家庭危機生命線
快速參考指南及課程手冊

LIFELINE

FOR FAMILIES IN CRISIS

A QUICK REFERENCE AND LESSON GUIDE

婚姻中的界線

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A Quick Reference and Lesson Guide

婚姻中的界線
Boundaries in Marriage

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1 Scenarios and Assessment

案例研究 Scenarios/Case Studies

A. 案例一 Scenario #1

1. 派對上，羅伯總是人們關注的焦點。他隨性而為，生活豐富多彩。他的這種隨性正是莎拉欣賞和愛慕他的主要原因之一。莎拉則比較拘謹，是個一絲不苟的計劃者，生活有秩序和愛整潔是她的特點。羅伯能讓她開懷大笑，自在放鬆。俗話說“異性相吸”，這似乎很適合這對新婚夫婦。然而，結婚沒多久，莎拉就開始意識到羅伯對責任感和任何事都不太認真。錯過約會、衣服總是亂丟、不斷申請新的信用卡——這些似乎都變成了家常便飯。莎拉越來越感到沮喪，因為她覺得自己總是要替羅伯收拾爛攤子。每天，她最優先考慮的就是收拾他的爛攤子、打電話重新安排約會、努力維持生計。當羅伯回家告訴她，他可能因為遲到和曠工而失去工作時，莎拉的沮喪開始轉為憤怒。

   Rob was always the life of the party. He was spontaneous and lived life large. His spontaneity was one of the main things Sarah admired and loved about Rob. She was a little more rigid. As a meticulous planner, order and cleanliness were her hallmarks. He could make her laugh, relax, and just loosen up. The proverbial wisdom, opposites attract, seemed to fit this newly married couple. It was not too long into their marriage that Sarah began to realize Rob did not take responsibility or anything else very seriously. A missed appointment, clothes continually just thrown about, another credit card opened—these all were things that just seemed to be the norm. Frustration continued to build because Sarah felt she constantly had to cover for Rob. Picking up after him, calling to reschedule an appointment, and trying to make ends meet financially seemed to be on the top of her to do list every day. When Rob came home and told her that he was possibly going to lose his job because of tardiness and absences, Sarah felt frustration beginning to turn to anger.

B. 案例二 Scenario #2

1. 貝絲又哭了，但這已經不是什麼新鮮事了。她生性就有點情緒化，或者說有點愛演。馬克是個堅強、穩重、冷靜的紳士，是她的白馬王子。這種相處模式在結婚的頭幾年似乎很奏效，但最近幾年，馬克感覺自己被佔了便宜。貝絲似乎只要想要得到想要的東西，就會哭鬧、裝病。貝絲從小就學會了這些伎倆，覺得這些招數能讓她如願以償。貝絲會反駁說她就是這樣，馬克娶她的時候就知道這一點。馬克認為這些行為是一種操控，他厭倦了被控制。馬克心地善良，但幾年下來，他已經在自己周圍築起了高牆，而且這些牆越來越堅固。

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Beth was in tears again, but what else was new? By nature, she was always a little on the emotional or dramatic side. Mark was a strong, solid, level-headed gentleman. He was her knight in shining armor. This arrangement seemed to work well for the first few years of marriage, but for the last several years, Mark felt as if he was being taken advantage of. It seemed anytime Beth wanted her way, she would resort to tears, sickness, or exhaustion. Beth had learned from childhood that these tactics would get her what she wanted. Beth would retort that it was just the way she was, and that Mark knew that when he married her. Mark viewed these actions as a form of manipulation, and he was tired of being controlled. Mark was tenderhearted, but after several years of this, he had built walls around himself, and those walls were just getting stronger.

C. 案例三 Scenario #3

1. 海瑟和菲爾談戀愛的時候，菲爾那些小小的嫉妒舉動讓她覺得可愛極了。但現在，結婚幾年後，海瑟卻感到快要窒息。菲爾以前那些諸如“我真的不想讓你去購物”或“你太漂亮了，我不想讓別的男人盯著你看”之類的小話，現在變成了“不行，你不准離開家。我上班的時候，你就待在家工作。” 似乎不知不覺中，那份可愛的嫉妒慢慢變成了令人窒息的控制。海瑟知道自己正在快速失去自我。她不知道下一步該怎麼走，事實上，即使她知道該怎麼做，她也害怕去做。

   When Heather was dating Phil, his little actions of jealousy were endearing to her. But now, some years into their marriage, Heather felt suffocated at times. Phil’s little statements such as, “I really don’t want you to go on that shopping trip,” or “You are too pretty, and I don’t want other guys looking at you,” had turned into, “No, you are not leaving this house. When I am at work, you are staying here and working at home.” It seemed that somehow, ever so slowly, the endearing jealousy had turned into an all-out choke hold. Heather knew she was quickly losing herself and her sense of identity. She was unsure of the first step to take, and truthfully, even if she knew what step to take, she was fearful to take it.

定義與關鍵思考 Definitions and Key Thoughts

A. 事實 Facts

1. 界限是界定限制或範圍的指標（韋氏字典）。
   A boundary is something that indicates or fixes a limit or extent (Merriam-Webster).
2. 婚姻中的界線是必要的，這樣夫妻雙方才不會失去各自的個性。
   Boundaries in a marriage are necessary so the people in that unit do not lose their individual identity.
3. 界線如果設定得過頭或過於僵化，會導致夫妻雙方無法建立情感連結。
   Boundaries can be taken too far or set so rigidly that the individuals do not bond emotionally.

