

課程二: 依附連結的攔阻 Barriers to Attachment Bonds (2011年12月-2012年2月)

報名表

這課程是配合腦部神經,心理學,醫學,神學,社會學,家庭治療專家的研究,情緒取向治療的架構,原則,步驟,工具及技巧,幫助學員應用親密美滿關係的秘訣*。藉講座幫助學員改變自己的信念,觀念和心態;藉每週的作業,小組的鼓勵和支持,克服改變的障礙,找出和處理關係互動模式背後的信念,情緒,依附需求及恐懼,增加對自己,對對方和對關係的認識,邀請對方滿足自己內心的依附需求及學習滿足對方的依附需求。

參加者必須在開課前填寫並交回報名表,參加者的承諾和自我評估表。參加者必須完成每課的作業,並遵守參加者的承諾,否則會失去\$40的按金,完成報名表後可以第一課直接交回本會。參加者可另購買課程講義(每課二元)。為了鼓勵夫婦,親子,好友一起參加,你的依附對象的講義及按金是免費的。

(一) 個人資料:

英文姓氏 _____ 英文名字 _____ 中文姓名 _____ 性別:男/女
 依附對象是否一起參加: 是 ___ 否 ___ 依附對象英文姓名: _____ 依附對象中文姓名: _____
 與依附對象的關係: 配偶 / 親子 / 兄弟姊妹 / 親戚 / 朋友 / 教會肢體 / 其他: _____ 彼此認識有多久: _____ 年
 (請你的依附對象另填一份報名表,並與這份一同交回,以致方便安排你們同一小組和子女的照顧)
 住址 _____ 郵政號碼 _____
 電話(住宅)() _____ (辦公)() _____ 手提電話 () _____ 傳真 () _____
 傳呼機(pager) _____ 電子郵箱(e-mail): _____
 語言: 粵語 ___ 國語 ___ 英語 ___ 其他 _____
 請圈出你從何途徑得知這課程: 1.社區消息(請列出那個媒介 _____) 2.社區告示板(請列明那個 _____)
 3.電台/電視節目(請列出那一台及那一個節目 _____) 4.報章社區專欄(那份報章 _____)
 5.索閱章程(請列出索閱地點 _____) 6.親友介紹 7.曾參加 EQ 課程 8.其他(請列明 _____)

(二) 背景: 年齡: <25 25-30 31-40 41-50 51-60 >60 出生地點: _____ 在加拿大的年日: _____ 年
 家庭狀況: 請圈出形容你的現況,並寫下這階段的年日
 單身(____年) 已婚(____年) 同居(____年) 分居(____年) 離婚(____年) 喪偶(____年) 再婚(____年) 單親(____年) 太空人(____年)
 最高的教育程度: 小學 / 中學 / 大專 / 大學 / 研究院 學校: _____ 主修: _____
 職業: 學生 待業 主婦 服務 工廠/僱工/飲食 銷售/科技/文員 技術行業/農業 專業: 醫生/律師/商業/工程師/會計師/電腦
 其他專業: 經理/教師/護士/社工 退休 自僱 其他: _____
 宗教: 佛教 道教 回教 基督教 天主教 無神論 不屬任何宗教 其他: _____
 子女的出生日期和性別
 1. ____年__月__日 男/女 2. ____年__月__日 男/女 3. ____年__月__日 男/女 4. ____年__月__日 男/女
 需要參加兒童節目的子女名字和年齡: 1. _____ (____歲) 2. _____ (____歲) 3. _____ (____歲)
 備註兒童節目人額有限,先到先得,開學前若不獲另行通知,即人額已滿。
 子女的語言: 粵語 _____ 國語 _____ 英語 _____ 其他 _____

(三) 課程前的自我評估: 關係滿足程度: 請圈選以表示你與你的依附對象的關係中所感到的滿足程度 (絕對不滿=0 非常不滿=1 相當不滿=2 頗為不滿=3 有些不滿=4 中立=5 有些滿足=6 頗為滿足=7 相當滿足=8 非常滿足=9 絕對滿足=10)

親密關係中的範圍	最好時的關係 滿足程度(0-10)	最不好時的關係 滿足程度(0-10)	現今的關係 滿足程度(0-10)	期望一年後的關係 滿足程度(0-10)
1. 溝通與開放	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
2. 處理衝突	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
3. 感情和關心	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
4. 親密與親近	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
5. 你自己的角色	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
6. 對方的角色	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
7. 普遍的關係滿足	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
8. 對關係的認識和了解	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
9. 對自己的認識,了解和接納	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
10. 對對方的認識,了解和接納	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

總分: _____

心理與社交健康的評估表

姓名: _____ 日期: ____/____/____

(取自: Psycho-Social Screening Package (PSSP), The Dorsey Press, 1982)

這問卷是用來量度你個人所面對的困難或你與家人,同儕,朋友或同事之間的人際關係的問題。這不是一個測驗,所以沒有對或錯的答案。請盡量小心並準確和誠實地圈上最適合的答案。若這問題與你無關可選 0。

我面對的困難	與我無關	極少	些少	有時	頗多	時常	例子,解釋
1. 我感到情緒低落。	0	1	2	3	4	5	
2. 我感到自卑。	0	1	2	3	4	5	
3. 我感到不快樂。	0	1	2	3	4	5	
4. 我感到懼怕。	0	1	2	3	4	5	
5. 我感到擔憂。	0	1	2	3	4	5	
6. 我感到緊張。	0	1	2	3	4	5	
7. 我有令我感到不安的思想或幻想。	0	1	2	3	4	5	
8. 我的憤怒或暴躁是個問題。	0	1	2	3	4	5	
9. 我夜間發惡夢。	0	1	2	3	4	5	
10. 我對我的身份感到有問題。	0	1	2	3	4	5	
11. 我在我個人的性生活上感到有困難。	0	1	2	3	4	5	
12. 我工作的質素是差的。	0	1	2	3	4	5	
13. 我與我朋友的關係有困難。	0	1	2	3	4	5	
14. 我與我同事的關係有困難。	0	1	2	3	4	5	
15. 我們的家庭關係有困難。	0	1	2	3	4	5	
16. 我與我子女的關係有困難。	0	1	2	3	4	5	
17. 我與我配偶的關係有困難。	0	1	2	3	4	5	
18. 我與我配偶的性關係有困難。	0	1	2	3	4	5	
19. 我與我母親的關係有困難。	0	1	2	3	4	5	
20. 我與我父親的關係有困難。	0	1	2	3	4	5	

