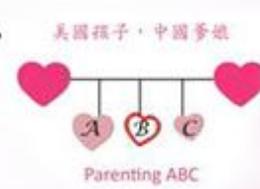


 **HEART TO HEART CONNECTION** 美國孩子·中國爹媽
with Winnis Chiang, M.A., LMFT  
How to Get Along With, Enjoy, and Influence People You Love • ParentingABC.com

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PERSONAL NOTE FROM WINNIS

How did you feel when you heard about children being separated from their families?

What are we supposed to do when someone or something triggers anger and stirs up our personally history?

Recently, I had a great vacation visiting my sister in Texas. On my first night there, I saw something very familiar on her coffee table and asked, “What is that?”



It’s Dad’s ash tray! Although I haven’t seen it for decades, it still brought back my bittersweet childhood memories. My dad broke my mom’s heart when he had an affair. But both of them tried their best to keep our family together. I felt peaceful and grateful sitting with my sister.

This month’s feature article “**Befriending Anger**” reminds us to befriend our anger so that we can find out what is really going on.

The Chinese article (**中文文章 - 懷念爸爸**) is a real-life story about disappointment, hurt and pain in my family of origin and the resurrecting power of Christ in healing brokenness. May our Heavenly Father God be glorified!

Belated Happy Father’s Day! 父親節快樂!

Joy and Peace to you,
Winnis

FEATURED ARTICLE

Befriending Anger

Anger is the unannounced visitor that keeps dropping by, again and again.

Some of us hide, hoping this troublesome guest will go away. Some of us let it take over, turning our home into a rage-infested place. Unfortunately, each anger episode leaves us

even angrier, friendless and with the police on our doorstep.

There is another way. We can greet our anger like a welcome guest and try to understand what makes it tick. In doing so, we can learn a lot about ourselves and make real, lasting changes in our relationships.

Anger is one of the most powerful emotions, and one of the most difficult to deal with. It's also probably the least understood. We get angry at our partners, our children, the man at the dry cleaner's, the woman cutting us off on the freeway, our boss who just doesn't understand, our dogs for barking too much. We get angry, but we rarely understand why.

There's widespread agreement that expressing anger is much healthier than suppressing it. However, giving free rein to anger has its dangers. Recent studies on anger indicate that venting our rage doesn't bring resolution, but can just fuel the flames. Left unchecked and unconscious, anger can destroy everything we care about—our friendships, our intimate relationships, our children, our jobs and our health.

The idea of controlling our anger has lost favor in recent years, yet there's much to be said for stopping, taking a deep breath and waiting before blasting the world with self-righteous indignation. Sometimes it can be as simple as Thomas Jefferson's advice: "When angry, count to ten before you speak; if very angry, a hundred."

The newest research on anger is turning the volatile emotion upside down. Anger just might not be real, the thinking goes, but a way to cover the real issue—our pain. We react in anger because we can't bear the pain underneath. Byron Katie, author and popular motivational speaker, takes it one step further: underneath the pain is a thought or story that is causing us to lash out in rage and frustration. If we investigate the story, the anger often just dissolves.

Taking an everyday example, Sue is angry at her son, Nick, because he constantly drops his socks on the floor. She has nagged, threatened, yelled and even cried. She's tried tamping down her anger and soliciting "agreements" from him that don't stick. Her friends agree with her, which leaves her more convinced her anger is justified. But underneath, she feels

miserable when she yells at her son, but she can't break the pattern.

Using new techniques, Sue could try some of the following approaches to shift her anger:

- **Look at the anger, not the issue.** In Sue's case, getting repeatedly angry over her son's socks might be a distraction from looking at her inner dissatisfaction. Perhaps she's ready for a change but afraid to take the first step. Or she could be upset that her son is growing up and away from her. "Follow the trail of anger inward, and there you find the small, still voice of pain," writes psychologist Carol Travis in her book *Anger: The Misunderstood Emotion*.

- **Look at the belief that triggers the anger.** If Sue questions her belief that Nick should pick up his socks, she might find that really, Nick's socks are his business. All she can control are her own socks! As author Byron Katie puts it, "When you're in someone else's business, you're suffering." Sue can make a choice without anger: pick up Nick's socks because she wants his room to be clean or leave his socks and let him sort out his own laundry. She can also use this technique to investigate similar beliefs she might have: teens should be neat, moms should do the laundry, friends should always agree with us, my son doesn't respect me, my life would be happier if the people I lived with weren't so messy... It's always a good idea to stop and ask ourselves if a thought is actually a belief that we can change.

- **Transform the anger.** Deep breathing, meditation, taking a long walk in nature, painting and writing are all ways to turn the anger into peace. With God's help, we can transform anger into compassion, gratitude and love by renewing our mind. Instead of focusing on Nick's socks, Sue might think of the many ways her son is loving, responsible and helpful. The socks may still stay on the floor but Sue will be free of her anger. (And Nick might be more likely to pick up his socks for a loving parent than an angry one.)

It's been said that anger separates us from ourselves. It doesn't have to be that way. Instead, anger can be the new friend we are curious to get to know better. And in understanding this new friend, we can come to understand ourselves even more deeply and make more lasting change in our lives.