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4. 在婚姻中，如果界線設定得當，可以幫助夫妻雙方以及婚姻本身都蓬勃發展。
   When set properly within a marriage, boundaries can help the individuals, as well as the marriage, flourish.
5. 設立界限是必要的，但出於正確的理由和態度或動機來設立界限至關重要。
   Establishing boundaries is necessary, but setting them for the right reason and with the correct attitude or motive is vital.
6. 缺乏界線會導致挫折感。Lack of boundaries always leads to frustration.
7. 如果婚姻中存在斤斤計較的情況，通常意味著某些界限尚未建立。
   If score-keeping happens in a marriage, often it means some boundaries have not been established.
8. 那些抱怨最多的人，往往是那些自己已經設定了界限，卻不希望配偶也設定界限的人。他們是界限破壞者。
   Those who complain most about setting boundaries are often the ones who have them in place but do not want their spouse to establish any. They are the boundary busters.
9. 當婚姻中存在掌控的問題時，也會出現界線問題。
   When there are control issues in a marriage, there will also be boundary issues.

B. 破除迷思 Myths exposed

1. 設定界線並不代表彼此隱瞞秘密。
   Setting boundaries does not mean keeping secrets from one another.
2. 設定界線並不代表你可以隨心所欲。夫妻之間的界線是相互關聯的。一方的行為會影響另一方。
   If you set a boundary, it does not mean you are free to do as you choose. Spousal boundaries touch each other. What one spouse does affects the other spouse.
3. 你可以設定界限，同時仍彼此順服（弗 5:21）。
   You can set boundaries and still submit to one another (Ephesians 5:21)
4. 設定界線並不意味著要掌控對方，而是意味著各自管理好自己的生活。
   If a spouse sets a boundary, it does not mean that he is trying to control the other spouse. It means he is taking charge and control of his own life.

C. 聖經規範與社會規範 Christian vs. societal norms

1. 在創世記 2:24（另見馬太福音、馬可福音和以弗所書）中，聖經明確指出夫妻成為一體。基督徒常誤解這層意義，認為兩個人會彼此交織，最後迷失自我。這樣的解釋與設定界線剛好相反。上帝創造了男人和女人，並賦予每個人特定的恩賜和才能。夫妻應彼此順服、相愛、珍惜、尊重。這些聖經的命令涵蓋設定界線。
   In Genesis 2:24 (See also Matthew, Mark, and Ephesians.), the Bible specifically speaks of a husband and wife becoming one flesh. Often Christians misinterpret that as two people becoming so intertwined they lose themselves into each other. Such an interpretation would not agree with setting boundaries. God has made us male and

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female, and He gave certain giftings and talents to each individual. Spouses are to submit to, love, cherish, and respect one another. These biblical mandates entail setting boundaries.

2. 世人常把婚姻視為一種承諾，並把離婚當作逃避的出口。世俗的理念是：堅持立場，保護自己，活出自我，爭取自己的權利。表面上看，這似乎沒什麼不好；然而，其動機是為了盡可能減少情感上的傷害而擺脫婚姻。已婚的基督徒蒙召要彼此委身，直到死亡。

   The world often looks at marriage as a commitment with the escape hatch of divorce. The world's philosophy is stand your ground, protect yourself, be an individual, and fight for your right. On the surface, this may not sound so bad; however, the motive is to be able to get out of a marriage without as much emotional damage. Married Christians are called to commitment until death.

3. 不惜一切代價保全自己跟不惜一切代價挽救婚姻是截然不同的兩件事。有時只能選其中一種。具體情況要看哪一種才是符合聖經的方式。

   Saving yourself at all cost and saving the marriage at all cost are much different. Sometimes only one is possible. The specific situation will determine which one is the biblical way.

D. 婚姻中的虐待 Abuse in a marriage

1. 根據美國家庭暴力熱線，「家庭暴力（也稱為親密伴侶暴力 (IPV)、家庭虐待或關係虐待）是指親密關係中一方為了持續對另一方加以控制而採取的一系列行為模式。」（http://www.thehotline.org/is-this-abuse/abusedefined）如果存在虐待的徵兆，可能需要專業介入。家庭暴力包括：
2. According to the National Domestic Violence Hotline, "Domestic violence (also called intimate partner violence (IPV), domestic abuse, or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship." (http://www.thehotline.org/is-this-abuse/abusedefined) If there are signs of abuse, it may be necessary to stage a professional intervention. Types of domestic abuse include:
   - 推撞、打耳光、毆打、踢踹、掐脖子
     Pushing, shoving, slapping, punching, kicking, choking
   - 持械攻擊 Assault with weapon
   - 抓住、捆綁或限制 Holding, tying down, or restraining
   - 將配偶置於危險境地 Leaving a spouse in a dangerous place
   - 配偶生病或受傷時拒絕提供協助
     Refusing to help when spouse is sick or injured
   - 威脅傷害 Threatening harm
   - 拘禁 Isolating from others
   - 極度嫉妒或占有欲 Extreme jealousy or possessiveness

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- 恐嚇、貶低、羞辱、批評、侮辱、輕視、指責、責備、嘲笑
  Intimidating, degrading, humiliating, criticizing, insulting, belittling, accusing, blaming, ridiculing
- 忽視、漠視 Ignoring, dismissing
- 說謊、違背承諾、破壞信任
  Lying, breaking promises, destroying trust
- 強迫配偶違背意願進行性行為 Forcing sex acts against spouse's will
- 在性行為過程中對配偶造成身體傷害
  Physically harming a spouse during sex
- 用性字眼辱罵批評 Criticizing and calling sexually degrading names
- 另請參閱 See also
  http://www.ncdsv.org/images/AMA_Diag&TreatGuideDV_31992.pdf.