若以下任何項目是現在煩擾著你的問題,請圈出那項目,並作解釋。

#1-20 的總分: _____

感到不及別人	進食後食瀉藥以控制體重	在對與錯感到混亂
壓力太大,感到緊張	飲酒	恐怕自己不能處理自己的問題
感到沮喪或不快樂	使用藥物(藥物名稱: _____)	不知道什麼是正常
感到焦慮或擔憂	別人使用藥物或飲酒所引起的問題	宗教問題上有困難
感到孤單	難於集中精神	對作出決定有困難
感到內疚	使自己挨餓來控制體重	難於接受年紀增長
懷疑別人	在學業或職業上感到無人欣賞	對性的問題感到混亂
懼怕獨自支撐	不能堅持自己	對性行為或思想感內疚
感到憤怒	不喜歡自己	對性的感受感到混亂
不能感到憤怒	難於向別人坦誠	在親密的關係中有性方面的困難
對自己感到沮喪	在親密的關係中難於溝通	對同性者感到有性方面的吸引力
沒有歸屬感	不能鬆弛,要不停地工作	被性侵犯所帶來的感受
金錢問題	在結交朋友上有困難	對自己的童年有不好的感受
與自己的感情脫節	在維持友誼上有困難	身體上受虐待的經驗
難於表達自己的情感	他人的期望使自己有壓力	言語上受虐待的經驗
關注身體的健康	感到被別人控制或操縱	情緒上受虐待的經驗
關注情緒的穩定	有自殺的想法	其他: _____
缺乏自信	疑惑我是誰	其他: _____
覺得肥胖	不喜歡自己的身形	其他: _____

親密關係體驗量表 Chinese Version of Experience in Close Relationship Scale – Short Form (by Chia-Chih Wang)

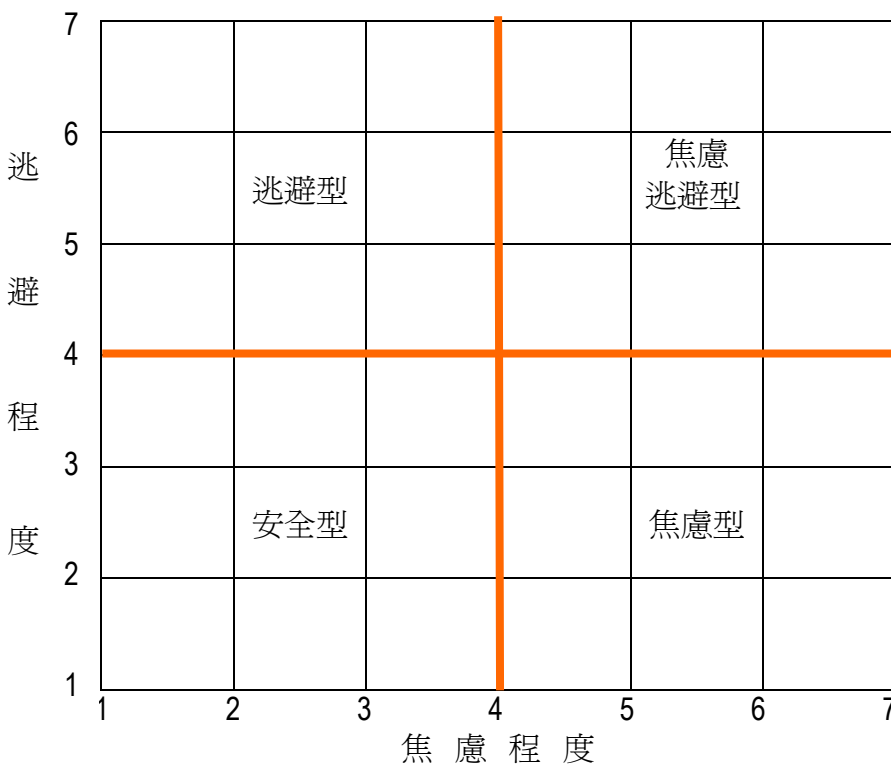
姓名: _____ 依附對象姓名: _____ 日期: ____/____/____

以下的這些陳述是有關你在親密關係中可能有的感受。如果你有親密關係的經驗，我們想知道的是通常你在這親密關係中對你的依附對象所持有的想法和感受，而不是只針對你和現在的依附對象的關係。如果你沒有親密關係的經驗，則想像你在親密關係中可能有的想法和感受來回答。請根據你對每一個陳述同意的程度作答，並圈選適當的數字來代表。

	非常地不同意	不同意	有一點不同意	不確定	有一點同意	同意	非常地同意
1. 在我需要幫忙的時候,去找 _____ 是有用的	1	2	3	4	5	6	7
2. 我需要 _____ 一再地保證他(她)是愛我的	1	2	3	4	5	6	7
3. 我想要親近 _____ ,但我總是退卻不前	1	2	3	4	5	6	7
4. 我發現 _____ 對我們之間的期待,並不如我想要的一般親近	1	2	3	4	5	6	7
5. 我會爲了很多事情去找 _____ ,包括尋求他(她)的安慰和保證	1	2	3	4	5	6	7
6. 我想要和別人非常親近的這個念頭,有時會嚇跑他們	1	2	3	4	5	6	7
7. 我試著避免和 _____ 變得太親近	1	2	3	4	5	6	7
8. 我不會常擔心會被拋棄	1	2	3	4	5	6	7
9. 我常常和 _____ 討論我所遭遇的問題和煩惱	1	2	3	4	5	6	7
10. 當我需要 _____ 時,他(她)卻沒有空,我會覺得挫折	1	2	3	4	5	6	7
11. 當 _____ 太親近我的時候,我會很緊張	1	2	3	4	5	6	7
12. 我擔心 _____ 不像我在乎他(她)一樣地在乎我	1	2	3	4	5	6	7

