



# 正向心理的威力 I

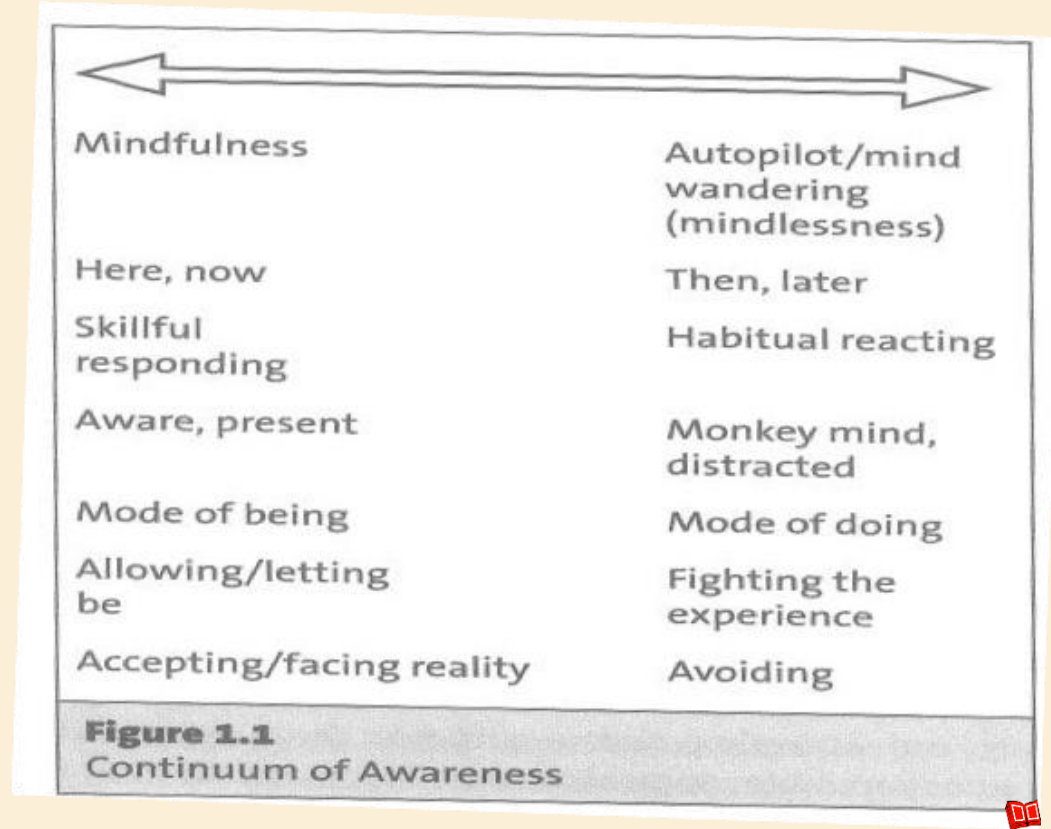
台大醫學院 吳佳儀老師



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# 正念的修煉

意識範疇VS自我察覺



# 5個正念核心要素

- ✓ **關注**：關注當下的思想、身體感受、情緒以及感覺
- ✓ 開放的意識：批判的意識；標籤的意識 (好的vs壞的)；遠離標籤和批判
- ✓ **接受**：接受當前的狀態；不試圖改變；不掙扎、抗爭
- ✓ **不用情緒評斷**：你不是情緒本身；我正在經歷傷心 vs 我是傷心的；你的情緒或想法，不一定是真正的現實狀況；情緒和感受是來來去去的
- ✓ **選擇**：不讓情緒狀態完全掌控你；衝動想法和採取行動中的緩衝  
(有意識的行為模式 vs 自動化的行為模式)

# 練習正念

- ✓ 呼吸冥想
- ✓ 身體掃描
- ✓ 日常練習（例如：正念進食、正念散步等）
- ✓ 心流

一顆葡萄乾的體驗，  
寫下你的感受！

# 培養正向心理的原則

扭轉負面  
思考

- Antecedent
- Belief
- Consequences
- Dispute
- Effects of cognitive/emotional change

提升快樂  
元素

- Positive emotion 正向情緒
- Flow 心流
- Meaning 人生意義

# 心流體驗的特質

你的心流是甚麼呢?



# 正向心理學-全人健康理論

Well-being Theory (Martin Seligman)

P

Positive emotion 主觀的正向情緒

E

Engagement 全心體會/參與

R

Relationships 有意義的連結/關係建立

M

Meaning 追求超越自我生命的意義

A

Achievement 逆境中的成就感

# 怎樣培養正向心理？

## ■ 自我反思

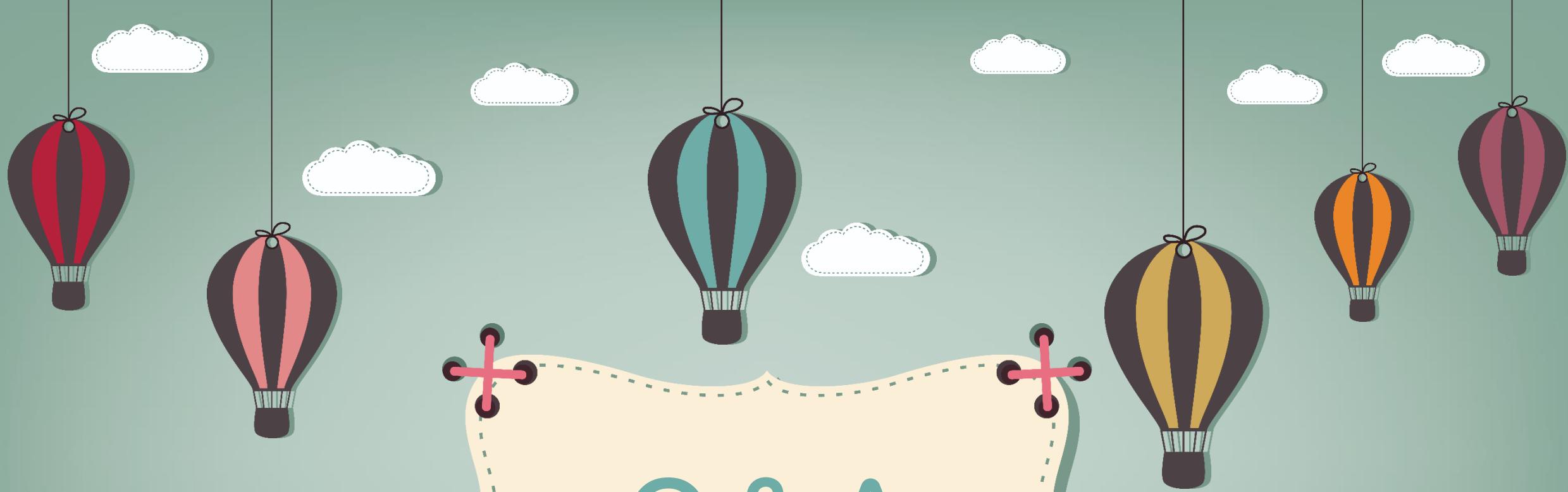
- 情緒波動
- 每天**三件好事**練習
- **感恩的心**

三件好事的理論基礎

## ■ 冥想與正念呼吸

- 心流體驗
- 檢視個人的人格力量





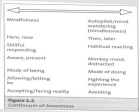

# Q & A

歡迎提出任何有關本週主題的問題與觀點

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