評估（訪談）Assessment (Interview)

設定界線是婚姻中至關重要的一部分，但有時這樣做對某些人來說可能很危險。確保婚姻中沒有存在虐待的情況是很重要的。如果存在虐待，設定界限仍然至關重要，但方式可能大不相同。涉及虐待的情況需要尋求專業人士的協助。請記住，沒有任何行為可以成為虐待的理由。

While setting boundaries is a vital part of marriage, at times this can be a dangerous thing for someone to do. It is important to get a clearer picture of how the marriage operates to be certain abuse is not part of the equation. If there is abuse, boundaries are still vital, but may look much different. A situation involving abuse would need to be referred to a professional. Remember, there is no behavior that warrants abuse as a consequence.

A. 以下問題是一些可以用來評估婚姻健康狀況及其界線：
   The following are questions you can ask to ascertain the health of the marriage and its boundaries:
   1. 你是否曾經害怕過你的配偶？何時？情況是如何？
      Have you ever felt afraid of your spouse? When? How?
   2. 你的配偶是否曾經傷害過你？包括身體上的、言語上的或情感上的？
      Has your spouse ever hurt you? Physically, verbally, emotionally?
   3. 你的配偶是否曾經阻止你探望父母、朋友或去教會？原因是什麼？
      Has your spouse ever stopped you from visiting parents, friends, or church? What was the reason?
   4. 你的配偶是否要求你大部分時間待在家裡，將你與他人隔離？是否有理由？如果有，是什麼？
      Does your spouse demand that you be at home most of the time, isolating you from others? Is there a reason given? If so, what is it?

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5. 你的配偶是否曾經毀壞過對你來說非常重要的東西？當時的情況是怎樣的？
   Has your spouse ever destroyed something that meant a lot to you? What was the situation?
6. 你的配偶是否會在孩子或其他人面前貶低你、羞辱你？
   Does your spouse degrade or belittle you in front of your children or others?
7. 當你和配偶意見不合時，會發生什麼事？
   What happens when you disagree with your spouse?
8. 你的配偶是否常曲解你的話，讓你背黑鍋？
   Does your spouse change your words around so you are to blame, no matter the scenario?
9. 你是否曾經受到配偶的威脅？威脅的內容是什麼？
   Have you ever been threatened by your spouse? What was the threat?
10. 爭吵後，配偶會爆發憤怒、冷戰好幾天，或孤立/忽視你？解決問題的唯一方法就是你不停地道歉（即使你沒有錯）？或要求你做其他的事？
    Are there angry outbursts, days of silence, or isolation/ignoring after a disagreement? Is the only way to resolve the issue to profusely apologize (even when you are not at fault)? What else is required?

B. 以下是一些需要注意的事項：The following are things to look for:

1. 當事人看起來非常緊張，擔心配偶會發現自己正在尋求協助。
   The person seems very nervous and is worried her spouse may find out she is seeking help.
2. 身上有多處傷痕。There are multiple places of injury.
3. 當事人看起來壓力很大、毫無頭緒、焦慮或憂鬱。
   The person seems highly stressed, disorganized, anxious, or depressed.
4. 當事人不斷地將婚姻中的問題歸咎於自己。
   The person continually blames himself for problems within the marriage.
5. 個案坐立不安，低著頭，抱著東西（例如枕頭），摩擦自己的手或腿，玩弄頭髮（這些都是自我安撫或自我安慰的方式），或者情緒非常激動（通常會哭泣）。
   The person is fidgety, looks down a lot, hugs object (e.g., pillow), rubs own hand or leg, plays with hair (these are forms of self-soothing or self-comfort),or is very emotional (typically crying).

C. 可以參考以下指南來收集資訊：
To gather information you can use the following as a guideline:

1. 我可以怎麼幫你？How can I help you?
   a) 可以試著找出問題的根源，也就是目前存在的問題。
      You are looking for the bottom line, the presenting problem.

b) 不要以為自己已經了解狀況。
Don't assume you already know what's going on.

2. 這件事發生多久了？頻率如何？
How long and how often has this event been occurring?
   a) 這是最近才發生的，還是從你們認識就一直如此？
   Is this a new occurrence or has this been a trend since you have known each other?
   b) 如果是最近才發生的，可以想到有什麼原因導致配偶出現這種行為嗎？
   If a new occurrence, can you think of anything that would have triggered this type of behavior in your spouse?
   c) 如果是經常發生的，你認為這種行為的根源是什麼？（例如，原生家庭、照顧者的行為模式、他人的影響？）
   If a regular occurrence, where do you think it originated? (e.g., family of origin, modeled from caregiver, reinforced by others?)
3. 你是否因為做了或沒做什麼事情導致這種行為的發生？
Is there anything you have done or have not done that would enable this behavior?
   a. 你是否經常為對方的健忘、錯誤、情緒爆發等行為掩蓋或找藉口？
   Are you constantly covering or making excuses for another's forgetfulness, mistakes, outbursts, etc?
   b. 你是否因為不敢面對不順從配偶的後果，而對他們的每一個動作都百依百順？
   Are you conceding to every whim because you cannot bear your spouse's actions or the consequences if you do not concede?
   c. 你是否因為認為配偶無能而靠自己完成工作？
   Are you doing things yourself because you are convinced your spouse is incapable?
   這可能是在縱容對方，但也可能是控制慾的問題。你的配偶可能出於自己的控制慾而無意中造成了這種情況，但卻用"對方不會做"來當作藉口，而不是說出真相："我不信任我的配偶能把事情做好。"
   This may be enabling someone, but it may also be a power or control issue. The spouse you are speaking with may have unwittingly created this scenario out of a need to control things, but covered it with the excuse that the spouse "won't do it" rather than the truth, "I do not trust my spouse to do it correctly."
4. 當你的配偶總是能如願以償時，你有什麼感受？
What are your feelings when it seems your spouse constantly gets his way?
   a. 你是否感到惱怒、沮喪、煩躁或憤怒？
   Do you feel annoyed, frustrated, agitated, or angry?
   b. 你是否在疏遠他/她？Are you pulling away from him?
5. 當你的配偶總是能如願以償時，你採取什麼行動？
What actions do you take when your spouse seems to always get her way?

