

「第五屆天主教生命倫理研討會」

因愛而去
為愛而生

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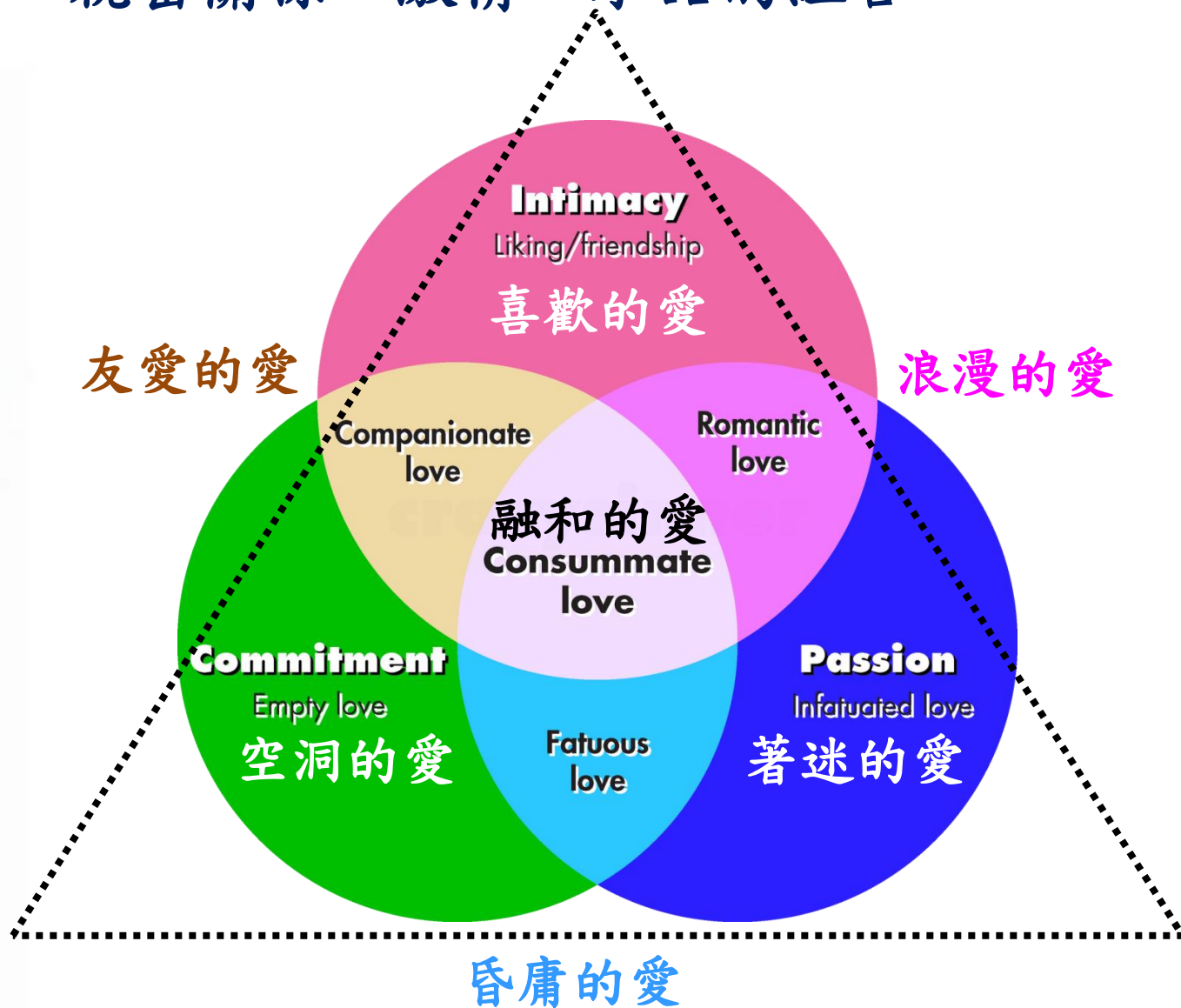
「愛」



LINK LOVE

Combinations of intimacy, passion & commitment

親密關係、激情、承諾的組合



Intimacy 親密關係

- Feelings of closeness & attachment to one another
彼此親密和依戀的感覺
- Strengthen the tight bond that is shared between 2 individuals
加強兩個人之間的緊密聯繫
- Create the feeling of being at ease with one another, in the sense that 2 parties are mutual in their feelings
雙方在感情上相互一致，創造彼此安逸的感覺
- Personal & private in nature
是屬於個人的私人性質



(Webster, 1953)



Passion 激情

- Passion can be associated with either physical arousal or emotional stimulation.

