



Boundaries with Care: How to care for our needs without dropping others

带着关爱设定界限
如何在关照自己需求的同时也兼顾他人的

With Aya Caspi

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身
心
灵
之
舞

Needs Consciousness 需求意识

The assumption of innocence:

Assuming trust that everything human beings are doing or saying is an attempt to meet one or more of their universal human needs (example: connection, choice, support, understanding)

纯真假设：

相信人类的一切言行，都是为了满足一种或多种普遍的人类需求（例如：连接、选择、支持、理解）。

NVC assumes that needs are never in conflict, but strategies can be (the different ways in which we each attempt to meet our needs).

非暴力沟通（NVC）假设需求本身从不冲突，但实现需求的策略可能会发生冲突（即我们各自满足需求的不同方式）。



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需求满足的感受

爱意

欢愉

平和

- 慈悲 • 滋养 • 快乐 • 自信 • 宁静 • 满足
- 感恩 • 友善 • 乐观 • 自豪 • 平静 • 轻松
- 热情 • 开放 • 兴奋 • 鼓励 • 安静 • 轻快
- 深情 • 爱慕 • 喜悦 • 感动 • 镇定 • 自在
- 温柔 • 欣慰 • 开怀 • 启发 • 安全 • 清醒
- 温暖 • 激情 • 陶醉 • 希望 • 静谧 • 无忧
- 满意 • 惊喜 • 开朗 • 专注
- 爱心 • 幸福

有趣

感兴趣

探索与轻松

- 振奋 • 愉快
- 提神 • 顽皮 • 热衷 • 着迷
- 兴奋 • 快活 • 热切 • 充实 • 警觉 • 傻傻的
- 欢腾 • 活跃 • 热情 • 振作 • 冒险 • 飘飘然
- 热情 • 活力 • 好奇 • 兴奋 • 新奇 • 晕乎乎
- 旺盛 • 奔放 • 美妙 • 渴望 • 探索 • 恍恍惚惚

身心灵



需求未满足的感受

生气

忧伤

惊吓

- 悲观 • 激怒 • 孤独 • 哀痛 • 紧张 • 惊恐
- 不满 • 反感 • 困扰 • 心慌 • 不安 • 焦虑
- 沮丧 • 敌意 • 无助 • 惊愕 • 担心 • 怀疑
- 愤怒 • 厌恶 • 低落 • 苦恼 • 着急 • 敏感
- 烦躁 • 愤怒 • 气馁 • 郁闷 • 害怕 • 嫉妒
- 急躁 • 苦涩 • 挫败 • 害羞 • 惊吓 • 痛苦
- 焦躁 • 恼火 • 伤心 • 羞愧 • 震惊 • 孤独

疲惫

混乱

- 不乐 • 昏沉 • 无助 • 沮丧 • 退缩 • 不适
- 打采 • 困乏 • 冷漠 • 困惑 • 冷漠 • 受伤
- 失措 • 无聊 • 勉强 • 困扰 • 尴尬 • 拘束
- 不安 • 呆滞 • 迟疑 • 懊恼 • 怀疑 • 疏离
- 力竭 • 沉重 • 沉闷 • 犹豫 • 不安 • 不稳定

真实

自主

连接

- 存在 • 选择 • 爱 • 友情 • 倾听
- 真实 • 自由 • 温暖 • 情感 • 滋养
- 完整 • 独立 • 接纳 • 沟通 • 尊重
- 诚实 • 隐私 • 归属 • 体贴 • 信任
- 正直 • 自尊 • 欣赏 • 合作 • 支持
- 表达 • 空间 • 关怀 • 群体 • 亲密
- 一致性

- 慈悲
- 相互依存
- 看到/被看到
- 理解/被理解

当滋养我们情感
背后的需求时
我们茁壮成长

玩耍

- 开心 • 冒险
- 大笑 • 有趣
- 活力 • 探索
- 自发性

意义

身心健康

和平

- 觉察 • 成长 • 安慰 • 空气 • 平衡 • 美
- 发现 • 激励 • 运动 • 食物 • 平静 • 舒适
- 清晰 • 学习 • 锻炼 • 水 • 和谐 • 轻松
- 目的 • 挑战 • 休息 • 住所 • 安宁 • 简单
- 有效 • 力量 • 睡眠 • 平衡 • 安宁 • 秩序
- 效率 • 创造 • 安全 • 放松 • 秩序
- 庆祝 • 哀悼 • 抚摸 • 性表达
- 自我实现

身心灵

What is a boundary? 什么是界限？

An attempt to care for ourselves as we have our own needs coming up in us when interacting with others.