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6. 如果你改變以往對待配偶的反應模式，你認為會發生什麼事？
   What do you think would happen if you changed the way you have always reacted to this action of your spouse?
7. 如果你們的婚姻狀況有改善，會是什麼樣子？
   If something in your marriage changed for the better, what would that look like?

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2 Critique and Counsel

評論與忠告

聖經觀點 Biblical Insight

A. 在上帝眼中，我們每個人都是寶貴的。祂創造了我們，使我們成為獨一無二的個體。我們的創造主如此了解我們，甚至連我們的頭髮都數過（馬太福音 10:30）。如果祂連我們何時掉一根頭髮、何時長出一根頭髮都要記錄下來，想想祂對我們這些獨一無二的個體是何等深切的愛和關懷。我們明白自己是獨一無二的，我們是獨立的個體，我們是寶貴的，但我們也必須意識到，我們擁有自己的夢想、渴望、感受、恐懼、目標和需求。我們與任何人都是不同的。

Each one of us is precious in the sight of God. He made us as individuals. Our Creator knows us so well that the hairs of our heads are numbered (Matthew 10:30). If He keeps a record of when a hair falls out or one grows in, think of the depths of His love and concern for us as unique individuals. With the understanding that we are unique, we are individuals, we are precious, we must also realize that we have our own dreams, desires, feelings, fears, goals, and needs. We are separate from anyone else.

1. 我們是照著上帝的形像造的，是獨一無二的個體。（參閱創 1:26-27；哥林多前書 12:27；弗 2:10。）
   We are made in the image of God, as unique individuals. (See Genesis 1:26–27; I Corinthians 12:27; Ephesians 2:10.)
2. 祂按照祂的旨意塑造了我們。（參考出埃及記 4:11；詩篇 139:13-16；以賽亞書 64:8。）
   He fashioned us like He wanted us to be. (See Exodus 4:11; Psalm 139:13–16; Isaiah 64:8.)
3. 我們每個人都有其獨特的使命。（參考羅馬書 12:4-5；彼得前書 4:10-11。）
   We have an individual purpose. (See Romans 12:4-5; I Peter 4:10–11.)

B. 當一個人許下婚姻誓言時，聖經中的許多誡命都應遵守。這並不意味著一個人的獨特性消失了，而是意味著她的生命從此成為一個整體的一部分——兩個個體合而為一。他們並非彼此交融，以至於各自的身份消失；相反，夫妻二人緊密相連，幾乎在各個方面都相互影響。

When someone takes the vow of marriage, a lot of commands in the Word of God apply to that individual. This does not mean a person's individuality disappears, but it does mean her life is now part of a unit—two individuals become one. They are not enmeshed in the sense

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that their individual identities disappear; rather the spouses are bonded together so deeply that they affect each other in almost every way.

1. 基督與教會 Christ and the church
   a. 聖經在論述婚姻時常用的比喻是基督與教會的互動。（參考以弗所書 5:22-33。）
      The metaphor that Scripture often uses when dealing with marriage is the interaction between Christ and the church. (See Ephesians 5:22–33.)
   b. 從基督與教會的角度來看，我們很容易理解這是兩個不同的概念。教會（基督的新婦）由個人組成，它確實會對基督產生影響。（參考創世記 6:6；撒母耳記上 15:11；耶利米書 18:1-12；太 9:36。）我們也知道耶穌對教會也有影響。（參考約翰福音 15:5；使徒行傳 17:28；羅馬書 8:28。）
      Thinking in terms of Christ and the church, it is easy to see how we are dealing with two different things. The church (bride of Christ), made up of individuals, does have an effect on Christ. (See Genesis 6:6; I Samuel 15:11; Jeremiah 18:1–12; Matthew 9:36.) And we know that Jesus has an influence on the church. (See John 15:5; Acts 17:28; Romans 8:28.)

明智的忠告 **Wise Counsel**

A. 強調夫妻雙方都是獨立的個體，這既是特權也是責任。
   Reinforce the idea that each spouse is an individual, which is both a privilege and a responsibility.

B. 每個人都要自己回答以下問題（羅馬書 14:12）。
   Everyone will give an answer for themselves (Romans 14:12).
   1. 詢問他們是否在婚姻中履行了聖經的教導。
      Ask if they are fulfilling their biblical mandates within the marriage.
   2. 鼓勵他們為此事禱告，求神賜給他們智慧。
      Encourage them to pray about this situation, asking God to grant them wisdom.
   3. 他們的生活、行為或態度是否需要改變？
      Are there needed changes in their lives, actions, or attitudes?