"In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold." (Ephesians 4:26-27)

Book your free 30-minute **Relationship Rescue Coaching session** at parentingabctoday.com to learn how to deal with anger and improve your relationship with yourself, others or God.

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CHINESE ARTICLE

懷念爸爸

一個犯過錯，卻最終成為一個新造的人的爸爸

蔣吳蘊蘭

原載於 2011 年 6 月《號角月報美西版》

雖然爸爸去世快三十年，想到他還是千頭萬緒上心頭。他曾背叛了媽媽，在我一歲時與另一個女人生下兒子。米已成炊，縱然媽媽軟硬兼施，都不能叫他回心轉意。以「要一個兒子」為出軌的理由，又正式納妾，傷透媽媽的心。從此她當我為知己，努力灌輸女人要靠自己，不靠丈夫的觀念。

努力求被接納

即使被丈夫背叛，丈夫的愛與接納還是媽媽最大的渴求。從我學前照片（頭梳西裝頭，身穿連身衣褲），可見她心裡還是非常在乎能生一個兒子。這心志讓她不顧醫生警告，冒著懷孕風險，經過九年努力，終於給爸爸生了個嫡子，以討回他的愛。同時，我發奮圖強，與男生爭長短，努力以好成績、好行為來尋求肯定，討好爸爸，也讓媽媽引以為榮。

但人儘管努力，儘管表面相安無事，根本不能打破重男輕女的傳統、彌補婚約裡的不忠、和醫治被人拒絕的傷害。我無法打心裡相信我是有價值的，愛情是能持久的。

婚姻風暴後，爸媽試圖過正常的家庭生活，好不容易又添一男，我親弟弟為爸媽帶來美滿的感覺。但好景不長，爸爸三十幾歲喪子（我同父異母的弟弟），五十歲喪偶（我媽

媽），傷痛之餘，對他的兩個妻子和兒女們都深感內疚。

我不明白為什麼爸爸要經過這麼多的痛苦。當年有兩個妻子屢見不鮮，他拼命想公平對待，但那是不可能的任務。我仍然記得有一次他醉意盈然、淚眼盈眶地勸戒我的堂兄弟和表兄弟們：「別娶兩個老婆！一個就夠了！」

耶穌治我傷痛

不健康的思想、情感或行為往往代代相傳。原生家庭的悲劇助我理解到人性黑暗和掙扎的一面。儘管我一直愛著爸爸，但我也曾恨他。當我成為一個年輕的母親時，爸媽間的衝突成為我和丈夫關係背後的陰影，因為我既敏感又缺乏安全感。1989 年信主，我成了新造的人，神的愛和信實醫治了我的創傷。我接納自己的過去，饒恕那些曾傷害我的人。後來，我發現爸爸在去世前已經信主。

在父親節分享家庭秘密，是因為我相信如果爸爸健在，他會不顧面子地分享他的失敗和軟弱，並主耶穌基督怎麼醫治了他憂傷痛悔的心。回想起來，爸爸在一個不健康的文化環境裡仍舊試圖糾正自己犯的可怕錯誤，盡力想做一個好丈夫和好爸爸：提供家用、每週有四個晚上與媽媽和我們共享晚餐、帶我們去公園、看電影和上館子、讓我能到美國上大學。雖然犯錯，成為一個負責任的人，影響我如今致力幫助夫妻處理婚姻危機。我

不能改寫歷史，但我可以說：「爸爸，我愛你！我多麼高興你與耶穌同在！」

母子連心多半出於本能。傳統上，男主外女主內，使一般人親母親甚於父親。但現今許多父親也參與兒女的教養：當孩子還在母腹中就開始與他交談、在分娩室裡當起妻子呼吸及分娩的教練、換尿布和餵嬰兒。即使經過這些努力，男人可能仍然為他根本不能滿足一個啼哭嬰兒的需要而感到失望。他可能會為他的妻子整天只注重孩子而沮喪。工作一天後，父親試圖幫助完成母親的任務和家務，這些可能都是他從來沒有做過的事。當其他人（如家人，朋友或鄰居）有不同的意見，並對他施加不切實際的期望之時，他會感到憤怒、焦慮、甚或傷害。他想念他以前的那位可愛和愛他的妻子！不知如何表達內心深處困擾他的情緒，他選擇退避和轉移注

意力到其他地方（如職業、更多的教育、體育、電視、網絡、色情、甚至婚外情），以減輕自己所感受的痛苦、不足和孤獨。

如果我爸爸仍在，他會告訴那年輕的爸爸怎樣過日子。當作爸爸的感到心灰意冷，沒有成就感，覺得妻子不理他的時候，他的妻子正忙著恢復體力和照顧孩子，也需要他的關愛。但是，當雙方都在適應新角色的時候，夫妻是不容易保持親密關係和良好溝通的。從成熟的基督徒得到監督、理解和支持是萬分重要的。如果丈夫對妻子有感情溝通上的困難，尋求輔導的幫助絕對比在自己的社交圈子裡找一個女人（無論是單身或已婚）分享他的難處，來得安全多了。

哥林多後書 5:17「若有人在基督裡，他就是新造的人，舊事已過，都變成新的了。」

ABOUT WINNIS CHIANG

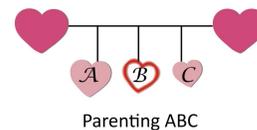


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美國孩子，中國爹娘



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