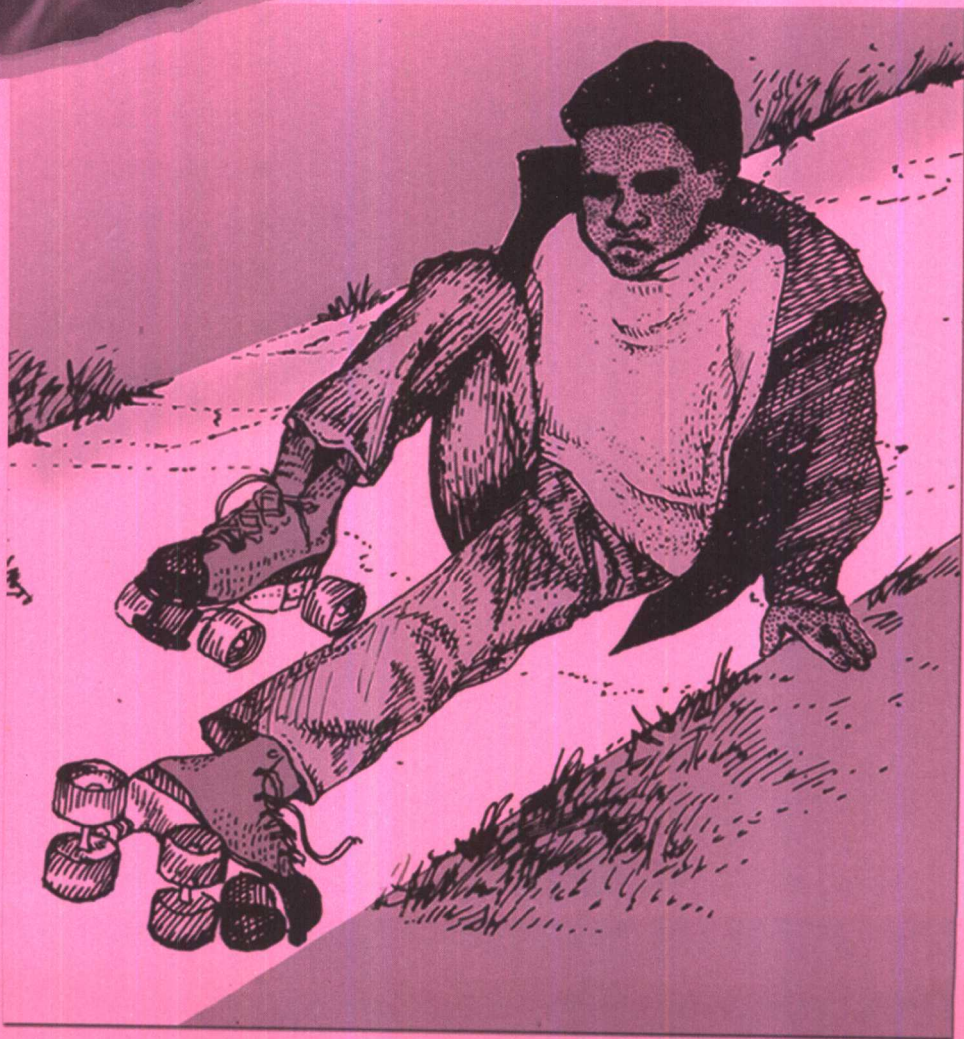


# 我灰心

亚历克斯想当溜旱冰，  
可他穿上溜冰鞋后却老是  
摔跤。他是如何走出灰心  
的阴影并最终学会溜冰的  
呢？

GINAC99/1002





# Dealing with Feelings

## Why a book on frustration?

Parents often ask me for help dealing with their children's feelings. Two factors may contribute to this: (1) Many people were taught to ignore their feelings as children. Now they want to raise their own children differently, but have no idea how. (2) Everyone feels frustrated occasionally—both children and adults. We all need skills to handle our feelings.

## How can this book help?

*I'm Frustrated* can help children accept their feelings and decide how to respond.

The book models a constructive process for dealing with frustration. It shows a parent and child discussing feelings openly. The story also offers specific options for children. There are verbal, physical, and creative ways described to express feelings. In addition, *I'm Frustrated* serves as a role model for parents who wish to change the way they respond to their children's feelings.

## How to use *I'm Frustrated*

*I'm Frustrated* becomes more useful with time and repetition. A couple of readings probably won't make a dramatic change. But you can start to help your child transfer the information to real life.

■ **Distinguish between feelings and actions.** Read the book, letting the child choose the options. Ask, "How does Alex *feel* now? What will he do next?" at the end of each page. More about understanding feelings is below.