C. 溫和地幫助他們理解，我們唯一能改變的人只有我們自己。
   Gently help them understand that the only person we can change is ourselves.
   1. 是否有其他看待問題的角度？Is there another way to look at the situation?
   2. 是否有更好的方法來處理這種情況？
      Is there a better way to handle the situation when it arises?
   3. 他們是否願意負起責任來解決問題？
      Are they accepting blame or responsibility for the issue being addressed?

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D. 大衛霍金斯在他的著作《大多數夫妻都會犯的九個關鍵錯誤》中，提出了建立健康界線的理由：

In his book, Nine Critical Mistakes Most Couples Make, David Hawkins gives reasons for healthy boundaries:

1. 了解自己的想法。Know what you think.
2. 能夠對好事說“是”，對壞事說“不”。
   Be able to say “yes” to good things and “no” to bad things.
3. 懂得如何做出健康的選擇。Know how to make healthy decisions.
4. 明白我們的想法與他人的觀點有何不同。
   Know how our thoughts are different from others’ points of view.
5. 為自己的行為負責，但不為他人的行為負責。
   Take responsibility for our actions, but not the actions of others.
6. 懂得如何限制他人對我們生活的干預。
   Know how to set limits on others’ intrusions into our lives.
7. 尊重他人說「是」和「否」的權利，並尊重他們的決定。
   Respect others’ ability to say “yes” and “no,” and honor their decisions.

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3 Application and Prayer

應用 Application

A. 如果情況允許，幫助當事人明白他確實可以拒絕，不必讓內疚、羞恥或自我厭惡的情緒侵蝕他的思想。

If applicable to the circumstance, help the individual learn he can indeed say "no" and does not have to let guilt, shame, or self-loathing creep into his thoughts.

1. 當配偶拒絕對方並非出於報復、自私或其他不符合基督精神的態度，這一點很重要。

   It is vitally important that the spouse is not saying "no" to take revenge or out of selfishness or some other un-Christlike attitude.

2. 溝通的語氣與溝通的內容同樣重要。（參考箴言 15:1。）

   The tone of communication is as important as the content of the communication. (See Proverbs 15:1.)

B. 有句老話說得好："如果你總是做你一直在做的事，你就會一直得到同樣的結果。"

The old adage is so true, "If you always do what you have always done, you will always get what you have always gotten."

1. 你能改變的只有你自己，所以應試著改變你過去一貫的應對模式。

   Since the only person you can change is yourself, change how you have always responded in the past.

   a. 例如：如果你的配偶不收拾自己的東西，你可以冷靜地解釋你以後不會再幫他收拾，但你會把東西移開，以免礙事。務必確保你的做法不是出於報復（例如，藏起配偶的東西、丟掉它們），而是簡單地把它們堆放在不礙事的地方。

      Example: If your spouse does not pick up after himself, calmly explain that you will no longer be picking up after him, but will be removing the items from being in your way. Make certain this is not done in a vindictive way (e.g., hiding your spouse's items, throwing them away), but simply putting them all in a pile out of your way.

   b. 每個人都需要一個適應過程。所需時間通常取決於這種行為持續了多久。設定界線的關鍵在於堅持。如果你改變了自己的行為卻不能堅持下去，你的配偶就會知道如何讓你精疲力竭，下次你再嘗試設定界限時，就會更加困難。

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There will be a learning curve for everyone involved. The time frame often depends on how long the behavior has been exhibited. The key to setting a boundary is consistency. If you change your behavior and do not stick with it, your spouse will know she can wear you down, and the boundary will be even harder to establish the next time you try.

2. 不要偷偷摸摸地進行著。要溫和且堅定地解釋已經發生的事情以及你未來的行為。

   Do not make this a sneak attack. Gently, but firmly, explain what has been happening and what your new behavior is going to be.

C. 明智地設定界限 Make boundaries wisely

1. 請記住，對方沒有義務改變，也無法保證對方會改變。

   Please remember the other person does not have to change, and there is no guarantee your spouse will.

2. 設定一個讓你感到舒適的界線非常重要，這樣你才能始終如一地遵守它，並且無論結果如何都不會感到沮喪。

   It is important to have a comfortable boundary with which you can consistently live and not to become frustrated no matter the outcome.

禱告 Prayer

A. 首先感謝並讚揚願意尋求幫助的人或家庭成員的勇氣。

   Begin by thanking and commending the individual or family member(s) for having courage to seek help and support.

B. 在禱告中，為會談中所提出的困難禱告。

   Address in prayer the struggles that have been raised in the meeting.

   例如：主啊，我們感謝祢，因為我們受造奇妙可畏。我們感謝祢賦予我們選擇的權利：選擇敬拜祢、服事人、可以愛人，與人建立關係。主啊，在這段婚姻的困境中，求祢賜智慧。求祢幫助（姓名）保持謙卑，並願意跟隨祢的帶領，嘗試新的方法。我們知道婚姻是祢所設立的，祢渴望婚姻美滿幸福，並見證祢對教會的愛。求祢賜力量幫助我們。奉耶穌的名禱告，阿們。

   Example: Lord, we thank You that we are fearfully and wonderfully made. We thank You that You made us to have choices: choices to worship You, to serve others, to love radically, and to bond with other human beings. In struggles within this marriage, Lord, grant Your wisdom. Help (name) to stay humble and willing to follow Your guidance for him/her, as she/he tries a new tactic. We know that marriage is ordained by You, and it is Your desire for it to work and be a witness of Your love for the church. Give strength and help. In Jesus' name, Amen.

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4 Recommended Resources

推薦資源

Biuso, J., & Newman, B. (1996). Receiving love. Wheaton, IL: Victor Books.

