

家庭连接自我觉察 | Family Connection Check-In

家庭生活充满意义与温暖，但也可能因为忙碌、压力与责任，而渐渐失去理解与连接。这份练习邀请家庭成员慢下来，透过反思与交流，重新看见彼此。

Family life can be meaningful and joyful, but daily responsibilities can sometimes reduce connection and understanding. This worksheet invites family members to slow down, reflect, and reconnect.

此刻的我 | How I Am Right Now

最近我最常感受到的情绪是什么？

What emotions have I been feeling most lately?

最近有什么事情让我感到压力或困难？

What has been stressful or difficult recently?

我希望家人理解我的一件事是什么？

What is one thing I wish my family understood about me?

理解彼此 | Understanding Each Other

最近家里发生了哪些让我们靠近或疏远的事情？

What has helped us feel connected or disconnected recently?

我欣赏家人的一件事是什么？

What is one thing I appreciate about my family?

我觉得家里最近最需要的是什么？

What do I think our family needs more of right now?

表达与连接 | Expression & Connection

我希望未来一周家里可以多做的一件事是什么？

What is one thing I hope our family can do more of this week?

我愿意做出的一个小改变是什么？

What is one small change I am willing to make?

我想对家人说的一句话是.....

One thing I want to say to my family is...

一起前进 | Moving Forward Together

未来一周，我们可以一起做的一件小事是什么？

What is one small thing we can do together this week?

我们希望家庭关系变成什么样子？

What kind of family relationship do we hope to build?

温馨提醒 | A Gentle Reminder

这份资源旨在支持家庭之间的反思、理解与连接，并不能替代家庭咨询、心理治疗或其他专业支持。

This resource is intended to support family reflection and connection and is not a replacement for family counselling, therapy, or professional support.