

# 哪裡跌倒， 在哪裡爬起來！

Stand Up From The Place Where One Fell!

文 | 王聲偉  
Article | Wang Sheng-wei

在人的一生中，一定會遇到某些難題。而在我們的生活中，也難免遇到大大小小令我們覺得不順心的事。生活中雞毛蒜皮中的不順利，或有親人遭遇災難，失去重要支柱；情侶分手、重大考試失利、被解雇...等。我們每個人都會遇到困難，那本是人生的一部分。但解決難題的態度則將人分為兩種：一種是「被難題束縛的人」，另一種是「跨越難題的人」。

也許你聽過困難是「化妝的祝福」(blessing in disguise)，但困難究竟是不是「化妝的祝福」？端看我們如何面對困難。面對困難有兩種最基本的走向：  
1· 逃離他 2· 面對他(fight or flight)。

Throughout life, there will be bound to be some difficulties, while in our life, we will meet many things going against us, big or small, such as trifles, relative caught by disaster, losing important support, breaking up with lover, failure in important examination, being fired etc. Each of us will encounter difficulties, which is a part of life. But, the attitude of solving problems divides people into two categories: one is people bounded by problems and another is people spanning problems.

Maybe, you have heard that difficulty is "blessing in disguise", but difficulty is really "blessing in disguise"? , which depends on how we face difficulty. The two basic orientation of facing difficulty are to "fight or flight".

逃離藉以擺脫困難，我想這是身為人最基本的反應。但這樣的反應並不能讓我們學習到功課；簡言之，我們遇到困難，除非是天災，我們很難逃脫掉自己的責任。遇到困難只是逃開，我們並沒有從中學習教訓、發現自己舊有模式的問題，這次逃開了，遇到新的環境、人事物，舊有模式的問題一樣會使我們再次來到難題的所在——一樣的困難仍會發生。

比較好的做法是：我們正面面對難題，並從中解決它。一方面令我們不舒服的情境解決了，使我們感到張力變小了；更好的做法是，不只是單單的解決難題、擺脫難題，而是從中「經歷」難題。別急著否認、逃避難題，也別急著將問題、責任通通推到他人、環境，甚至是命運上。我們要從中好好檢視自己的認知行為與情緒部分：

「認知行為部分」——我到底在其中做了什麼？我做對了什麼？這其中我做了什麼導致這樣的後果？我的態度、觀念，在這次的難題中，有沒有需要導正與改變的？

「情緒部分」——這次的衝擊帶給我什麼樣的情緒、我有沒有充分的去經歷？我有沒有正向的去面對我的情緒，讓情緒得以宣洩？事情過了一陣子了，我的心中是否還是悶悶的、有如大石頭般的堵在胸口不舒暢？

檢視自己的認知行為與情緒部分，同樣重要。我們很容易從失敗教訓中，記取做法、想法上的失誤，進而改變之，並以此為借鏡。但較易忽略掉，在失敗與創傷中，所帶給我們的傷害與情緒上波動造成的堵塞與糾結。我們很可能盡一切的力量去改變錯誤思考與做事模式，過度精實、變法圖強，但我們忘記我們是不折不扣、有血有肉有情感的一人。人不是機器，不是只有命令輸入、動作輸出，造成我們每個人特別的地方是——我們有自己的情感、獨特的個性及自我的喜好。

Fighting for getting rid of difficulty, I think that is the basic reaction of being a person. But, this kind of reaction cannot let us learn any thing. In short, when we encounter difficulty, we will be hard to get rid of our responsibility except natural disaster. If fighting after encountering difficulty, we will not learn any lesson and will not find the problem of old pattern. We run away from it this time, but the problem of old pattern will make us encounter difficulty again when facing new situation, people and things, so the same difficulty will happen again.

The better method is that we face the difficulty and solve it. On the one hand, it lets us solve the uncomfortable situation and lets us feel that the tension diminishes. The better method is that we not only solve and get rid of difficulty, but should learn experience from difficulty. Do not deny and escape difficulty, or pass the difficulty and buck to others, environment and even destiny. What we should do is to review our own cognitive behavior and emotion well.

"For the part of cognitive behavior"—what did I do at all for it? What is the correct thing that I did? What I had done causes the consequence? Whether it is necessary to correct and change my attitude and idea in the process of solving the difficulty?

"For the part of emotion"—which kind of emotion that the impact brings to me and whether I have fully experience it? Do I face my emotion and unleash my emotion? Whether I still feel gloomy, just like a boulder blocking up my pit, when the difficulty has passed away for a while?

It is same important to review our own cognitive behavior and emotion. We are apt to remember the fault in respect of behavior and idea from failures to correct it and use for reference. But, what we are easy to ignore is the block and entanglement caused by the fluctuation of our hurt and emotion brought by failure and wound. We are possible to try our best to change error thinking and behavior mode, excessively lean and hoping for being powerful, but we forget that we are a real and true person with emotion. Person is not a machine and not only has command input and action output. What makes each person to be special is that we have our own emotion, unique personality and favor.

換言之，我們無法忽略自己情感的這一塊，我們有情感上的反應；在困難中有情感上感到難過、不舒服、想哭、窒礙難行的無力感…等。等到難題結束一陣子，有時間、空間好好反應的時候，我們應該要讓自己的情感出來，體驗在事件中身為自己的情感上反應。哭、難過、絕望也好，讓自己經歷該經歷、走過的部分，才有辦法繼續往下走，而不被情緒糾結仍卡在原處出不來。

困難可以成為福氣，因為它幫助我們以「平常心」看待痛苦，它讓我們學習把痛苦都做人生中正常的一部分。人遇到困難會抗拒實屬正常反應，有如心理學家弗洛伊德所提到面對壓力、焦慮人所產生的「防衛機轉」。可是人生總會有困難，而我們的抗拒絲毫改變不了痛苦的現實。親愛的朋友，讓我們在遇到困難、跌倒時，從中檢視並學習改正認知行為上模式的錯誤之處；也從中經驗我們身為人而獨有的情緒反應，從中好好體會並走出來。我深信，逆境、難題、不幸與困難，它真的是上天所賜給我們的禮物－化妝中的祝福！

（本文作者任職於中部地區巡防局訓練大隊）

In other words, we are incapable to ignore our own emotion. We have emotional action, for example we will feel sad, uncomfortable, want to cry and feel being powerless etc when encountering difficulty. After the difficulty has been solved for a while and when we have time and space to think back of it, we should release our own emotion and experience the emotion of us in the difficulty, crying, being sad or despairing, just letting ourselves experience and pass over all we need to experience, then we will be able to keep going, but not being blocked in the original place by emotional entanglement.

Difficulty can become blessing, because it helps us to treat difficulty with "ordinary mind" and it let us learn that difficulty is a normal part of life. It is normal reaction for people to resist when encountering difficulty, just as what has been said by Psychologist Floyd, the "Defense Mechanism" produced by people facing pressure and anxiety. However, there is bound to be difficulties in life, while our resistance cannot make any change to painful reality. My dear friends! When we encountering difficulty and failure, let us review and correct our error cognitive behavior mode and experience the unique emotional reaction that we have as a person to come out. I am deeply convinced that adversity, difficulty, misfortune and problem are the gifts conferred by the god to us, the "blessing in disguise" !

(The author is currently with the Training Corps of Central Coastal Patrol Office)