Bottke, A. (2011). Setting boundaries with difficult people. Eugene, OR: Harvest House Publishers.

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Emerson, E. (2004). Love and respect: The love she most desires; the respect he desperately needs. Nashville, TN: Thomas Nelson.

Harley, W. (2011). His needs, her needs. Grand Rapids, MI: Revell.

Hawkins, D. (2005). Nine critical mistakes most couples make: Identify the pitfalls and discover God's help. Eugene, OR: Harvest House Publishers.

Hendrix, H., & Hunt, H. (2004). Receiving love: Transform your relationship by letting yourself be loved. New York, NY: Atria Books.

Foley, T. (2013). You (don't) complete: A healthier understanding of oneness in marriage. Retrieved from https://www.focusonthefamily.ca/content/you-dont-complete-me-ahealthier-understanding-of-oneness-in-marriage.

Kiehl, P. (2016). Creating the healthy marriage you want: Stop accusing & start accepting one another. CreateSpace Independent Publishing Platform.

Leman, K. (2009). Have a new husband by Friday: How to change his attitude, behavior & communication in 5 days. Grand Rapids, MI: Revell.

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5 Taking it to the Church

教會中的應用

婚姻中的界限
Boundaries in Marriage

經文 Lesson Text

「然而，你們各人也當愛妻子，如同愛自己一樣；妻子也當敬重她的丈夫。」（弗 5:33）
"Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband" (Ephesians 5:33).

挫折感往往源自於界線未設定或界線被逾越。神造人並非要人孤立生活，神也不要我們受他人控制。每個人都渴望掌控自己的人生。人想要能夠做出決定，擁有選擇權，並享受這些選擇所帶來的特權。上帝給我們每個人獨特的使命和才能。祂已將我們從罪和死的捆綁中釋放出來。如今，我們蒙受豐盛生命的應許。豐盛的生命與被控制、被虐待、被操縱或被剝削是無法共存的。我們在祂裡面是自由的，我們也應當永遠活出這種自由。
Frustration is so often the result of a boundary not set or a boundary breached. We are not made to live in isolation, but neither are we made to be controlled by another person. It is the desire of every human being to have power over her own life. Humans want to be able to make decisions, have choices, and enjoy the privilege that those bring. God has made each one of us unique with our own callings and talents. He has set us free from the bondage of sin and death. Now, we are given the promise of abundant life. Abundant living cannot coexist with being controlled, abused, manipulated, or exploited. We are free in Him and we should always be able to live that way.

以弗所書 5:33 吩咐說："然而，你們各人也當愛妻子，如同愛自己一樣；妻子也當敬重她的丈夫。
Ephesians 5:33 commands, "Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband."

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羅馬書 12:3-5；9-10 說：「我憑著所賜給我的恩典，對你們各人說：不要看自己過於所當看的，要照著神所分給各人信心的程度，看得合乎中道。正如我們一個身子上有好些肢體，肢體也不都是一樣的用處；照樣，我們這許多人，在基督裡成為一身，互相聯絡作肢體。

Romans 12:3–5; 9–10 says, "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. For as we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one members one of another. Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one to another with brotherly love; in honour preferring one another."

當你經過某個街區，看到街道兩旁有許多房屋。每棟房屋都坐落在一塊土地上。房屋、房屋內的物品以及房屋所在的土地，都屬於屋主的責任和權利。有些街區，人們習慣用圍欄來劃分地界。圍籬內的屬於屋主，圍籬外的屬於鄰居們的。雖然兩塊地相鄰，但彼此之間有著明確的界線。

If you pass through a neighborhood, you will see many houses lining the edge of the street. Each of those houses is sitting on a piece of property sold with that house. The house, the contents, and the property on which it is built are all the responsibility and privilege of the homeowner. As is customary in some neighborhoods, fences are built to outline the border of the property. What is inside the fence belongs to the homeowner. What is outside the fence belongs to the neighbor. Although the property is touching, there is a defined boundary between the two.

屋主完全有權保護自己的財產免受損害、竊盜或任何不受歡迎的侵擾。根據土地相關法律，你有權要求他人搬離你的房產，這是你的權利。

The homeowner has every right to protect his property from harm, theft, or any unwelcome intrusion. It is within the laws of the land to ask someone to vacate your property if you so choose. It is your privilege.

然而，請注意，擁有房產也意味著要承擔責任。你必須確保房屋符合建築規範，並按照城市條例清理和修剪你的房產。你必須照顧好你房產範圍內的一切。如果鄰居家的草長得很高，那不是你的責任，而是鄰居的責任。

Understand, however, that owning property comes with responsibility. You must keep your house up to code and your property clear and mowed according to the city ordinances. You must take care of everything within your property line. If your neighbor has tall grass, it is not your responsibility to take care of that grass. It is your neighbor's responsibility.

我們都明白，我們不能因為想要更大的院子就隨意移動圍籬。我們不能因為自己沒有露台和燒烤爐就未經鄰居允許使用他們的露台和燒烤爐。如果我們因為生氣而砸碎鄰居家的前窗，那就會觸犯法律。

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We all understand that we cannot just move the fence over because we want a bigger yard. We cannot use our neighbor's patio and barbecue pit without her permission just because we do not have our own. We would get into trouble with the law if we decided to throw rocks through the front windows of our neighbor's house because we were upset.

談到有形的事物，我們很容易理解並認同法律、法令、規章、特權、責任以及鄰里間的友好相處。但如果把財產邊界的概念抽象化，很多人就會提出異議，尤其是在婚姻關係中的界線。
When speaking of something tangible, how easy it is for us to understand and agree with laws, ordinances, codes, privileges, responsibilities, and cordiality between neighbors. But if you take this property boundary idea to the more abstract, suddenly many people beg to differ, especially when it comes to boundaries in marriage.

