



處理憤怒情緒

Coping with Anger

在治療癌症期間，你有時會感覺憤怒。你可能會為身體的改變、一些事情或精神信仰等而生氣，情緒變得起伏不定。這都是正常哀傷歷程的一部分。如果憤怒的情緒困擾你，你可約見社會工作人員或輔導員，你亦可運用以下方法處理情緒。運用這些方法時你要心平氣和，否則無法在不快的情況下應用。正如其他技能一樣，你練習越多就越容易掌握。

During cancer care you may have feelings of anger. You may be angry at your body, events, and spiritual values and so on. Your feelings may come and go and can be a normal part of the grieving process. If your feelings of anger are causing you concerns make an appointment to see a counselor. Practice some of these strategies since they may be hard to use during an unpleasant event unless you are calm. Like most skills the more you practice the easier it will get.

識別憤怒情緒

留意自己憤怒時的狀態。有些人還未察覺到自己正在發怒，便已經將情緒發泄出來，例如向配偶大聲呼喝。留意自己的生理狀況（呼吸、肌肉收緊、心跳）、思維和行動。

Recognize anger

Identify when you are feeling angry. Sometimes people may act out their anger, such as yelling at their spouse, even before realizing they are angry. Pay attention to your body, (breathing, muscle tension and heart rate) your thinking and your actions.

憤怒有否掩蓋其他情緒

憤怒有時會夾雜了其他情緒，掩飾一些難以表達的情感，例如傷心、無奈或絕望。

Think about if your anger is masking other feelings

Your anger may also be mixed with other feelings. Anger is sometimes used to hide other painful feelings that are hard or painful to express, such as sadness, frustration or despair.

傾吐情感

在支援你的社交圈子中，找一個可以經常聽你傾訴的對象。這個聆聽者可以是你信任的家人、朋友或專業輔導員。

Discuss your feelings

Name someone from your circle of support that you can talk to about your feelings with on a routine basis. This could be a trusted family member, friend, or counsellor.

改善溝通

辨別誰是會觸發你憤怒情緒的人，設法改善你與對方的溝通。這可能需要朋友、家人、同事或醫療人員的參與。

Improve clear communication

Try to improve communication with the person(s) you name as being linked to feelings of anger. This could involve, friends, family members, co-workers and members of your health care team.

不要積壓怒氣

你一旦意識到自己有些憤怒，便要盡快用健康的方法表達出來。如果你待至自己極為憤怒時才加以處理，便很可能以一種不健康的方法表達出來。

Don't wait for anger to build-up

Express your feelings in a healthy way as soon as you notice the anger. If you wait until your anger is bad, then you are more likely to express it in an unhealthy way.

用健康方法釋放怒火

每天做些運動。你亦可以做些瑜伽、鬆弛運動、默想、禱告、寫日誌、在沐浴時哭出來、擊打枕頭或聽音樂等方式幫助抒發怒氣。做些配合你情緒的體能活動，例如砍木頭、跑步、行山徑、騎越野自行車等。一些有創意的的方法亦可幫助來表達憤怒，例如畫畫、寫文或角色扮演。

Let go of anger energy in a good way

Exercise a little each day. Do yoga, relaxation exercises, meditation or prayer. Keep a record. Cry in the shower or pound a pillow. Listen to music that helps to express your angry feelings. Do a physical activity that matches the force of your feelings; chop wood, run, hiking or mountain biking. Express your anger in creative ways, such as through painting, writing, or acting.

轉換環境

讓自己冷靜一下！出外快步走一走。離開那些會增加你怒氣的人、事或地方。即使在外快步行走短短5分鐘，已能助你消滅憤怒情緒。

Change your setting

Take a break! Take a brisk walk. Leave the person, place or thing that is raising your feelings of anger. Even a 5 minute walk can be useful in cutting the force of your feelings.

預留安靜時間

如果你預期將有事情發生並會給你帶來壓力，你可在事情發生之前和之後讓自己安靜。在事情發生之前的安靜時間，你可以作點分析和部署。在事情發生之後的安靜時間，你可以釋放這事情而引致的壓力和情緒。

Build in quiet time

When you expect something stressful to happen, give yourself some “quiet time” before and after. Quiet time before lets you to check in and do some planning. Quiet time after lets you release the feelings linked to stress.

反問自己的思維方式

當情緒激動的時候，思想較易趨向偏激。嘗試用理性和符合事實的想法來取代這種偏激思維。例如，當你告訴朋友你感到不適而對方卻對你說有人境況比你更糟，你即時的想法可能是：「沒有人關心我」。你可挑戰自己的思維，並改而這樣想：「我認識的人當中有很多是關心我的。我只是心煩意亂和致感到傷心而已。」每當感到憤怒時嘗試這樣做，可以助你用一個更平衡的觀點看事物。

Question your thinking

When your feelings are high, your thinking can get exaggerated and overly dramatic. Try replacing these thoughts with more rational, real ones. For instance: when you told your friend you were feeling very sick and she told you that there are people worse off than you. If your first thought was: "Nobody cares about me". Question your thoughts: "There are many people I know who care about me. I am upset and my feelings are hurt." Do this each time you feel anger getting the best of you, and it'll help you get a more balanced outlook.

解決問題

現實生活中的問題有時真的使人憤怒和沮喪。當問題未得到解決時，感到憤怒是自然的。問問自己「我究竟想怎樣處理？」。用解決問題的思維來考慮需要作出什麼改變才能解決問題。

Problem-solve

Our anger and frustration can be caused by very real problems in our lives. Anger can be a normal response to needs not being met. Ask yourself: "what do I want to do about it?" Use your problem solving skills to gauge what changes you can make so your needs can be dealt with.

如要更多有關處理情緒的資訊，請瀏覽卑詩癌症局網站 www.bccancer.bc.ca
For further information, please go to BC Cancer Agency website at: www.bccancer.bc.ca