一种对自我关怀的尝试：

当我们与他人互动时，自身的需求浮现，促使我们关注并照顾自己。

May show up as saying 'no' or clearly communicating what we are willing or not willing to do.

这可能表现为明确地说“不”，或者清晰表达我们愿意或不愿意做的事情。



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Why is it difficult to care for our needs? 为什么照顾自己的需求很困难？

We have been taught to be ashamed of what we need. 我们被教导要对自己的需求感到羞愧。

- Because of power-over structures and denial of choice ('shoulds' and 'have tos') many of us disconnect from our needs which means we don't know what they are. 由于“强权控制”的结构和对选择的否定(例如“应该”和“不得不”),许多人与自己的需求脱节,甚至不再清楚自己的需求是什么。
- Having needs is seen as a weakness because it is pointing to our vulnerability. 拥有需求常被视为一种弱点,因为它暴露了我们的脆弱性。
- Not having needs - seen as strength, self-sufficiency. 而没有需求则被视为一种力量,象征着自给自足。
- Fear of being judged as 'needy', burdening others... 我们害怕被评价为“过于依赖”,害怕给他人带来负担
- Social conditioning - be “nice” (don't hurt other people's feelings), care equals putting the needs of others first. 社会习俗教导我们要“友善”(不要伤害他人的感受),认为关怀就是优先考虑他人的需求。
- Especially difficult when there are power differences. 这种情况在有权力差异时尤其棘手。



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Liberation from shame 从羞愧中解放

Distinction between: 区别

- Selfishness - prioritizing my needs over others
- 自私 — 把自己的需求放在他人需求之上:

- Selflessness - prioritizing other people's needs over my own.
- 无私 — 把他人需求放在自己的需求之上:

- Self fullness - caring for the whole, self included.
- 自我关怀 — 关心整体, 包括自己:



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Needs as a fundamental unit of life

需求作为生命的基本单元

Needs don't ever go away. When not attended to they tend to grow louder and bigger inside, which leads to loss of choice and reactivity.

需求永远不会消失。当我们忽视它们时，它们往往会变得更强烈、更迫切，最终导致我们失去选择的空间，并变得反应过度。

Cost: depression, isolation, despair, resentment, anger.

代价：抑郁、孤独、绝望、怨恨、愤怒。



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“If you truly loved yourself, you could never hurt another” ~ Buddha

“如果你真心爱你自己，你永远不会伤害他人。” ~ 佛陀

- If I'm dropping my own needs it compromises my capacity to be in empathy with and care for others. I'm likely to start judging others for doing me wrong (“you made me come to the party”)

如果我忽视自己的需求，就会削弱我与他人建立同理心和关怀的能力。我可能开始批评他人对我不公平(比如：“是你让我来参加聚会”)。

- If I know how to hold my needs with respect and care then my capacity to contribute to others and empathize with them increases...

如果我知道如何尊重并关照自己的需求，那么我对他人贡献和同理的能力将会增强.....

“The most compassionate people are also the most boundaried.

“最具同情心的人也是最懂得设定界限的人。

Generosity can not exist without boundary” ~ Brene Brown

没有界限，慷慨就无法存在。” ~ 布雷内·布朗 (Brené Brown)



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From emotional slavery to emotional liberation

从情感奴役到情感解放

3 stages of development:三个阶段发展过程:

1. Emotional Slavery - we believe ourselves responsible for the feelings of others. Care taking, pleasing - leads to resentment, not sustainable = **no boundaries** **情感奴役** — 我们认为自己对他人的感受负有责任。照顾他人、讨好他人，最终导致怨恨，无法持续 = **没有界限**。
2. Obnoxious stage - we become angry and rebellious - “Your feelings are your problem !” = **external boundaries (separation)** **反感阶段** — 我们变得愤怒和叛逆，开始说“你的感受是你的问题！”此时=形成了**外在界限(疏离)**
3. Emotional liberation - We accept full responsibility for our own needs and actions, and learn to respond in a way that is responsible to other people, without taking responsibility for their feelings and needs = **internal boundaries** **情感解放** — 我们完全接受自己对自己需求和行为的责任，学会以负责任的方式回应他人，同时不再为他人的感受和需求负责=**内在界限的体现**



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Our needs are our internal boundaries

我们的需求是我们内在的界限

We don't have to reach a point where boundaries become "thick walls" and create separation (demands, threats, unilateral decisions, punishment, disconnection, etc)

我们不需要将界限设定成“厚墙”，以至于造成隔阂（例如：要求、威胁、单方面决定、惩罚、断绝联系等）

Asking for what we need is an expression of care for the whole and for our capacity to continue to stay generous to others.