讓我們把你家窗戶被人砸石頭和配偶辱罵你做個比較。正如你不會允許房屋被人損壞一樣，你也不應該允許精神上的傷害。特別是精神上的傷害其實嚴重得多。你不可能把房子搬走，所以你要么出門阻止人扔石頭，要么尋求幫助。如果是遭受辱罵，你可以離開現場，或是尋求幫助來制止傷害持續產生。如果你的配偶正在侵犯你的安全、愛和保障的界線。你有權，也有責任保護自己免受傷害。
Let us compare the idea of throwing rocks through your neighbor's front window to your spouse hurling insults at you. Just as you would not allow the literal damage to your house, you should not allow the emotional damage to your life. Especially since the emotional damage to you is much worse. No, you cannot move your house, so you would either go out and stop the vandal from throwing the rocks or you would get help to do so. In the case of the insults flying, you can remove yourself from the situation or get help to make it stop. The spouse is crossing your boundary of safety, love, and security. You have every right and, really, responsibility to protect yourself from damage.

如果事情沒有那麼嚴重，當你的配偶越界，把他的健忘當成緊急情況，這就好比有人把東西越過籬笆扔到你家院子裡一樣。只要溫和地溝通，問問諸如「你怎樣才能更有條理？」或「我怎樣才能幫你更好地做好計劃？」之類的問題，就能緩解雙方的壓力和沮喪。
On a less severe front, if your spouse is crossing your boundary and making his forgetfulness an emergency for you, this again is like something being thrown over the fence into your yard. A gentle conversation including questions such as "How can you be better organized?" or "How can I help you plan this out better?" can relieve both parties of stress and frustration.

記住，設定界線不是築起一道牆。你不是要把配偶拒於門外，也不是要失去自我。健康的界線允許好事進來，壞事被拒之門外。設定界線是為了讓關係中的每個人都對彼此的期望達成共識。

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Remember that setting a boundary is not building a wall. You are not trying to keep your spouse out, nor are you trying to lose your own identity. Healthy boundaries allow good things in and bad things out. They are set so everyone involved in the relationship agrees on what is expected.

在婚姻關係中，丈夫蒙召要像基督愛教會一樣愛妻子（弗 5:25），也要像愛自己一樣愛妻子（弗 5:33）。對丈夫的其他誡命包括：要了解妻子的需要，尊重她，體貼她（彼得前書 3:7），順服她（以弗所書 5:21），不要對她苛刻（歌羅西書 3:19），並與她培養親密關係（哥林多前書 7:1-5）。回到鄰里關係的比喻，上述的行為與拆毀籬笆、移動地界、偷竊草坪椅之類的行為截然不同。
In a marital union, the husband is called to love his wife as Christ loved the church (Ephesians 5:25) and as he loves himself (Ephesians 5:33). Some other commands for the husband are to be knowledgeable of the needs of his wife, honor her, treat her carefully (I Peter 3:7), submit to her (Ephesians 5:21), do not be harsh with her (Colossians 3:19), and be intimately involved with her (I Corinthians 7:1–5). To return to the neighbor-relations metaphor, none of this is analogous to tearing down fences, moving property lines, stealing lawn chairs, or such like.

聖經也對妻子的角色有論述。她們的誡命也涵蓋尊重界線的理念。聖經證實，妻子應當順服丈夫（弗 5:22），敬重丈夫（弗 5:33），並與丈夫保持性關係（哥林多前書 7:1-5）。聖經並沒有命令妻子要逆來順受、任人擺佈或失去自我。
Wives also are addressed in Scripture. The commands given to them also convey the idea of respecting boundaries. The Bible bears out that wives should submit to their husbands (Ephesians 5:22), reverence their husbands (Ephesians 5:33), and be sexually involved with them (I Corinthians 7:1–5). There is no command that the wife should be a doormat, be exploited, or made to lose her identity.

有些人認為跟鄰居、朋友和孩子相處時要設定界限，但他們卻難以接受跟配偶相處也要設定界限。聖經告訴我們，夫妻要成為一體。然而，人們常常誤解這句話的意思，彷彿我們是不完整的一個人，四處遊蕩，直到找到那個能使我們完整的另一半。事實並非如此。
Some people understand the idea of setting a boundary when it comes to neighbors, friends, and children, but they wrestle with the concept of setting a boundary when it comes to a spouse. We are told in the Bible that a husband and wife become one flesh. Too often, people interpret that as if we are partial human beings walking around until we find that significant other to complete us. Nothing could be further from the truth.

上帝造我們使我們珍貴而特別。在祂眼中，我們是美麗的創造。聖經告訴我們，「我們在祂裡面得以完全」（西 2:10）。我們在耶穌基督裡是完整、功能健全的人，而不是在另一個人裡面。
God has made us precious and special. We are beautiful creations in His eyes. Scripture tells us that we “are complete in Him” (Colossians 2:10). We are whole and entire, fully-functioning human beings in Jesus Christ, not in another human being.

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要更理解兩個人合而為一的概念，不妨想像兩人在同一艘小船。他們有共同的目標和共同的責任。兩個人一定希望船能保持漂浮。船不可能同時朝不同的方向行駛，所以他們的方向和目標一定要相同。沒錯，他們仍然是兩個人，但他們的連結非常緊密，彼此的每一個舉動都會影響對方。
A good way to look at this idea of two human beings becoming one is to think of a small boat. If two people get in that boat together, they now have a lot of things in common. They are both interested in keeping the boat afloat. There are common goals and shared responsibilities. A boat cannot go different ways at the same time, so their direction and focus will be the same. Yes, they are still two people, but they are very much intertwined, and every move each makes affects the other.