■ **Introduce different options.** Children need several ways to cope with feelings that work for them. This story offers ten ideas. When you are done reading, ask your child, "What else could Alex have done?" Record your child's responses on the "Idea Page" at the end of this book.

■ **Use as a springboard for discussing other situations.** Begin by discussing something that happened to someone else. Ask your child to identify the feelings and the alternatives the child tried. Talk with your child from the perspective of collecting information, rather than what is right or wrong.

For example, assume a friend, Jenny, was trying to build a tower but the blocks kept falling down. Ask, "How did Jenny *feel* when the blocks fell down again?" "What did she do first when she felt upset?" "What else did she do?" Possible answers: she quit, took a break, cried, or asked for help.

When your child can distinguish between feelings and behavior for other people, you can review something he or she did in the same non-judgmental way.

Elizabeth Crary, Seattle, WA

## 怎样处理儿童情感问题

### 为何需要一本关于灰心的书？

家长们经常要求我就如何处理他们孩子的情感问题提供帮助。他们这样要求可能有两个因素。一是他们儿时所受的教育就是忽略他们的情感，如今他们想用一种不同的方式来养育自己的孩子，但却苦于不知如何做。二是不管是家长还是孩子都会偶尔感到灰心。我们都需要一些技巧来处理我们的情感。

### 这本书有什么用？

《我灰心》可以帮助孩子们接受他们的情感并决定如何作出反应。

本书为建设性地处理灰心提供了一个模式。它展示了家长和孩子是如何公开讨论情感问题的。同时，故事中还为孩子们提供了具体的选项，他们可以选择用语言的、行动的或创造性的方式来表达自己情感。此外，《我灰心》为那些希望改变对其孩子的情感作出反应的方式的家长充当了一个角色模式。

### 怎样使用《我灰心》

花的时间越长，使用的次数越多，《我灰心》的作用就越大。翻阅几下本书不会带来惹人注目的变化。不过你可以开始帮助你的孩子把书中的东西运用到现实生活中来。

■ **区分情感与行为。**念这本书，让你的孩子作出自己的选择。在每页的结尾问：“亚历克斯现在是什么感觉？”“他下一步会做什么？”下面还有更多关于理解情感的信息。

■ **介绍不同的选项。**孩子们需要多种对他们有效的方式来处理自己的情感。本书的故事提供了十种主意。在你念完故事后就问你的孩子：“亚历克斯还可以怎么做？”把孩子的回答记录在书尾的“主意页”上。

■ **把本书做为讨论其他情境的起点。**一开始是讨论发生在别人身上的事，然后让你的孩子学会区分这些情感以及处理情感的方法。不要教育他是对还是错，而应从收集信息的角度与你的孩子交谈。

比方说，有一个叫詹妮的朋友在试图搭一个塔，可积木老是掉下来。你可以问孩子：“积木又掉下来了，詹妮是什么感觉？”“她感到心烦意乱，会先做什么？”“她还做了什么？”可能性的回答：她放弃；她休息了一会儿；她大喊大叫；她寻求帮助。

当你的孩子能够区别人情感和行为时，你可以回顾一下他或她过去在同样没有判断力的情境下作出的反应。

伊丽莎白·克拉里于华盛顿州西雅图市



Alex sat on the steps, watching his brother and sister. They were practicing for a roller skating race that weekend. He smiled as he watched them zoom back and forth. It looked so easy. He wanted to skate too.

Alex decided to try. He got his sister Vanessa's old skates and put them on. He laced them tight, and then stood up. The skates slid out from under him. He landed smack on his bottom.

亚历克斯坐在台阶上看着他的哥哥和姐姐。那个周末他们在练习溜旱冰。他们溜来溜去，轮子发出嗡嗡的声音。看着他们，亚历克斯笑了。看起来这挺容易的嘛。他也不想溜旱冰。

亚历克斯决定试一试。他拿来姐姐文莎的旧旱冰鞋穿上。他系紧鞋带，站起身来。旱冰鞋从他脚下滑了出去，他一屁股摔在地上。

Alex carefully tucked both feet under himself and tried to stand. The skates slipped again. "How am I ever going to learn to skate if I can't stand up?" he wondered.

He crawled over to the fire hydrant and slowly pulled himself up. He stood for a moment and then fell again. He started to cry, "I can't do it. I can't do it."

Mom came out and asked, "What can't you do, Alex?"

"Roller skate. These skates don't like me. Every time I try to skate, I fall down," he complained.