逃避程度: $(24 - \#1_ + \#3_ - \#5_ + \#7_ - \#9_ + \#11_)/6 = ____ (1 \text{ to } 7)$

焦慮程度: $(8 + \#2_ + \#4_ + \#6_ - \#8_ + \#10_ + \#12_)/6 = ____ (1 \text{ to } 7)$



同理心量表 Multidimensional Individual Difference Measure of Empathy (Chinese Translation by Dr. Ting Liu)

姓名: _____ 日期: ____/____/____

對下列的每個問題，請圈選最能代表你的答案。

聽起來一點都不像我					聽起來很像我
0	1	2	3	4	

請圈選最能代表你的答案:	聽起來一點都不像我	聽起來很像我
1.我通常都會做白日夢去幻想那些可能會發生在我身上的事	0 1 2 3 4	0 1 2 3 4
2.我經常會對那些比我不幸的人感到關心和憐憫	0 1 2 3 4	0 1 2 3 4
3.我有時覺得站在別人的立場去替別人想是困難的	0 1 2 3 4	0 1 2 3 4
4.我有時一點都不會為那些有困難的人感到難過	0 1 2 3 4	0 1 2 3 4
5.我有時會沉醉在小說情節中，甚至能感受到小說中人物的感受	0 1 2 3 4	0 1 2 3 4
6.在危急的狀況中我會感到不知所措	0 1 2 3 4	0 1 2 3 4
7.我通常能保持客觀的態度去去看電影或話劇，不會被情節所影響	0 1 2 3 4	0 1 2 3 4
8.在做任何決定前，我會試著參考每個人不同的意見	0 1 2 3 4	0 1 2 3 4
9.當我看到某人被別人佔便宜時，我會有想保護她們的感覺	0 1 2 3 4	0 1 2 3 4
10.當我處在一個很情緒化的情形中時，我有時會感到無助	0 1 2 3 4	0 1 2 3 4
11.為了更了解我的朋友，我會試著想像她們看事情的態度	0 1 2 3 4	0 1 2 3 4
12.過度投入在一本好書或電影之中是很少發生在我身上的	0 1 2 3 4	0 1 2 3 4
13.當我看到某人被傷害時，我有保持冷靜的傾向	0 1 2 3 4	0 1 2 3 4
14.其他人不幸的遭遇通常不會太困擾我	0 1 2 3 4	0 1 2 3 4
15.如果我很確定我的看法是對的，我不會浪費時間去聽別人不同的意見	0 1 2 3 4	0 1 2 3 4
16.我曾看完一部電影/話劇之後覺得自己好像變成戲中的一個角色	0 1 2 3 4	0 1 2 3 4
17.處在一個激烈的情緒化情境中讓我感到害怕	0 1 2 3 4	0 1 2 3 4
18.當我看到別人被不公平對待時，我有時不會對他們有太多的同情心	0 1 2 3 4	0 1 2 3 4
19.我通常能有效率的處理緊急事件	0 1 2 3 4	0 1 2 3 4
20.我常被我看見的事感動	0 1 2 3 4	0 1 2 3 4
21.我相信凡事都有正向之面，所以我試著去了解事情的每一面	0 1 2 3 4	0 1 2 3 4
22.我會用“心軟仁慈”來形容自己這個人	0 1 2 3 4	0 1 2 3 4
23.當我在看一部好電影時，我會很自然的把我自己放在主角的角色中	0 1 2 3 4	0 1 2 3 4
24.在緊急狀況中，我有失去控制的傾向	0 1 2 3 4	0 1 2 3 4
25.當某人讓我感到不高興時，我通常會試把我自己放在她的角度去想一會兒	0 1 2 3 4	0 1 2 3 4
26.當我在讀一本有趣的小說時，我會幻想如果小說的情節發生在我身上我可能會有的感覺	0 1 2 3 4	0 1 2 3 4
27.當我看到別人在危急情況中急需幫助時，我就精神崩潰了	0 1 2 3 4	0 1 2 3 4
28.在批評別人之前，我會試著想想“如果我是她們，我會有什麼感覺”	0 1 2 3 4	0 1 2 3 4

幻想程度: 8 + #1__ + #5__ - #7__ - #12__ + #16__ + #23__ + #26__ = _____ (0 to 28)

透視程度: 8 - #3__ + #8__ + #11__ - #15__ + #21__ + #25__ + #28__ = _____ (0 to 28)

同理關注程度: 12 + #2__ - #4__ + #9__ - #14__ - #18__ + #20__ + #22__ = _____ (0 to 28)

個人遇險程度: 8 + #6__ + #10__ - #13__ + #17__ - #19__ + #24__ + #27__ = _____ (0 to 28)

同理心總分= _____ (0 to 112)

(三) 課程前的自我評估:

請每位學員完成:

1. 關係滿足程度 (第一頁) 或 Relationship Satisfaction Scale (p.12)
 2. 心理與社交健康的評估表 (第二頁) 或 PSYCHOSOCIAL SCREEN (p.10):
 3. 現在受煩擾的項目 (第二頁) 或 PROBLEM CHECKLIST (p.10)
 4. 親密關係體驗量表(第三頁)或 Chinese Version of Experience in Close Relationship Scale (p.11)
 5. 同理心量表 (第四頁)或 Multidimensional Individual Difference Measure of Empathy (p.12-13)
- 若你的依附對象是配偶,請完成的 配對適應量表(第 6-7 頁)或 Dyadic Adjustment Scale (p.14-15)
若你的依附對象是家長或孩子,請完成 家庭評估量表(第 8-9 頁)或 Family Assessment Instrument (p.8-9)