请求我们所需的东西是一种关怀的表现，既是对整体的关心，也是对我们保持慷慨待人的能力的关怀。

We can learn hold our needs alongside those of others.

我们可以学会在照顾他人需求的同时，也照顾自己的需求。



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Increase Your Need / By Rumi

增加你的需求~ 鲁米 (Rumi)

The mouse-soul is nothing but a nibbler. To the mouse is given a mind proportionate to its need, for without need, the All-Powerful doesn't give anything to anyone.

Need, then, is the net for all things that exist: A person has tools in proportion to his need. **So quickly, increase your need, needy one, that the sea of abundance may surge up in loving-kindness.** ~ Rumi

老鼠的灵魂不过是一个啃咬者。老鼠得到的智慧与它的需求相称，因为没有需求，万能者不会将任何东西赐予任何人。

那么，需求就是所有存在之物的网：一个人拥有的工具与他的需求成正比。所以，迅速增加你的需求吧，渴求者，让丰盈的海洋在仁爱中涌现。”~ 鲁米 (Rumi)



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Asking for what we need 请求我们需要的东西

Internally: 内在的工作:

1. **Needs awareness** - take on the practice of noticing and attending to our needs as soon as they arise. - when we know how to care for our needs we are less likely to resort to 'external boundaries' for protection. **需求觉察**: 培养一种习惯, 及时察觉并关注自己出现的需求。当我们学会照顾自己的需求时, 就不太可能依赖“外在界限”来保护自己。

This includes the inner work of reclaiming our needs: 这包括重新认识我们对需求的内在工作:

- Owning our needs and not denying or repressing them. **承认我们的需求**: 不否认或压抑自己的需求。
- Not judging ourselves for having needs - transforming shame. **不评判自己有需求** - 转化羞愧感。
- Grounding in the innocence and beauty of our needs. They are an expression of life within us.

扎根于需求的 纯真与美丽: 需求是我们内在生命的表现。

- Recognizing that our needs are a gift - they provide an opportunity for others to contribute to us and to life.

认识到需求是一个礼物: 它们为他人提供了为我们贡献的机会, 也为生活创造了更多的连接。

2. **Recovering our internal sense of mattering.** The more we matter to ourselves the more we will care for our own needs and not depend on others to care take of us. **恢复我们内在的重要感**: 当我们越觉得自己很重要时, 我们越会更加照顾自己的需求, 而不是依赖他人来照顾我们。



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Externally:外部

A. **Making requests** - the earliest we put our requests on the table the more likely that our needs will be cared for, and won't run us unconsciously from the inside (showing up in the form of reactivity, demands, threats, etc)

提出请求- 我们越早把自己的请求摆到桌面上, 越有可能满足我们的需求, 而不会让这些需求在我们内心无意识地主导我们的行为(以反应、要求、威胁等形式出现)。

- Positive language **使用积极的语言** :
- Doable **可行性** :
- Present moment **关注当下** :
- Non attachment to an outcome **不执着于结果** :

Levels of willingness:
意愿的程度



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B. **Learning to operate within our capacity** - Only do what we can do within capacity. **在能力范围内行动**: 仅做自己能够做的事。

when we are not in touch with our capacity and end up overstretching we find ourselves depleted and resentful and resort to protecting ourselves. 如果我们不清楚自己的能力范围并过度伸张, 往往会感到精疲力尽和怨恨, 从而开始采取自我保护的行为。

C. **Learning to operate within our willingness** - Only do what we can do within our willingness **在意愿范围内行动**: 只做自己真正愿意做的事

The more we are in touch with our choice and only agree to do what we are truly willing to do, the less likely that we will feel resentful and protective of our choice. We can learn to say a clear, relaxed, openhearted 'No'. 越是与自己的选择保持联系, 并只同意做自己真心愿意做的事情, 我们就越不容易产生怨恨和保护心理。我们可以学会说一个清晰、轻松、开放的“NO”。



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Practice: saying 'no' with care

Think of a request someone is making of you to which you want to say “no”.

Self connection:

- What needs are you trying to say yes to ?
- What do you imagine are the needs behind the other person's request?