"You want to skate, and you're frustrated you can't stand up. Is that right?" Mom asked. Alex nodded yes. "Can I help?" she offered.

"I don't know," Alex answered. He felt tight inside—like he might cry. "I want to smash the skates to pieces and throw them away."

"It's okay to feel frustrated, Alex, and I can't let you hurt the skates. What else could you do?" Mom asked.

亚历克斯小心翼翼地收回脚，试着站起来。旱冰鞋又滑了出去。“我要是站不起来，怎么学溜冰呢？”他感到疑惑了。

他爬到消防栓那儿，扶着它慢慢地站起来。他只站了一会儿，然后又摔倒了。他哭开了：“我学不会。我学不会。我学不会。”

妈妈走出来，问道：“什么事你学不会呀，亚历克斯？”

“溜旱冰。这双鞋子不喜欢我。我每次试着溜的时候都会摔倒。”他抱怨道。

“你想溜冰，但你站不起来，于是你很烦。是这样吗？”妈妈问。亚历克斯点头说是。“我能帮忙吗？”妈妈问道。

“我不知道。”亚历克斯回答。他觉得很气闷——就像要哭的感觉。“我想把这双旱冰鞋摔个粉碎，扔得远远的。”

“感到灰心是很正常的，亚历克斯，而且我也是不会让你弄坏旱冰鞋的。你还能做点别的什么吗？”妈妈问。

---

### What do you think Alex can do?

Listen to your child's ideas. If no idea is suggested, continue.

---

### 你认为亚历克斯可以做什么？

听听你孩子的主意。如果没什么主意被想出，继续看下去。



“I don't know,” Alex replied.

“Well, I can think of eight ideas,” said Mom.

“You could—

Ask for help . . . . . page 10

Sit and cry . . . . . page 12

Take a break . . . . . page 14

Do something physical . . . . . page 18

Blow out your frustrated feelings . . . . . page 20

Find out how other people calm themselves  
. . . . . page 22

Chart your progress . . . . . page 24

Reward yourself for trying . . . . . page 28

That's a lot of ideas. What will you try first?”

“我不知道。”亚历克斯答道。

“好吧，我可以想到八个主意。”妈妈说，

“你可以——

寻求帮助 . . . . . 第 10 页

坐下来哭一场 . . . . . 第 12 页

休息一会儿 . . . . . 第 14 页

做某项运动 . . . . . 第 18 页

把灰心的感觉呼出去 . . . . . 第 20 页

了解别人是如何使自己平静下来的  
. . . . . 第 22 页

记录你的进步 . . . . . 第 24 页

奖赏你自己的努力 . . . . . 第 28 页

这儿有不少主意。你先试哪一个？”

---

**What do you think Alex will try first?**

Turn to the page your child chooses. If no idea is suggested, continue the story.

---

**你认为亚历克斯会先试哪一种？**

翻到孩子选的那一页。如果没什么主意被想出，继续看下去。





## Ask Someone for Help

“I want some help,” Alex decided.

“What kind of help do you want?” Mom asked.

“Someone to help me up and hold my hand so I don't fall,” Alex replied.

“Sounds like you know what you want. Who do you think can help you?” Mom asked.

“Vanessa or Charlie,” Alex replied. He wanted his sister or brother.

“Here they come. You can ask them,” Mom replied.

“Charlie,” Alex called out, “help me skate!”

“Okay, I'll help you skate down to Johnson's and back,” he answered. Alex hung onto Charlie as they skated. Each time Alex fell, Charlie helped him up. Charlie explained how to bend his knees to keep balanced. By the time they got back, Alex could stand up by himself, but he was still very frustrated.

## 寻求别人的帮助

“我需要些帮助。”亚历克斯决定了。

“你需要什么样的帮助呢？”妈妈问。

“要有个人帮我站起来，拉着我的手使我不会摔倒。”亚历克斯答道。

“听起来你知道你需要什么。你认为谁能帮助你呢？”妈妈问。

“文莎或者查理，”阿历克斯答道。他想要他哥哥或姐姐帮他。

“他们来了。你问问他们吧。”妈妈回答。

“查理，”亚历克斯喊道，“帮我溜冰！”

“好的。我会帮你溜到约翰逊家那儿再溜回来。”他回答道。他们溜的时候亚历克斯紧紧拽着查理。每次他倒下了，查理就帮他起来。查理向他解释怎样弯下膝盖以保持平衡。等他们溜回来时，亚历克斯已经可以自己站起来了，但他还是很灰心。

---

**What do you think Alex will do next?**

Sit and cry .....page 12

Talk about his feelings .....page 16

---

**你认为亚历克斯接下来会做什么？**

坐下来哭一场 ..... 第 12 页

说说他的感受 ..... 第 16 页



## Sit and Cry

## 坐下来哭一场

Alex fell down a couple more times and then gave up. "It's not fair," he sobbed. "The skates hate me. Everybody can skate but me."