(四) 對於建立和維持親密美滿的關係,我感到最困難的是:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

(五) 對於建立和維持親密美滿的關係,我認爲最重要的題目是:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

(六) 求助: 請圈出所選擇的答案,若多於一個,請排列次序

- 3.1 你會否因以上的困難而求助: 有 / 沒有 若有,何時: _____年 _____月 結果: _____
- 3.2 向誰求助: 朋友 親屬(關係: _____) 同學/同事 牧者 平信徒 教會長執 家庭醫生 心理學家
精神病醫生 婚姻輔導員 家庭輔導員 心理治療專家 社工 教師 其他: _____
- 3.3 你現在想因以上的困難求助嗎: 想 / 不想 原因: _____
- 3.4 你會向誰求助: 朋友 親屬(關係: _____) 同學/同事 牧者 平信徒 教會長執 家庭醫生 心理學家
精神病醫生 婚姻輔導員 家庭輔導員 心理治療專家 社工 教師 其他: _____

(七) 參加者的承諾:

1. 我知道我不能改變我的依附對象,我只能改變自己,爲自己的成長負責,爲依附關係作完全的委身。
2. 我願意面對自己,改變自己不健康的思想和信念,更新對依附對象的態度和行爲。
3. 我會準時參加每課和小組,不缺席,不遲到,不早退。
4. 我會完成每週的作業和備課,這些作業是幫助我應用課程裡的學習,改善依附關係。
5. 我願意投入小組裡的分享、討論、角色扮演、實習,並互相接納,彼此鼓勵、支持、保密。
6. 我願意完成課程前和課程後的評估,這些資料會協助舉辦課程的機構衡量課程的果效。
7. 我若不完全遵守以上的承諾,我會失去部分或全部的按金(每季\$40)。
8. 我知道課程的目的之一,是製作建立親密美滿的關係的影音資源,我同意參與。

我同意遵守以上的條例和承諾:

姓名 _____ 簽名 _____ 日期 _____年 _____月 _____日

備註: 若不填妥此表格,或資料不完全和沒有簽署,申請將會作廢

Please note: If the above information is not complete or the signature is missing, this registration form will be void.

配對適應量表 Dyadic Adjustment Scale: Chinese version (C-DAS; translated and validated by Daniel Shek)

姓名: _____ 配偶姓名: _____ 結婚日期: _____ 日期: _____

注意: 在這部份中,“配偶”,“丈夫”或“妻子”,是指在你現時的婚姻關係中的配偶,丈夫或妻子. 如配偶已與被訪者分居或離婚,或配偶已離開家庭(02,03,04). 則要求被訪者當現在的訪問時間是分居,離婚或配偶離開家庭之前的一個月,並以當時的反應作答.

在婚姻關係中,很多人都會與配偶對一些事情有不同的看法. 請就著第 1 至 15 題所列出的項目,根據你們兩夫婦對它們的看法之一致程度,在每一個項目中,圈出你認為最適切的答案.

例子: 管教子女的方法.

如果你和配偶管教子女的方法的意見總是一致, 請選擇 0

如果你和配偶管教子女的方法的意見幾乎總是一致, 請選擇 1

如果你和配偶管教子女的方法的意見間中不一致, 請選擇 2

如果你和配偶管教子女的方法的意見經常不一致, 請選擇 3

如果你和配偶管教子女的方法的意見幾乎總是不一致, 請選擇 4

如果你和配偶管教子女的方法的意見總是不一致, 請選擇 5

你和配偶對以下事情的看法一致的程度:	總是一致	幾乎總是一致	間中不一致	經常不一致	幾乎總是不一致	總是不一致
1. 家庭財政的處理	5	4	3	2	1	0
2. 娛樂活動	5	4	3	2	1	0
3. 宗教信仰	5	4	3	2	1	0
4. 情愛的表示	5	4	3	2	1	0
5. 朋友	5	4	3	2	1	0
6. 性關係	5	4	3	2	1	0
7. 傳統觀念和習慣(正確或合宜的行為)	5	4	3	2	1	0
8. 人生觀	5	4	3	2	1	0
9. 與父母/姻親相處的方式	5	4	3	2	1	0
10. 目的,目標和認為重要的事物	5	4	3	2	1	0
11. 共同相處時間的多寡	5	4	3	2	1	0
12. 作出重要決定	5	4	3	2	1	0
13. 家務工作	5	4	3	2	1	0
14. 餘暇嗜好和活動	5	4	3	2	1	0
15. 有關職業的決定	5	4	3	2	1	0

請小心讀出第 16 至 22 題,並按著你覺得這些事情出現的頻密程度,圈出你認為最能夠代表你們的情況的答案.

例子: 你有沒有與配偶討論子女的情況?

如果你一直都有與配偶討論子女的情況, 請選擇 0

如果你大部份時間都有與配偶討論子女的情況, 請選擇 1

如果你經常都有與配偶討論子女的情況, 請選擇 2

如果你間中有與配偶討論子女的情況, 請選擇 3

如果你與配偶討論子女的情況, 請選擇 4

如果你從來沒有與配偶討論子女的情況, 請選擇 5

你覺得這些事情出現的頻密程度:	一直都有	大部份時間都有	經常都有	間中有	很少有	從來沒有
16. 你有沒有與配偶討論或曾經考慮離婚,分居或終止你們之間的關係?	0	1	2	3	4	5

17. 你或你的配偶有沒有在爭吵或大架後離家而去?	0	1	2	3	4	5
18. 一般來說,你有多少時候認為你們夫婦間的關係是好的?	5	4	3	2	1	0
19. 你是否信賴你的配偶?	5	4	3	2	1	0
20. 你會否後悔結婚?	0	1	2	3	4	5
21. 你和你的配偶有多少時候會吵架?	0	1	2	3	4	5
22. 你和你的配偶有多少時候會令對方感到心煩?	0	1	2	3	4	5

23. 你有沒有親吻你的配偶? (請√一項)

4 ___ 每天都有 3 ___ 差不多每天都有 2 ___ 間中有 1 ___ 很少有 0 ___ 從來沒有

24. 你和你的配偶有沒有一同外出進行社交或興趣活動? (請√一項)

4 ___ 所有的活動是一起進行的 3 ___ 大部份的活動是一起進行的 2 ___ 部份的活動是一起進行的
1 ___ 很少部份的活動是一起進行的 0 ___ 沒有任何活動是一起進行的

你認為在你們夫婦之間,有多少時候會出現下列的情況? 請圈出最能夠代表你的感受的答案.

