



Instruction Card 1 The Journey of Self-Discovery

With this tool, you may :

- Have a better understanding of your own feelings and needs.
- Come up with new insights, solutions, choices and responses.

Instructions:

1. Share a personal story about “A Conflict with another person (your colleague, friend, parent or children etc.)”
2. Bring yourself back to that moment. Ask yourself a question: What do you truly feel? Select the feeling cards (red) to represent your feelings.
*If you cannot find any to describe your feeling, please write your feeling on the blank feeling card.
3. Ask yourself another question: What do I deeply need? Select the need cards (blue) to represent your needs.
*If you cannot find any to match your need, please write your need on the blank need card.
4. So now ask yourself a final question: What is your learning throughout the process?

說明卡 1 自我發現的旅程

有了這個工具，你可以：

- 更了解自己的感受（Feelings）和需要（Needs）
- 找到新的見解、解決方案，選擇和回應方法

指引：

1. 分享一個「與他人發生衝突」的故事，可以是與你的同事、朋友、家長或孩子等等。
2. 把自己帶回發生衝突那一刻。問你自己一個問題：你真正的感受是什麼？揀選相應的感受卡（紅色）來表達你的感受。
* 若你未能從中揀選合乎自己的卡，可在空白的感受卡上寫上自己的感受
3. 問你自己另一個問題：你深層的需要是什麼？揀選相應的需要卡（藍色）來表達你的需要。



* 若你未能從中揀選合乎自己的卡，可在空白的需要卡上寫上自己的需要。

4. 現在請問自己最後一個問題：在過程中你的學習是什麼？

Instruction Card 2 The Journey of Empathy

With this tool, you may :

- Have a better understanding of your own feelings and needs.
- Have new perspectives of seeing others' inner feelings and needs.
- Come up with new insights, solutions, choices and responses.

Instructions:

1. Share a personal story about "A Conflict with another person (your colleague, friend, parent or children etc.)"
2. Bring yourself back to that moment. Ask yourself a question: What do you truly feel? Select the feeling cards (red) to represent your feelings.
*If you cannot find any to describe your feeling, please write your feeling on the blank feeling card.
3. Ask yourself another question: What do I deeply? Select the need cards (blue) to represent your needs.
*If you cannot find any to match your need, please write your need on the blank need card.
4. Take a moment to pause, breathe and reflect. Ask yourself this question: What are the possible feelings and needs of the other person?
5. So now ask yourself a final question: What is your learning throughout the process?

說明卡 2 同理他人的旅程

有了這個工具，你可以：

- 更了解自己的感受 (Feelings) 和需要 (Needs)
- 更能看見別人的內心感受和需要
- 找到新的見解、解決方案，選擇和回應方法

指引：



1. 分享一個「與他人發生衝突」的故事，可以是與你的同事、朋友、家長或孩子等等。
2. 把自己帶回發生衝突那一刻。問你自己一個問題：你真正的感受是什麼？揀選相應的感受卡 (紅色) 來表達你的感受。
* 若你未能從中揀選合乎自己的卡，可在空白的感受卡上寫上自己的感受。
3. 問你自己另一個問題：你深層的需要是什麼？揀選相應的需要卡 (藍色) 來表達你的需要。
* 若你未能從中揀選合乎自己的卡，可在空白的需要卡上寫上自己的需要。
4. 花點時間暫停一下、深呼吸並作反思。問你自己這個問題：對方可能有什麼的感受和需要？
5. 現在請問自己最後一個問題：在過程中，你的學習是什麼？