

我害怕

特蕾西很想跟新邻居家的几个孩子一块玩，可她却害怕他们所带来的一条神气活现的大狗……

GNDPC99/1005





Dealing with Feelings

Why a Book on Fear?

Parents often ask me for help dealing with their children's feelings. This may be because many people were taught to ignore their feelings as children. Now they want to raise their own children differently, but have no idea how.

How can this book help?

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

The book models a constructive process for handling fear. 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 Scared* 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 Scared*

I'm Scared 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 Tracy *feel* now? What will she *do* next?" at the end of each page.

■ **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 Tracy have done?" Record your child's responses on the "Idea Page" at the end.

■ **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 visiting friend, Mike, did not want to go home. Ask, "How did Mike feel when it was time to go home?" "What did he do first when he felt upset?" "What else did he do?" Possible answers: he ignored the request, he said "No", or he scowled and said "Okay."

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, Washington

怎样处理儿童情感问题

为何需要一本关于儿童害怕的书？

家长们经常要求我就如何处理孩子的情感问题提供帮助。这也许是因为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，但却不知如何做。

这本书有什么用？

《我害怕》可以帮助孩子们接受他们的情感并知道如何作出反应。

本书为建设性地处理害怕提供了一个模式。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的情感。此外，《我害怕》也为那些希望改变与孩子们交流方式的家长充当了一个角色模式。

怎样使用《我害怕》

花的时间越长，使用的次数越多，《我害怕》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：“翠茜现在是什么感觉？”“她下一步会做什么？”

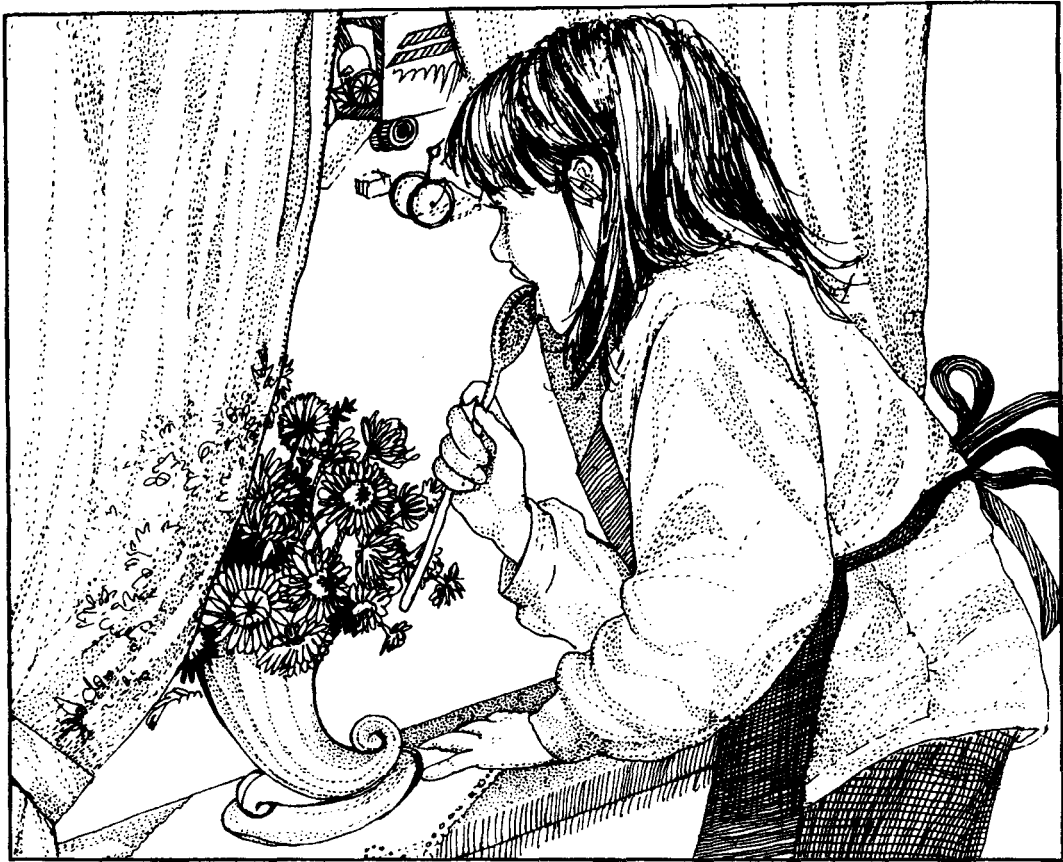
■**介绍不同的选项。**孩子们需要多种对他们有效的方式来处理自己的情感。本书的故事提供了十种主意。在你念完故事后就问你的孩子：“特蕾西还可以怎么做？”把孩子的回答记录在书尾的“主意页”上。

■**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书中孩子试过的方法。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，假设一个叫迈克的朋友来家做客，而他却不想回家。你可以问孩子：“该回家了，迈克会有什么感觉？”“迈克感到心烦意乱，他会先做什么？”“他还做了什么？”可能性的回答：他对别人的请求置之不理；他说“不”；他愁眉苦脸地说“好吧”。

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



Tracy could hardly wait. Today she would meet her new neighbors. She saw three kids' bikes, so there must be three in the family. She hoped there would be someone her age. Her best friend had moved away and she still felt lonely.