	從來沒有	少於每月一次	每月一或二次	每週一或二次	每天一次	經常
25. 有啟發性或激勵性的意見交流	0	1	2	3	4	5
26. 一起歡笑	0	1	2	3	4	5
27. 冷靜地討論一些事情	0	1	2	3	4	5
28. 一起進行一件事或一個計劃	0	1	2	3	4	5

夫婦間在某些事情上會有時意見一致,但也有時會持不同的意見. 請用√來表示在過去數個星期內,以下的事情曾否引致你們夫婦間有不同的意見,或這些事情已經成為你們婚姻關係中的問題? (請指出是或否)

29. 疲倦得不想有性行為 是 ___ 0 否 ___ 1

30. 沒有向對方表示愛意 是 ___ 0 否 ___ 1

31. 在以下的直線上的每一點是代表著你從婚姻關係中可能感受到的不同程度之快樂. 中間點"快樂"是代表大多數夫婦從他們婚姻關係中所感受到快樂的程度. 請你考慮所有有關因素後,圈出最能代表你們夫妻關係快樂程度的數字.

0 1 2 3 4 5 6
極度不快樂 頗為不快樂 少許不快樂 快樂 很快樂 極度快樂 完美

32. 你認為以下那一句子最能夠形容你對你們的關係的看法

5 ___ 我極度渴望這段婚姻關係能夠成功,我亦會竭盡所能去令它成功

4 ___ 我極希望這段婚姻關係能夠成功,我亦會盡力去令它成功

3 ___ 我極希望這段婚姻關係能夠成功,我亦會做我份內應做的去令它成功

2 ___ 如果這段婚姻關係能夠成功是好的,但我不能再做得比現在更多去促使它成功

1 ___ 如果這段婚姻關係能夠成功是好的,但我拒絕再做得比現在更多去維繫這段關係

0 ___ 這段婚姻關係是永遠不能成功的,而且再沒有什麼我可以去做去維繫這段關係

第 1 至 32 題的總分 (由 0-151): _____

關係遇險 <70 70-100 >100 適應得好

家庭評估量表 Family Assessment Instrument: Chinese (C-FAI; created and validated by Andrew Siu and Daniel Shek)

姓名 Name: _____ 家人姓名 Name of family member: _____ 日期 Date: _____

在以下的題目中,請按著你對你現時家庭的看法,圈出一個你認為最能夠代表你的感覺的答案. 請回答每一條題目. For each of the items describing your view of your current family, please circle the response that best represents how you feel. Please answer every question.

例子: 我的家人是自私自利的. Example: My family members are selfish.

如果你覺得這句子是與你的家庭情況 十分相似, 請圈 1 If this is very similar to your family situation, please circle 1.

如果你覺得這句子是與你的家庭情況 有點相似, 請圈 2 If this is somewhat similar to your family situation, please circle 2.

如果你覺得這句子是與你的家庭情況 介乎有點相似與有點不相似之間, 請圈 3 If this is similar and dissimilar to your family situation, please circle 3.

如果你覺得這句子是與你的家庭情況 有點不相似, 請圈 4 If this is somewhat dissimilar to your family situation, please circle 4.

如果你覺得這句子是與你的家庭情況 十分不相似, 請圈 5 If this is very dissimilar to your family situation, please circle 5.

問題	是:十分相似	是:有點相似	介乎有點相似與有點不相似之間	否:有點不相似	否:十分不相似
1. 家庭成員互相支持. Family members support each other.	1	2	3	4	5
2. 家庭成員相親相愛. Family members love each other.	1	2	3	4	5
3. 家人互不關心. Family members lack mutual concern.	1	2	3	4	5
4. 家庭成員彼此照顧. Family members take care of each other.	1	2	3	4	5
5. 家庭成員互相體諒. Family members have mutual consideration.	1	2	3	4	5
6. 家人懂得體諒其他家庭成員的處境. Family members understand each other.	1	2	3	4	5
7. 家人經常交談. Family members talk to each other often.	1	2	3	4	5
8. 家人經常安排一些家庭活動. Family members plan family activities often.	1	2	3	4	5
9. 家人是團結一致的. Family members are united.	1	2	3	4	5
10. 家庭成員喜歡聚在一起(喺埋一齊). Family members enjoy getting together.	1	2	3	4	5
11. 家庭成員之間沒有很大隔膜. There are not many barriers among family members.	1	2	3	4	5
12. 我們有很多磨擦. There is much friction among family members.	1	2	3	4	5
13. 家庭成員在家中經常打架. Family members fight frequently.	1	2	3	4	5
14. 我們很少吵架(鬧交). Family members quarrel infrequently.	1	2	3	4	5
15. 我的家人和洽相處. Family members get along well.	1	2	3	4	5
16. 家人的相處並不融洽. Family members lack harmony.	1	2	3	4	5
17. 我的家人相處得很好. Family relationships are good.	1	2	3	4	5
18. 家庭成員互相忍讓. Family members tolerate each other.	1	2	3	4	5
19. 家庭成員互相容忍. Family members are patient with each other.	1	2	3	4	5

