友（簡稱JJ）逃到我家，抱怨自己的母親嘮叨不休，已經讓他受不了，不得已，只好到我們家避難，「她每次過年就抱怨她很累、很煩，因為很多人都回家吃飯，她要做很多菜，這次過年為了減輕她的負擔，我們兄弟姐妹特別買了很多現成的菜，想這樣她是不是就不必抱怨，沒想到她居然還是抱怨，抱怨菜太多，冰箱放不下，為什麼我媽媽都不能正向思考，她為什麼不會想，她真的好富足，看，這麼多的食物，地球上還有很多人餓肚子呢！…」、「其實真該抱怨的是我才對吧，兄弟姐妹中，就是我沒結婚，每次過年就要為長輩、姪子女包一大堆的紅包，應該抱怨的是我才對吧！」，我的朋友講的都是事實，應該怎樣安慰他呢？

「JJ，你想你媽媽到底想要什麼？」；「就是不想做這麼多菜啊！我不是已經解決她的問題了嗎？不想做，就吃現成的，我們也不會認為這樣不好啊…」，她的媽媽真的是不想做菜嗎？以我多年家庭輔導的經驗，我的直覺告訴我，他的媽媽可能太久沒有被甜蜜的感情滋養，他的媽媽可能很渴望跟他們一起重溫孩提時一家人和樂融融的溫馨回憶，她的媽媽很可能想從孩子身上得到真誠的感謝與讚美，而不是只是聚在一起，吃一頓沒有感情的飯而已，因為這樣真的很累人，可是我的朋友有想過這些嗎？

During the Chinese Lunar New Year holidays, one of my single friends (let's call him JJ) escaped from his place to mine. He complained that his mother was nagging him so much that he finally decided that he had had enough and decided to run away. "Every Chinese Year holiday, she complains about being too tired and annoyed by the fact that the whole family would come home to eat together for the occasion. She has to prepare so much food", he continued.. "This year, in fact, in order to help her out, my brothers and sisters and I brought home with us many ready-cooked dishes, in the hope that my mother would stop complaining. To our surprise, she still kept on complaining about us buying so much that there was not enough room in the refrigerator for all of it. Why can't my mother think more positively? Doesn't it ever occur to her that she is very fortunate to have so much delicious food? Many people on this planet are still starving as we speak!" He added, "The truth is I should be the one complaining. I am the only one of her children who is still single and I always give out lots of red envelopes to our elders and cousins every Chinese Lunar New Year. I should be the one who complains." What he said was true. What should I do to make him feel better?

"JJ", I asked, "in your opinion, what do you think your mother really wants?" "She doesn't want to prepare so much food, but I already took care of that problem, didn't I? If she doesn't want to cook, we are fine with ready-cooked dishes..." His mother didn't want to cook - Was that the real problem? My instinct told me the real problem lay in the fact that she hadn't been nourished by love for a long time. It was very probable that she hoped very much to relive the sweet memories of the whole family happily gathered together when JJ and his brothers and sisters were still kids. It was also very possible that his mother hoped that her children would give her their whole-hearted thanks and compliments instead of everyone eating dinner together indifferently because it would be very tiring to have such a dinner. But, did my friend ever think about it from this perspective?



有人說「家是談感情；不是講道理的地方」，也許我們也認為如此，但是真正用行動贊成這句話的人，又有多少呢？我們常把辦公室那套有效解決問題的模式帶回家，我們很快就為我們的家人做診斷？

「喔！很累很煩，因為不想做菜，好！買現成的，就這樣！」結果做越多，媽媽越不滿意，而我們也覺得很挫折，然而這不是她要的啊！她其實不要你解決她的問題，因為她做菜沒有問題，做了幾十年，除了做菜她可能已經忘掉她還有什麼值得驕傲的事，她真正的盼望是，她的孩子能充滿真摯的情感說一些關懷她、感謝她、讚美她的話，也許我們可以這樣說「親愛的媽媽，每次過年，我們都覺得好幸福，因為媽媽這樣健康，還能為我們做這麼多大飯店都吃不到的菜，這些年，不論到哪裡，都想念媽媽的菜，媽媽的菜裡有媽媽的疼愛、媽媽的關懷、媽媽的鼓勵…，親愛的媽媽，真是謝謝您為我們做這麼多，我們真是好愛您！能做您的兒女，真是我們的福氣！」

我的朋友聽完後，覺得很噁心，因為他從沒有講過這些話，所以覺得很不習慣（他用噁心來表示不習慣），然而媽媽就是要這些，家人就是要這些啊！不會就要學，否則很累很煩絕對不會只有媽媽，因為我們也會有同樣的感覺，家人連心一負面的情緒是很容易傳染的，而我們究竟要什麼呢？想要的卻不肯做，這不是很奇怪嗎？