"Momma, do you think they have someone my age?" she asked as she and her brother helped her mom make cookies. "One of the bikes is about my size."

特蕾西几乎等不及了。今天她将见到她的新邻居。她看到有三辆儿童自行车,那么这家应该有三个孩子吧。她希望有个和她同龄的。她最要好的朋友搬走了,她仍感到孤独。

"妈妈,你认为他们当中有没有和我一样大的?"她一边和哥哥一起帮妈妈制作小甜饼一边问道,"有辆自行车正好是我的自行车的尺寸。"

“It’s possible,” Mom replied.

“Do you really think so?” Tracy asked.

“You will have to wait and find out,” Mom said.

“But I want to know now!” Tracy moaned.

“Oh, well, I’ll pretend I have a new friend. she will like baseball, and riding bikes, and reading. And she’ll hate dogs—especially big dogs—just like me. Her favorite color will be blue, and...”

“Tracy,” her brother called from the living room, “there’s a car pulling in the driveway next door.” Before he finished the sentence, Tracy’s nose was pressed against the window.

“I can’t see,” she waited. “The kids are all getting out of the other side.” She raced to the kitchen to ask, “Mom, how long do I have to wait before I can take the cookies we baked over?”

“Not long,” Paul called, as the doorbell rang.

Tracy started to follow Paul outside, but suddenly her smile vanished from her face. On the steps stood three kids and a dog! A big, bouncy dog. Tracy was terrified.

“有可能。”妈妈回答。

“您真的那么想?”特蕾西又问。

“你等一下就会知道了。”妈妈说。

“但我现在就想知道!”特蕾西抱怨道。

“好吧,我就当作我会有个新朋友。她会喜欢棒球、骑自行车和读书。另外,她会像我一样讨厌狗,尤其是大狗。她最喜欢的颜色将会是蓝色,还有……”

“特蕾西,”她哥哥从起居室里喊道,“有两辆车停在隔壁的车道上。”话音未落,特蕾西已经将鼻子贴到窗户上了。

“我看不见,”她哀声叫道,“孩子们都是在另一边下的车。”她跑到厨房问道:“妈妈,要等多久我才能把我们烤的小甜饼送过去呢?”

“用不了多久。”保罗喊道。正在这时,门铃响了。

特蕾西跟着保罗出去,突然笑容从她脸上消失了。台阶上站着三个小孩,还有一条狗!一条神气活现的大狗!特蕾西被吓住了。

What do you think Tracy can do?

Listen to any ideas your child has. If he or she has no ideas, turn the page.

你认为特蕾西会做什么?

听听孩子的主意。如果他或她没有主意,翻到下一页。



“Mom,” Tracy cried, as she ran back to the kitchen. “There is a dog outside. I’m scared! He might bite like Rover did.”

“Some dogs can hurt. And some can be lots of fun. Feeling scared is a clue you may be in danger. When you feel scared check and see if you are safe, then decide what to do. Does this dog look dangerous?” Mom asked.

“No,” Tracy answered, “but I don’t know what to do.”

“Well, I can think of several things you can do,” Mom realized calmly. “You could—

Watch from inside 10

Ask the kids to take the dog home
..... page 12

Ask someone to hold your hand and meet the
kids page 14

Take five deep breaths page 18

Sing a happy song page 20

Are those enough ideas to start with?”

Tracy nodded.

“What will you try first?” her mother asked.

“妈妈”，特蕾西边跑回厨房边喊道，“外面有条狗。我害怕。它可能会像罗佛一样咬人的。”

“有些狗会咬人，但有些可有趣了。感到害怕是遇到危险的前兆。当你害怕时，看看你是否是安全的，然后再决定怎么办。那条狗看起来危险吗？”妈妈问。

“不危险，”特蕾西回答，“但我不知该怎么办。”

“好，我可以想出几件你能做的事，”妈妈平静地说，“你可以——

从屋里向外观看 第 10 页

要邻居家的孩子把狗牵到他们的家中去
..... 第 12 页

让人拉着你的手和那些孩子打个招呼
..... 第 14 页

深呼吸五次 第 18 页

唱首快乐的歌 第 20 页

这些主意够用吗？”

特蕾西点点头。

“你要先试哪一种？”妈妈问。

Which do you think Tracy will try first?