問題	是:十分相似	是:有點相似	介乎有點相似與有點不相似之間	否:有點不相似	否:十分不相似
20. 家庭成員彼此遷就. Family members accommodate each other.	1	2	3	4	5
21. 家庭成員互相信任. Family members trust each other.	1	2	3	4	5
22. 總的來說,父母愛護子女. Parents love their children.	1	2	3	4	5
23. 總的來說,父母不關心子女. Parents do not care about their children	1	2	3	4	5
24. 總的來說,父母盡心照顧子女. Parents take care of their children.	1	2	3	4	5
25. 總的來說,父母知道子女的需要. Parents know their children's needs.	1	2	3	4	5
26. 總的來說,父母明白子女的想法. Parents understand their children's mind.	1	2	3	4	5
27. 總的來說,父母和子女經常交談. Parents often talk to their children.	1	2	3	4	5
28. 總的來說,父母分擔子女的心事. Parents share their children's concerns.	1	2	3	4	5
29. 總的來說,父母常打罵子女. Parents often scold and beat their children.	1	2	3	4	5
30. 總的來說,父母經常強迫子女做一些子女不願意做的事情. Parents often force children to do things that they don't want to do.	1	2	3	4	5
31. 總的來說,父母對子女的管教過分嚴厲. Parental control is too harsh.	1	2	3	4	5
32. 總的來說,子女懂得孝順父母. The children honor their parents.	1	2	3	4	5
33. 父母的婚姻關係欠佳. The parent's marital relationship is poor.	1	2	3	4	5

題目 Item	評估範圍 Area assessed
7, 8, 9, 10, 11, 25, 26, 27, 28	溝通 Communication
1, 2, 4, 5, 6, 15, 17, 18, 19, 20, 21, 32	相互 Mutuality
3, 12, 13, 14, 16, 33	衝突及和洽 Conflict & Harmony
22, 23, 24	家長的關心 Parental Concern
29, 30, 31	家長的控制 Parental Control

PSYCHOSOCIAL SCREEN: Name _____ Date (day/mo/yr) ___/___/_____

(Psycho-Social Screening Package (PSSP), The Dorsey Press, 1982)

This questionnaire provides you with a means of reporting problems that you may be having as an individual or in your relationships with your family and others whom you know or work with. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by checking off the number beside the statement using the following scale: 0 = Does not apply, 1 = None of the time, 2 = A little of the time, 3 = Some of the time, 4 = Good part of the time, 5 = Most or all of the time. Please begin.

Statements describing your situation	Does not apply	None of the time	A little of the time	Some of the time	Good part of the time	Most or all of the time	Examples comments
1. I feel depressed.	0	1	2	3	4	5	
2. I have a low sense of self-esteem.	0	1	2	3	4	5	
3. I feel unhappy.	0	1	2	3	4	5	
4. I feel afraid.	0	1	2	3	4	5	
5. I feel anxious.	0	1	2	3	4	5	
6. I feel nervous.	0	1	2	3	4	5	
7. I have disturbing thoughts or fantasies.	0	1	2	3	4	5	
8. I have problems with my own anger.	0	1	2	3	4	5	
9. I have nightmares.	0	1	2	3	4	5	
10. I have a problem with my own sense of identity.	0	1	2	3	4	5	
11. I have problems with my personal sex life.	0	1	2	3	4	5	
12. The quality of my work is poor.	0	1	2	3	4	5	
13. I have problems in my relationships with friends.	0	1	2	3	4	5	
14. I have problems with people I work with.	0	1	2	3	4	5	
15. There are problems in our family relationships.	0	1	2	3	4	5	
16. I have problems with one or more of my children.	0	1	2	3	4	5	
17. My partner and I have problems in our relationship.	0	1	2	3	4	5	
18. My partner and I have problems with our sexual relationship.	0	1	2	3	4	5	
19. My mother and I have problems in our relationship.	0	1	2	3	4	5	
20. My father and I have problems in our relationship.	0	1	2	3	4	5	

PROBLEM CHECKLIST: Please circle any of the following areas that are currently problems for you.

Feeling inferior to others	Under too much pressure and stress	Feeling down or unhappy
Feeling nervous or anxious	Feeling lonely	Experiencing guilt feelings
Suspicious feelings toward others	Afraid of being on your own	Angry feelings
Can't feel anger	Feeling down on yourself	Feeling you don't belong
Financial concerns	Feeling cut off from your emotions	Difficulty knowing your emotions
Being unable to ask for what you want	Difficulty expressing your emotions	Concerns about physical health
Concerns about emotional stability	Lacking self-confidence	Feeling fat
Eating, then purging, to control weight	Use of alcohol	Use of other drugs (specify):
Someone else's use of drugs/alcohol	Difficulty concentrating	Starving yourself to control weight
Feeling unappreciated at work or school	Difficulty communicating in close relationships	Being unable to relax, always having to work
Difficulties making friends	Difficulties keeping friends	Pressured by other people's expectations
Feeling controlled, manipulated by others	Thoughts of taking your own life	Wondering "who am I?"
Disliking the shape or size of your own body	Feeling confused about right and wrong	Afraid that you are not competent to handle your problems
Not knowing what is normal	Difficulty with religious issues	Difficulty making up mind
Difficulty accepting getting older	Confused about sexual issues	Guilty about sexual behaviors or thoughts
Confused about sexual feelings	Sexual difficulties in intimate relationships	Feeling sexually attracted to members of your own sex
Feelings related to being sexually abused	Feelings related to being emotionally abused	Feelings related to being physically abused
Feelings related to being verbally abused	Feeling bad about your childhood	Others:

Please elaborate on the areas that you have circled above:

ECR-S Experiences in Close Relationships (Short form)