He cried and cried.

After a bit Mr. Wilson, a neighbor, noticed Alex crying and came over. "Are you okay?" he asked.

"Yes, No. I don't know," Alex sniffed. "I want to skate but I keep falling down."

"Sounds like you feel so frustrated you decided to cry," Mr. Wilson replied. "Sometimes crying helps and sometimes it doesn't. If it doesn't help, you might take a break or talk to someone about your feelings."

亚历克斯又摔倒了几次，于是他放弃了。“这不公平。”他抽泣起来。“旱冰鞋不喜欢我。所有人都会溜冰，就我不会。”

他哭了又哭。

过了一会儿，邻居威尔逊先生发现亚历克斯在哭便走了过来。“你还好吧？”他问道。

“好。不好。我不知道。”亚历克斯嗅着鼻子。“我想溜冰但总是摔倒。”

“听起来你好像因为很灰心，所以决定哭一场。”威尔逊先生答道。“有时候哭一场会管用，有时候则不管用。如果不管用，你就要歇一会儿或者找个人说说自己的感受。”

---

### What do you think Alex will do?

Take a break ..... page 14

Talk to someone about his feelings  
..... page 16

---

### 你认为亚历克斯会做什么？

休息一会儿 ..... 第 14 页

说说他的感受 ..... 第 16 页



## Take a Break

"I've had enough," Alex said to himself. "The more frustrated I get, the more I fall. I had better find something fun to do before I explode or turn black and blue from bumps."

"Now what would feel nice?" he asked himself. "Playing with my kitten would be nice. So would reading a book. I don't know which to do."

"I know," he said, as he pulled a penny from his pocket. "I'll toss a coin. Heads, I'll read. Tails, I'll play with my kitten." He tossed the coin. "Heads!" he said. He picked up the penny and went inside.

He got his favorite book. Then he sat down in the big chair and curled up with a blanket. "Now this is nice," he said, as he opened his book. "I feel warm and cozy now."

When he was done reading, Alex decided he was ready to practice again. He put on the skates and tried to skate to the tree.

Each time he tried, he fell. "This isn't fair," he cried. "I am so mad I could scream."

## 休息一会儿

"我受够了。"亚历克斯对自己说,"我越灰心就越会摔跤。我要是不想摔得青一块紫一块,最好还是找点好玩的事来干干。"

"干什么会感觉好一点呢?"他问自己,"和小猫一起玩就很好。看书也不错。我不知道该干哪样。"

"知道了。"他说着从口袋里掏出一枚硬币。"我来抛硬币。正面朝上我就看书,反面朝上我就和小猫玩。"他抛出硬币。"正面!"他说道。他捡起硬币并走进屋内。

他拿出自己最爱看的书,坐到一张大椅子上,用毯子把自己裹起来。"现在这个样子还真不错。"他说着打开了书,"我现在感到又暖和又舒服。"