Turn to the page your child chooses. If no idea is chosen, turn the page.

你认为特蕾西会先试哪一种主意？

翻到你的孩子选的那一页。如果什么主意也没被选中，翻到下一页。



Watch from Inside

"I'm too scared to go out. I'll watch from the living room," Tracy decided.

She walked slowly to the window and looked out. The new kids were all laughing at something her brother said. "I wish I knew what they were talking about," she thought.

As the kids talked, she watched the dog rush up to Paul and sniff him. Then the dog bounced around and jumped up on him. Paul laughed and pushed him down. "It's funny," Tracy thought, "when I'm inside the dog doesn't look so scary."

Paul saw her watching out the window and brought the neighbors over. "Come on out, Tracy. Frisky is very friendly. He won't hurt you. he's on a leash."

Just then frisky jumped up on Paul and almost knocked him down. Tracy's heart started to race and she could hardly breathe. "No, thank you," she replied. "I don't feel like it now." She wanted to join them, but she was very scared.

What do you think Tracy will do?

Ask the kids to take the dog home

.....page 12

Take Mom's hand and go outpage 14

从屋里向外观看

"我太害怕了，不敢走出去。我就从起居室里向外看看吧。"特蕾西决定。

她慢慢走到窗户边上，然后向外面看去。她哥哥说了什么，新来的小孩都哈哈大笑。“真希望知道他们在说什么。”她想。

孩子们正说着话，她看到那条狗奔向保罗，嗅了嗅他。狗在他身边跳来跳去，还朝他身上扑，保罗笑着把它推开。“真有趣！”特蕾西想，“我在房间里看那条狗时，它好像并不怎么令人害怕。”

保罗看到她从窗口向外望，就把邻居们带了过来：“出来吧，特蕾西。弗里斯基很友好。他不会伤害你的。他系着皮带哩。”

正在那时，弗里斯基向保罗身上扑去，几乎把他撞倒在地。特蕾西心跳加快，呼吸急促。“不了，谢谢，”她回答道，“我现在不想出去。”她想加入他们的行列，但她还是很害怕。

你认为特蕾西会做什么？

要求孩子们把狗带回去第 12 页

拉着妈妈的手出去第 14 页



Ask the Kids to Take the Dog Home

Tracy thought for a few minutes, then she called to the children, “Could you take your dog home and come back?”

“Not now,” the older boy replied. “Frisky’s been cooped up in the car all day. We’re supposed to let him run around. Why don’t you come out and meet him? he’s really very friendly.”

“I don’t like dogs much. he’s so big and so bouncy I’m scared of him,” she admitted.

“I used to be scared of dogs, too. But now Frisky is my good friend. I’ll run him around the block until he slows down. Then I’ll show you how to make friends with him.”

要求孩子们把狗带回去

特蕾西想了几分钟，然后她对那几个孩子喊道：“你们能不能把狗带回家再出来玩？”

“但是，”年纪大一点的男孩回答道，“弗里斯基已被关在车子里一整天了。我们正想让它跑一跑。你干嘛不出来见见他？他真的很友好。”

“我不太喜欢狗。它那么大，那么活蹦乱跳，我害怕。”她承认道。

“我以前也怕狗，但现在弗里斯基是我的好朋友。我要带他在街区周围转转直到它慢下来。然后我会教你怎么和他交朋友。”

When they come back, what will Tracy do?

Ask Mom to hold her hand.....page 14

Try to make friends with Friskypage 16

他们回来后特蕾西会做什么？

让妈妈拉住她的手第 14 页

试着和弗里斯基交朋友第 16 页



Ask Someone to Hold Hands

Tracy really wanted to meet the new girl, but she was so, so afraid of their dog.

When the kids got back from walking the dog, Tracy took her mom's hand and went out to meet them. She was shaking in her sandals, but felt a little better holding someone's hand.

Paul introduced the neighbors, "Tracy, this is Matt and Gabrielle and their stepbrother, Jonathan, with Frisky. Neighbors, this is my sister Tracy and my mom."

"Hi," Tracy said, as she clung to her mother's hand. While she talked to Gabrielle, Tracy watched Frisky sniff around. Even though he was wandering a bit, she could see Jonathan was holding the leash tightly. Slowly, Tracy let go of her mother's hand and the girls sat on the front steps to talk.

"Uh oh. We have to go home soon," Gabrielle said when she noticed the time. "would you like to make friends with Frisky before we go?"

"I guess," Tracy said. She could feel the fear start to come back just thinking about getting closer to Frisky.

Turn to page 16.