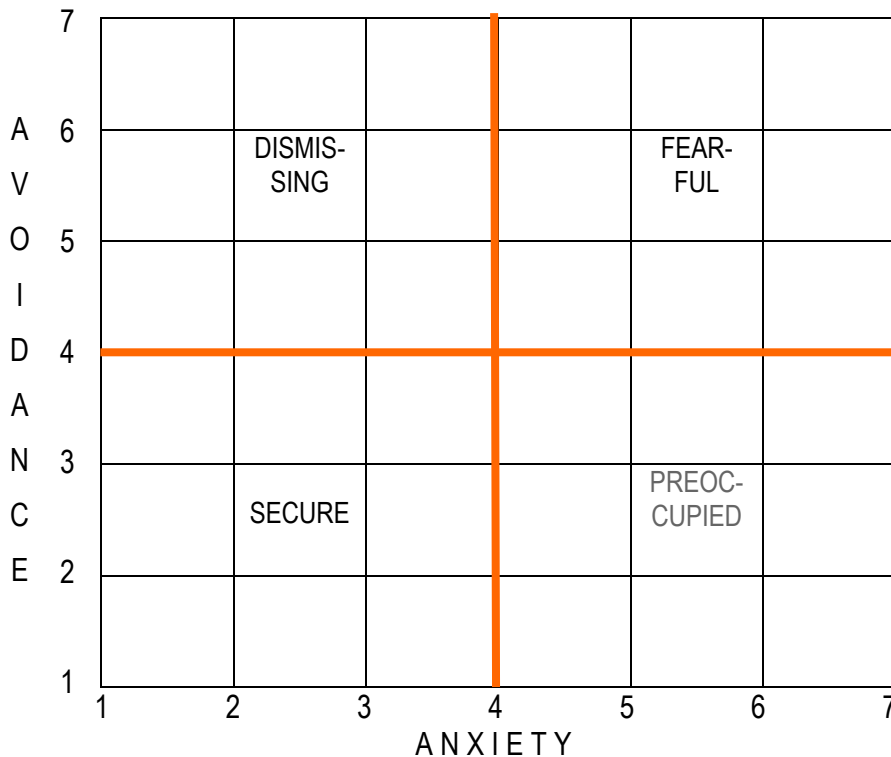
Name: _____ Attachment Figure's Name: _____ Date: ____/____/____

Instructions: The statements below concern how you feel in emotionally intimate relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by circling a number to indicate how much you agree or disagree with the statement.

	Strongly Disagree	Dis-agree	Slightly Dis-agree	Neutral	Slightly Agree	Agree	Strongly Agree
1. It helps to turn to _____ in times of need.	1	2	3	4	5	6	7
2. I need a lot of reassurance that I am loved by _____.	1	2	3	4	5	6	7
3. I want to get close to _____, but I keep pulling back.	1	2	3	4	5	6	7
4. I find that _____ doesn't want to get as close as I would like.	1	2	3	4	5	6	7
5. I turn to _____ for many things, including comfort and reassurance.	1	2	3	4	5	6	7
6. My desire to be very close sometimes scares _____ away.	1	2	3	4	5	6	7
7. I try to avoid getting too close to _____.	1	2	3	4	5	6	7
8. I do not often worry about being abandoned by _____.	1	2	3	4	5	6	7
9. I usually discuss my problems and concerns with _____.	1	2	3	4	5	6	7
10. I get frustrated if _____ is not available when I need him/her.	1	2	3	4	5	6	7
11. I am nervous when _____ gets too close to me.	1	2	3	4	5	6	7
12. I worry that _____ won't care about me as much as I care about him/her.	1	2	3	4	5	6	7

Avoidance: $(24 - \#1_ + \#3_ - \#5_ + \#7_ - \#9_ + \#11_)/6 = ____ (1 \text{ to } 7)$

Anxiety: $(8 + \#2_ + \#4_ + \#6_ - \#8_ + \#10_ + \#12_)/6 = ____ (1 \text{ to } 7)$



RELATIONSHIP SATISFACTION SCALE:

Name: _____ Name of attachment figure: _____ Date: _____

(adapted from: David D. Burns, Ten Days to Self-Esteem, New York: William Morrow, 1993)

Place a check in the box to the right each category that best describes the amount of satisfaction you feel in your relationship with your attachment figure. (0=extremely dissatisfied 1=very dissatisfied 2=moderately dissatisfied 3=dissatisfied 4=slightly dissatisfied 5=neutral 6=slightly satisfied 7=satisfied 8=moderately satisfied 9=very satisfied 10=extremely satisfied)

Area of the close relationship:	Relationship satisfaction during the best time (0-10)	Relationship satisfaction during the worst time (0-10)	Current relationship satisfaction (0-10)	Relationship satisfaction hoped for in 1 year's time (0-10)
1. Communication and openness	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
2. Resolving conflicts and arguments	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
3. Degree of affection and caring	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
4. Intimacy and closeness	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
5. Satisfaction with your role in the relationship	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
6. Satisfaction with the other person's role	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
7. Overall satisfaction with your relationship	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
8. Understand and acceptance of the relationship	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
9. Understand and acceptance of yourself	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
10. Understand and acceptance of the other person	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

Total Score: _____

Note: Although this test assesses your marriage or most intimate relationship, you can also use it to evaluate your close relationship with a friend, family member, or colleague.

Multidimensional Individual Difference Measure of Empathy (by Mark Davis, 1980)

Name: _____ Date: ____/____/____

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate number on the scale at the top of the page: 0, 1, 2, 3, or 4. When you have decided on your answer, circle the number on the answer sheet next to the item number. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly as you can. Thank you.