看完了书,亚历克斯决定再去练习溜冰。他穿上旱冰鞋试图溜到树那边去。

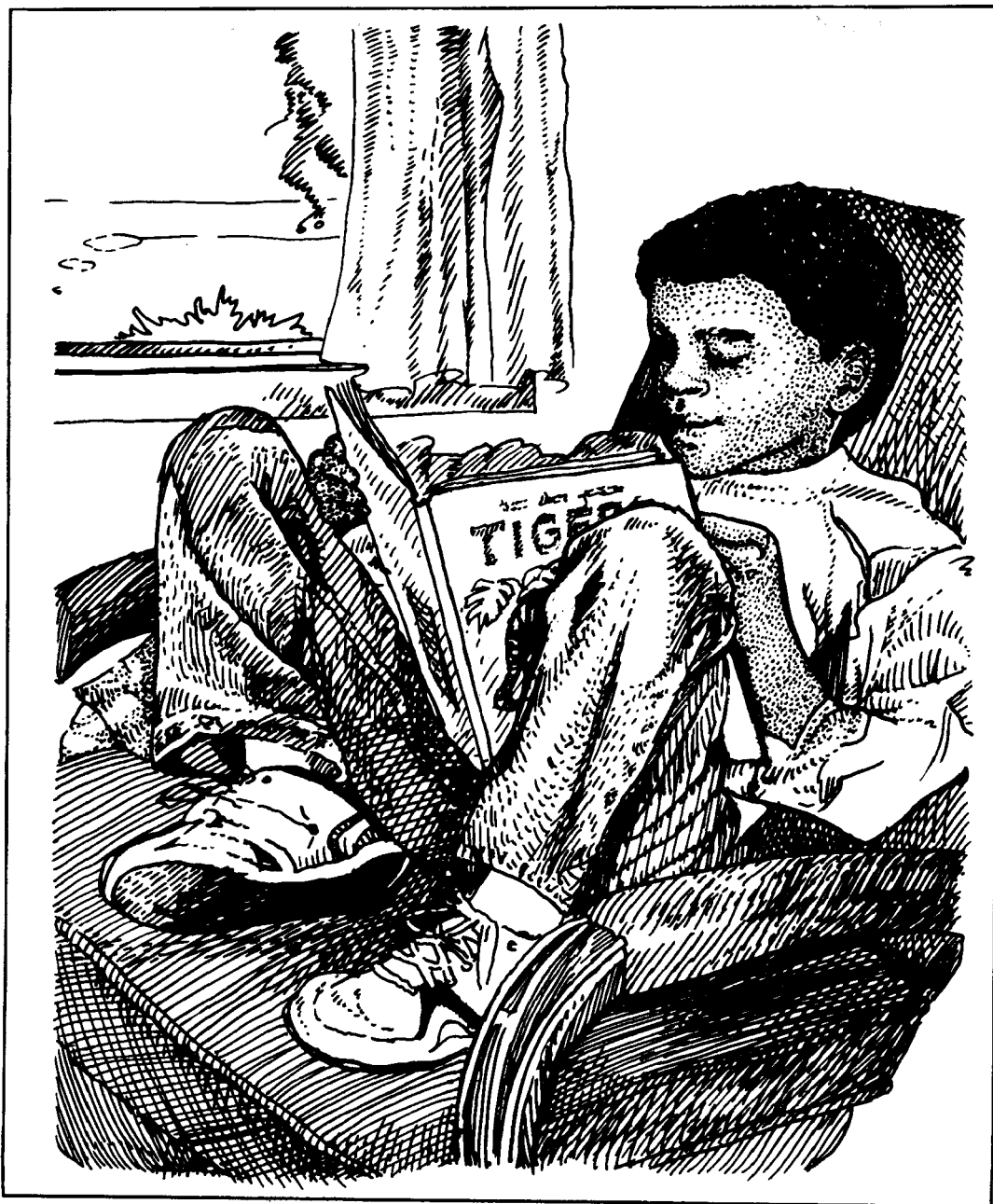
他每试一次就摔倒一次。"这不公平,"他大喊道,"我恼火得要尖叫了。"

---

Turn to page 16.

---

翻到第 16 页。



## Talk about Your Feelings

## 说说你的感受

Alex took off the skates and went to find his mom again. “Mom, every time I try to skate, I fall down,” he complained. “Even when someone helps me, I fall down. I want to practice, but my frustrated feelings get so big I feel like I’ll blow up. What can I do?” Alex asked.

“That’s a good question,” Mom answered. “Everyone needs to find ways to calm themselves, whether they are mad, frustrated or scared. I can think of two ideas.”

“You could blow out the frustrated feelings. Or you can do something physical, like running around the block. Lots of times when feelings get too big, you can make them smaller by doing something very active.”

“Those are two ideas. If you need more, let me know.”

“Thanks, Mom. I know what I’ll do,” Alex answered.

亚历克斯脱下旱冰鞋又去找他的妈妈。“妈妈,我每次试着溜的时候都会摔倒。”他抱怨道,“即使有人帮忙还是会摔。我想要练习,可我灰心的感觉变得如此严重以至于我感到自己都好像都要爆炸了。我该怎么办呢?”他问道。

“问得好。”妈妈回答,“每个人都需要各自的方法来使自己平静下来。不管他们是生气、灰心还是害怕。我能想到两个主意。”

“你可以把灰心的感觉呼出去。要不你可以做点运动,比如沿着街区跑一跑。许多时候当情感过于强烈时,你可以通过做运动来使之减弱。”

“那是两种办法。如果你还需要别的就告诉我。”

“谢谢您,妈妈。我知道我要做什么了。”亚历克斯回答。

---

### What do you think Alex will do next?

Do something physical ..... page 18

Blow out the frustrated feelings..... page 20

---

### 你认为亚历克斯接下来会做什么?

做某项运动 ..... 第 18 页

把灰心的感觉呼出去 ..... 第 20 页