Expression:

1. Check with the other person your understanding of their needs behind their request.
2. Once they confirm, explicitly express your interest in having them meet their needs (they matter)
3. Share the needs you are saying 'yes' to with your 'no'.
4. Connection request: check for impact (specifically if their sense of mattering is being impacted)
5. Action request: propose an alternate strategy that cares for everyone's needs
6. If there is no strategy found: acknowledge and mourn the impact (without guilt or self-judgement)



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处理拒绝请求的步骤

回想一个别人向你提出的请求, 你想说“不”的情境。

自我连接:

- 你试图说“是”的需求是什么？
- 你认为对方请求背后有哪些需求？

表达:

1. 和对方确认你理解他们请求背后的需求。
2. 一旦他们确认, 明确表达你希望他们的需求得到满足(他们很重要)。
3. 分享你说“不”时, “是”的需求。
4. **连接请求:** 检查影响(特别是他们是否感到被重视)。
5. **行动请求:** 提出一个照顾所有人需求的替代方案。
6. **如果没有找到替代方案:** 承认并哀悼影响(无需内疚或自我批评)。



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My work at Ghitoddi High - 13-minute film

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SOME FEELINGS WHEN NEEDS ARE MET

SOME FEELINGS WHEN NEEDS ARE NOT MET

Affectionate

- Loving
- Friendly, warm
- Tender

Confident

- Empowered
- Safe, secure

Fascinated

- Engaged
- Involved
- Amazed

Inspired

- Awe
- Wonder

Fascinated

- Engaged
- Involved
- Amazed

Stimulated

- Animated
- Excited, eager
- Aroused

Hopeful

- Anticipating
- Optimistic

Content

- Satisfied
- Fulfilled
- Blissful

Energetic

- Lively
- Passionate
- Exhilarated

Elated

- Ecstatic
- Exuberant
- Thrilled

Curious

- Alert, Absorbed
- Interested

Refreshed

- Rejuvenated
- Restored

Centered

- Trusting
- Clear
- Open

Joy

- Happy, glad
- Jubilant
- Pleased

Gratitude

- Appreciative
- Moved, touched

Amused

- Ticked
- Delighted

Peace

- Calm
- Relaxed

Love

- Affection
- Compassion
- Consideration
- Intimacy
- Love
- Nurturing
- Warmth
- Companionship
- Touch

Connection

- Empathy
- Closeness
- Communication
- Presence

Peace

- Beauty
- Communion
- Ease
- Equality
- Harmony
- Inspiration
- Order

Community

- Acceptance
- Appreciation
- Belonging
- Inclusion
- Cooperation
- Support
- Participation

Play

- Joy
- Humour
- Laughter

To Matter

- Purpose
- Contribution
- Creativity
- Celebration of life

I FLOURISH WHEN I NOURISH
THE NEEDS BENEATH MY FEELINGS

Embarrassed

- Flustered
- Self-conscious

Agitated

- Distressed
- Disturbed
- Uncomfortable

Disconnected

- Bored
- Detached
- Apathetic

Shame

Shocked

- Unnerved
- Unsettled
- Startled

Confused

- Lost
- Mystified
- Torn

Afraid

- Panicky
- Cautious
- Freaked out

Anger

Fatigue

- Burnt out
- Tired
- Exhausted

Vulnerable

- Insecure
- Shaky
- Helpless

Averse

- Disgusted
- Hate/dislike
- Repulsed

Guilt

- Regret
- Remorse

Annoyed

- Frustrated
- Exasperated
- Cheesed off

Tense

- Stressed
- Overwhelmed
- Frazzled

Depression

Sad

- Discouraged
- Hopeless
- Disheartened

Pain

- Grief
- Misery
- Hurt

Longing

- Jealousy
- Resentment
- Pining

Shared Reality

- To know and be known
- To see and be seen
- To understand
- Be understood
- Stability
- Consistency

Autonomy

- Choice
- Freedom
- Self-expression
- Independence
- Space
- Spontaneity
- Respect/ self-respect

Physical Well-being

- Air, breath
- Food and water
- Movement
- Rest and sleep
- Sexual expression
- Safety
- Comfort, shelter

Meaning

- Challenge
- Competence
- Clarity
- Efficacy
- Effectiveness
- Understanding
- Stimulation

Trust

- Security
- Safety

Growth

- Awareness
- Consciousness
- Discovery
- Learning

Honesty

- Authenticity
- Integrity

Based on the work of
Marshall Rosenberg
(CNVC.org)



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