激情可以由身體呼喚起或情緒刺激聯繫起來

- A strong feeling of enthusiasm or excitement for something or about doing something

由某事情或做某事所引起的強烈熱情或興奮

- A strong feeling that causes people to act in a dangerous way

強烈情緒驅使別人以危險方式行事

- Strong sexual or romantic feeling for someone

對某人的強烈的性或浪漫感覺

(Webster, 1953)



Commitment 承諾

- A conscious decision to stick with one another.
一個有意識堅持的決定
- A promise to do or give something
對做或給予某些東西的諾言
- A promise to be loyal to someone / something
忠於某人或某事
- The attitude of someone who works very hard to do / support something
非常努力地工作支持某事的態度

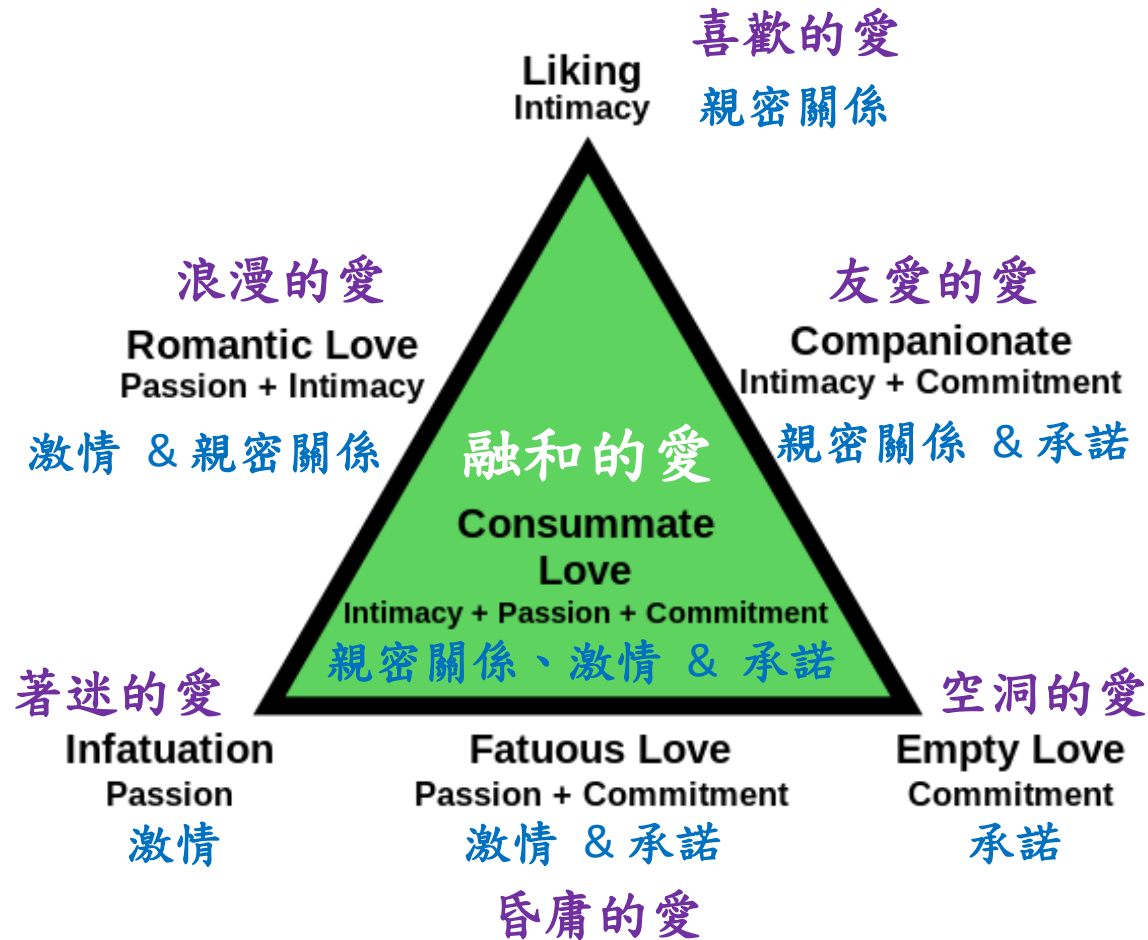


(Webster, 1953)