ANSWER SCALE:

0	1	2	3	4
DOES NOT DESCRIBE ME WELL				DESCRIBES ME VERY WELL

For each item, indicate how well it describes you by choosing the appropriate number:	Does not describe me well				Describes me very well
1. I daydream and fantasize, with some regularity, about things that might happen to me.	0	1	2	3	4
2. I often have tender, concerned feelings for people less fortunate than me.	0	1	2	3	4
3. I sometimes find it difficult to see things from the "other guy's" point of view.	0	1	2	3	4
4. Sometimes I don't feel very sorry for other people when they are having problems.	0	1	2	3	4
5. I really get involved with the feelings of the characters in a novel.	0	1	2	3	4
6. In emergency situations, I feel apprehensive and ill-at-ease.	0	1	2	3	4

For each item, indicate how well it describes you by choosing the appropriate number:	Does not describe me well					Describes me very well				
	0	1	2	3	4	0	1	2	3	4
7. I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.	0	1	2	3	4	0	1	2	3	4
8. I try to look at everybody's side of a disagreement before I make a decision.	0	1	2	3	4	0	1	2	3	4
9. When I see someone being taken advantage of, I feel kind of protective towards them.	0	1	2	3	4	0	1	2	3	4
10. I sometimes feel helpless when I am in the middle of a very emotional situation.	0	1	2	3	4	0	1	2	3	4
11. I sometimes try to understand my friends better by imagining how things look from their perspective.	0	1	2	3	4	0	1	2	3	4
12. Becoming extremely involved in a good book or movie is somewhat rare for me.	0	1	2	3	4	0	1	2	3	4
13. When I see someone get hurt, I tend to remain calm.	0	1	2	3	4	0	1	2	3	4
14. Other people's misfortunes do not usually disturb me a great deal.	0	1	2	3	4	0	1	2	3	4
15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.	0	1	2	3	4	0	1	2	3	4
16. After seeing a play or movie, I have felt as though I were one of the characters.	0	1	2	3	4	0	1	2	3	4
17. Being in a tense emotional situation scares me.	0	1	2	3	4	0	1	2	3	4
18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them.	0	1	2	3	4	0	1	2	3	4
19. I am usually pretty effective in dealing with emergencies.	0	1	2	3	4	0	1	2	3	4
20. I am often quite touched by things that I see happen.	0	1	2	3	4	0	1	2	3	4
21. I believe that there are two sides to every question and try to look at them both.	0	1	2	3	4	0	1	2	3	4
22. I would describe myself as a pretty soft-hearted person.	0	1	2	3	4	0	1	2	3	4
23. When I watch a good movie, I can very easily put myself in the place of a leading character.	0	1	2	3	4	0	1	2	3	4
24. I tend to lose control during emergencies.	0	1	2	3	4	0	1	2	3	4
25. When I'm upset at someone, I usually try to "put myself in his shoes" for a while.	0	1	2	3	4	0	1	2	3	4
26. When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.	0	1	2	3	4	0	1	2	3	4
27. When I see someone who badly needs help in an emergency, I go to pieces.	0	1	2	3	4	0	1	2	3	4
28. Before criticizing somebody, I try to imagine how I would feel if I were in their place.	0	1	2	3	4	0	1	2	3	4

Fantasy Scale: 8 + #1 ___ + #5 ___ - #7 ___ - #12 ___ + #16 ___ + #23 ___ + #26 ___ = _____ (0 to 28)

Perspective Taking Scale: 8 - #3 ___ + #8 ___ + #11 ___ - #15 ___ + #21 ___ + #25 ___ + #28 ___ = _____ (0 to 28)

Empathic Concern Scale: 12 + #2 ___ - #4 ___ + #9 ___ - #14 ___ - #18 ___ + #20 ___ + #22 ___ = _____ (0 to 28)

Personal Distress Scale: 8 + #6 ___ + #10 ___ - #13 ___ + #17 ___ - #19 ___ + #24 ___ + #27 ___ = _____ (0 to 28)

Total Empathy Score = _____ (0 to 112)

THE DYADIC ADJUSTMENT SCALE

Your Name: _____ Your Partner's Name: _____ Date: ____/____/____

NOTE: SCORING for Items 1-15 is the same

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.	Always Agree	Almost Always Agree	Occasion-ally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling family finances	5	4	3	2	1	0
2. Matters of recreation	5	4	3	2	1	0
3. Religious matters	5	4	3	2	1	0
4. Demonstrations of affection	5	4	3	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	5	4	3	2	1	0
7. Conventionality (correct or proper behavior)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with parents or in-laws	5	4	3	2	1	0
10. Aims, goals, and things believed important	5	4	3	2	1	0
11. Amount of time spent together	5	4	3	2	1	0
12. Making major decisions	5	4	3	2	1	0
13. Household tasks	5	4	3	2	1	0
14. Leisure time interests and activities	5	4	3	2	1	0
15. Career decisions	5	4	3	2	1	0

How often would you say the following events occur between you and your mate?	All the time	Most of the time	More often than not	Occa- sionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
17. How often do you or your mate leave the house after a fight?	0	1	2	3	4	5
18. In general, how often do you think that things between you and your partner are going well?	5	4	3	2	1	0
19. Do you confide in your mate?	5	4	3	2	1	0
20. Do you ever regret that you married? (<i>or lived together</i>)	0	1	2	3	4	5
21. How often do you and your partner quarrel?	0	1	2	3	4	5
22. How often do you and your mate "get on each other's nerves?"	0	1	2	3	4	5

How often would you say the following events occur between you and your mate?	Every Day	Almost Every Day	Occa- sionally	Rarely	Never
23. Do you kiss your mate?	4	3	2	1	0
How often would you say the following events occur between you and your mate?	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	4	3	2	1	0

How often would you say the following events occur between you and your mate?	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	0	1	2	3	4	5
26. Laugh together	0	1	2	3	4	5
27. Calmly discuss something	0	1	2	3	4	5
28. Work together on a project	0	1	2	3	4	5

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)	Yes	No
29. Being too tired for sex.	0	1
30. Not showing love.	0	1

31. The circles on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please fill in the circle which best describes the degree of happiness, all things considered, of your relationship.

<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

32. Which of the following statements best describes how you feel about the future of your relationship?

- 5 I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- 4 I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- 3 I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- 2 It would be nice if my relationship succeeded, but *I can't do much more than I am doing now* to help it succeed.
- 1 It would be nice if it succeeded, but I *refuse to do any more than I am doing now* to keep the relationship going.
- 0 My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.

*The Dyadic Adjustment Scale (Spanier, 1976) is in the public domain. However, the presentation of the instrument (Caldwell, 2007) is subject to current copyright law.

Total of items 1 to 32 (0 to 151): _____ (distressed <70 70-100 >100 well adjusted)