夫妻一方可能會在船上互相攻擊，傷害另一方。但最終，如果船的一側沉沒，另一側也會隨之沉沒。這更能體現婚姻的合一。即使程度較輕，像是夫妻一方不划槳，不承擔自己應盡的責任，船也無法正常航行。它可能會原地打轉，撞到什麼東西造成損壞，或至少會讓一方精疲力竭，最終感到沮喪。有了這樣的比喻，有時就更容易理解兩個人合而為一的概念了。
A spouse can hurl insults across the boat, damaging the other side. But ultimately if one side of the boat sinks, so does the other. This provides a better picture of the oneness of marriage. Even to a lesser degree, if one spouse is not paddling, pulling her share of the load, the boat cannot move correctly. It may possibly just go in circles, run into something that would cause damage, or, if nothing else, wear out one spouse to a point of frustration. With this picture in mind, it is sometimes easier to understand the idea of two people becoming one.

當人們學習如何設定界線時，常常會問的第一個問題是：「這樣做不是很自私嗎？」答案是，確有可能是自私的。這主要取決於設定界線的動機。如果一個人設定界線只是因為他不想承擔自己應盡的責任，試圖控制他人，或他的整體態度和動機有問題，那麼在這種情況下，設定界線當然可能是自私的。
Often the first question asked when someone is learning to set boundaries is, “Isn’t that selfish?” The answer to that question is, it absolutely can be. This mainly depends on the motive for setting the boundary. If someone decides to set a boundary simply because he does not want to pull his share of the load, he is trying to control another person, or his overall attitude and motivation are not correct. In such a scenario, yes, it certainly can be selfish to set a certain boundary.

然而，設定界限也可以被視為一種自我保護。界線可以保護我們免受傷害、倦怠、挫折、憤怒、怨恨以及其他許多負面情緒的侵擾。如果設定界線是為了改善婚姻關係，那麼它就是一個好的界線。
Setting a boundary, however, can also be thought of as protecting oneself. Boundaries can protect us from hurt, harm, burnout, frustration, anger, resentment, and a whole host of negative things. If the boundary is set to better the marriage, then it is a good boundary.

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「設定界限使你不用像照顧幼兒那樣替配偶收拾殘局，能幫助你維繫婚姻嗎？」這只是打比方。有些婚姻在某些安排下運作良好，而這些安排在其他婚姻中卻行不通。如果夫妻雙方都對這樣的約定感到滿意，那麼就不存在界線不清或逾越的情況。但如果一方因為另一方缺乏責任感而感到疲憊或沮喪，那麼這一定會影響婚姻。這些情況都需要解決，需要設定並確立界線。

"How can setting a boundary that you will no longer pick up after your spouse (as you would a toddler) help the marriage?" First, this is only an example. Some marriages work just fine with certain arrangements that would never work in other marriages. If both spouses are happy with the agreement, then there is no boundary being moved or trespassed. But if one spouse is worn out and or frustrated over the lack of responsibility taken by the other, then it is definitely affecting the marriage. These are the types of things that need to be addressed, and a boundary needs to be set in place and established.

加拉太書 6 章 2 節說：「你們各人的重擔要互相擔當，如此，就完全了基督的律法。」第 5 節又說：「因為各人要擔自己的重擔。」這兩節經文在聖經中並非自相矛盾，而是對界限的界定。加拉太書 6 章 2 節提醒我們，有時一個人的重擔會過於沉重。如果我們有能力，就應該彼此分擔。這無疑是一種無私的行為，在上帝眼中也是對的事。然而，當我們閱讀加拉太書 6 章 5 節時，會發現我們每個人都必須承擔自己的重擔。這裡指的是日常生活中的瑣事，是生活中那些需要我們承擔責任的尋常事物。

Galatians 6:2 says, "Bear ye one another's burdens, and so fulfil the law of Christ," and verse 5 says, "For every man shall bear his own burden." These verses are not a contradiction in Scripture, but a view of setting boundaries. In Galatians 6:2, we are reminded that sometimes a load gets too heavy for an individual. If we are able, we are commanded to help them with that load. This is definitely an unselfish act, and it is right in the eyes of God. However, when we look at Galatians 6:5, we see we are all required to shoulder our own loads. It is speaking of the daily hassles, the normal things in life that require us to take responsibility.

在神聖的婚姻結合中，夫妻雙方仍然是獨立的個體。他們都有各自的需求和願望，都會經歷傷痛，也有各自的優點和缺點。身為配偶，我們有責任也有權利去設定界限，以促進婚姻的整體健康，而不是出於自私的目的。尊重配偶的界限也至關重要。在婚姻中設定界線並非易事，需要雙方不斷禱告、充分溝通，並且彼此順服。界限對於婚姻的興盛和夫妻二人的合一至關重要。

In the union of holy matrimony, both spouses are still individuals. They both have needs and desires, hurts and pain, strengths and weaknesses. As a spouse, it is a responsibility and privilege to set up boundaries that help the overall health of the marriage and are not set for selfish reasons. It is also vital that the boundaries of our spouse be respected. Boundary setting in marriage is not always an easy task. It should be done with much prayer, communication, and submission to one another. Boundaries are imperative for the marriage to flourish and for the two to become one.

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