Triangular theory of love

愛的三角理論



(Sternberg, 1985)

Triangular theory of love

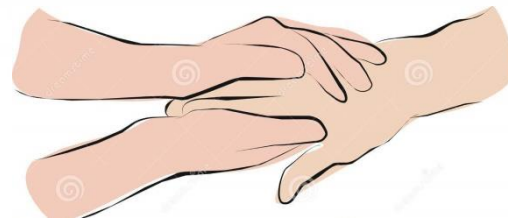
愛的三角理論



	Intimacy 親密關係	Passion 激情	Commitment 承諾
Non-love 非愛			
Liking / friendship 喜歡的愛	♥		
Infatuated love 著迷的愛		♥	
Empty love 空洞的愛			♥
Romantic love 浪漫的愛	♥	♥	
Companionate love 友愛的愛	♥		♥
Fatuous love 昏庸的愛		♥	♥
Consummate love 融和的愛	♥	♥	♥

(Sternberg, 2007)

Common Symbols 常見標誌



Palliative Care

Role of love in palliative care

「愛」在紓緩治療中的角色



Core values 核心价值	
Dignity 尊嚴	Communication 溝通
Compassion 同情	Reciprocation 回報
Selflessness 無私	Individuality 個性
Oneness 合一	Acknowledgement 感謝
Spiritual practice 修行	Innovation 革新
Inclusion 包容	Listening 聆聽
Love 愛情	Peace 和平
Equanimity 處之泰然	Reflection 反映
Honesty 誠實	Divinity 神性

(Gemini Adams, 2006)

The 5 Love Languages

五種愛的語言



- Words of affirmation 肯定的言詞
- Quality time 精心的時刻
- Receiving gifts 精心的禮物
- Acts of service 服務的行動
- Physical touch 身體的接觸

(Gary Chapman , 1995)



Cases sharing 案例分享



Intimacy 親密關係 ✓

Passion 激情 ✓

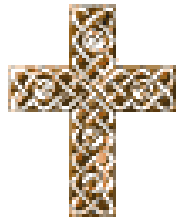
Commitment 承諾 ✓

How to express 如何表達

Words of affirmation 肯定的言詞	Quality time 精心的時刻	Receiving gifts 精心的禮物	Acts of service 服務的行動	Physical touch 身體的接觸
				
Praise & encouragement 常向對方說讚美、肯定、鼓勵的表達	Arrange time to get along 安排一起相處的時間	Offer a favorite item at the meaningful moment 在有意義的時刻，送給對方喜歡的物品	Offer help whenever they need 在對方需要幫忙的時候，主動提供幫助	Express love with physical contact 用身體接觸表達愛
Approval of son's wedding 批准兒子婚禮 ACP & life review 生命回顧 Comm process 溝通過程	Care of dying 臨終關懷 Home leave 回家休假 Return to home town 回到家鄉	Air ticket arrangement 安排機票 Medical equipment 醫療器材	Symptom control 症狀控制 Frequent visit 頻繁探訪 Logistic arrangement 後勤安排	Massage 按摩 Direct care 直接照顧

Love in Bible 聖經中的愛

- Affection - love & affection esp. parents & children
愛情 - 親情、特別是父母與孩子
- Friendship - affectionate regard friendship, usually equals
友誼 - 友情、通常是平等的
- Eros - love, mostly of the sexual passion
愛神 - 愛情、主要是性激情
- Charity - unconditional "God" love
慈善 - 無條件「上帝」的愛



(C S Lewis, 1960)

*It is not what to do, but how much love
we put into the doing. We can do not greats;
only small things with great love.*



我們做什麼並不重要，
重要的是，我們在**工作中注入多少愛**。
我們能做的不是大事，
而是**心懷大愛**做小事。

德蘭修女
(Mother Teresa)



愛 是要用心去接受!