Some people say, "Home is where we talk about feelings, not reasons." Maybe we agree with it, but how many of us show our agreement with actions? What usually happens is we take home the efficient problem-solving method we adopt at work and use it to fix family problems. Does it mean we are able to make correct diagnosis with such an approach? "Oh, she is tired and annoyed because she doesn't want to cook. OK, let's order from restaurants. End of the story." It often turns out that the more we do, the more unsatisfied our mother becomes and it really frustrated us that we are not being able to solve the problem. But, in JJ's case, the truth was, this was not what she wanted. She didn't want them to fix her problem because she was fine with cooking for them. After doing so for dozens of years, her cooking was probably the only thing she was proud of. What she really hoped was for her children to say something to her from the bottom of their hearts, to care for her, to thank her and compliment her. Maybe we could try saying this, "Dear mom, every year, during the Chinese New Year, I always consider myself extremely lucky because you are still healthy enough to fix us so many delicious dishes that are nowhere to be found in any big restaurant. Wherever I go, I always miss these dishes for they express your love, caring and encouragement for us... Dear mom, thank you so much for doing so much for us. We love you so much! It is such a blessing to be your sons and daughters."

My friend thought that to say words such as this was really mushy because he ever said anything like that to his mother before and was not used to saying it (he referred his "not being used to" as being mushy). However, that is what moms want, what families want! If you are not used to saying such words, learn to get used to it; otherwise, mothers are not going to be the only ones who get tired and annoyed for we will feel unappreciated too. Negative feelings are contagious! What is it exactly that we want? Isn't it strange that we don't take action to achieve what we really want?



JJ終於想通了，他告訴我，下次媽媽再抱怨，他會仔細聆聽，會真心去感受媽媽的難言之隱，會耐心的看看媽媽是不是太久沒有感情的滋潤，因為乾枯的人需要大量的情感灌溉，他真的是太疏忽了，居然忘記最親愛的人的需要，或許他自己也太久沒有感情的滋潤，所以也看不見媽媽的需要，身為朋友的我們是不是也應該給他一個愛的抱抱，讓他知道我們擁有他，是一件快樂幸福的事，當然他也需要自己主動找一些元氣。

親愛的朋友，您的家人會跟您抱怨嗎？你是假裝沒聽見；顧左右而言他；還是逃到外面；又或是再好一點的，會去想問題到底出在哪裡，然後像我朋友JJ般的努力去解決問題，結果情況並沒改善，讓你最後也放棄努力，認為做什麼都沒用！？

其實我們只是做錯方向，家是談感情的地方，多練習給家人一些愛的鼓勵、一些具體的讚美、一些溫暖的支持，只有家人獲得這些後，他們才會也給你這些，而你們家裡的元氣才會恢復，磁場才會改善。

從今天開始不要計較為什麼不是別人，而是你要開始做，因為他們不像你這樣好福氣——他們沒看到這篇文章。讓我們很驕傲、很有意識的做一個家裡元氣的恢復者，當然你要很有能量，如果你沒找到這些動力，請找一個你信任的朋友，請教他們你到底有什麼好，讓他們一直願意做你的朋友，知道自己的優勢，給自己一些鼓舞，我們才能提升愛人的能量，為家人做好情感的支持，親愛的朋友，讓我們彼此加油！

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JJ finally understood. He told me, next time, if his mother complained again, he would listen carefully and try to read between the lines of what she said. Also, he would also observe his mother carefully to see if she had been denied their love for too long because people hungry for love need to be fed with lots of it. He also realized he had been neglecting his mother for too long to remember what his loved ones really needed. Maybe it was because he too, hadn't been showered by love for too long and it had blinded him from seeing his mother's real needs. As his friends, we should give him a big, warm hug so that he knows we are happy and blessed to have him as a friend. Of course, he needs to take the initiative in finding ways to recharge his batteries, too.

Dear friends, does your family complain to you? Do you pretend not to hear it and try to evade the question? Or, do you choose to run away from it? Or, you are better than the above because you always ponder over it and try to find out what has gone wrong, then, like my friend JJ, try to fix it, but if the situation remains the same, you will give up trying for you think it is pointless to do so !?

The truth is, we are just doing it the wrong way. Our home is where we talk about our feelings. We should practice giving more whole-hearted encouragement, compliments, and warm support to our family. Only when they receive this from us can they start to reciprocate and the energies of your home thus be changed and, along with it, the atmosphere.

Starting from today, do not dwell on the thought why it is you, not somebody else, that have to start doing it. Instead, you should think that it has to be you who starts it for they are not as lucky as you are to have read this article. Let us be the ones that take pride in consciously restoring the energies in our family. Of course, you must be fully energized, but if you can't find motivation for it, find someone you trust and ask for their opinions on how you should do it. Let them always be a true friend to you, to remind you of your strength while giving you encouragement so that we can boost our energies to love our families, and support them emotionally. Dear friends, let's wish each other well !

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