要某人牵着手

特蕾西真的很想认识新来的小女孩,但她太、太怕他们的狗了。

孩子们遛狗回来后,特蕾西拉着妈妈的手出来打招呼。她穿着凉鞋的脚还在发抖,但拉着别人的手使她感觉好了一点。

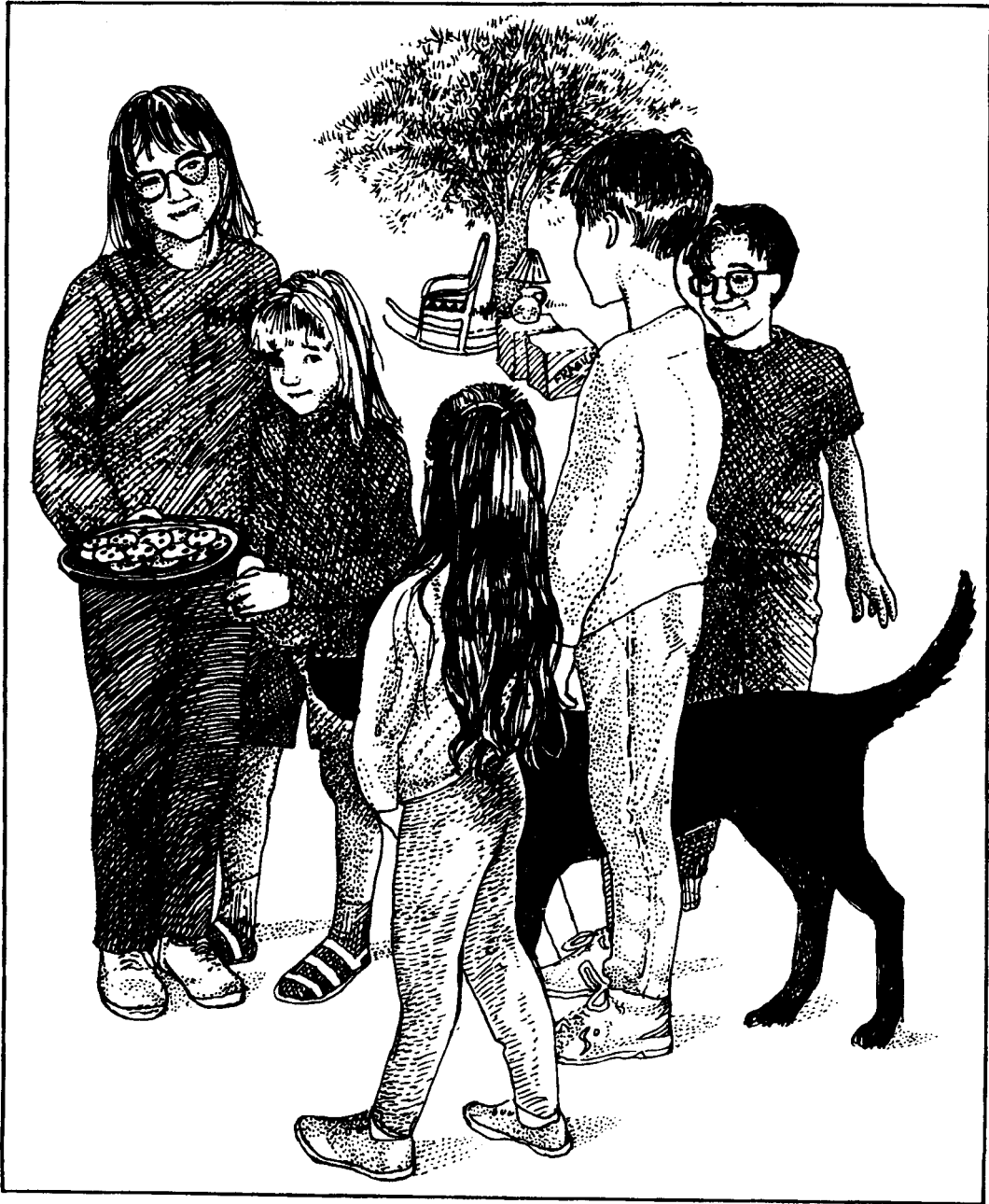
保罗向她介绍新邻居们:"特蕾西,这是马特和加布里埃尔,还有他们的同母异父哥哥乔纳森和他的狗弗里斯基。邻居们,这是我妹妹特蕾西和我妈妈。"

"你们好,"特蕾西一边打着招呼,一边紧紧地握着妈妈的手。和加布里埃尔说话时,特蕾西看到弗里斯基在他们周围嗅来嗅去。尽管他只在小范围内走动,乔纳森还是紧紧拉着皮带。慢慢地,特蕾西放开妈妈的手,两个小女孩坐到门前的台阶上说话去了。

"啊哦,我们该回家了。"加布里埃尔注意到时间后说,"我们回去之前你愿意和弗里斯基做朋友吗?"

"我试试看吧。"特蕾西说。但一想到要接近弗里斯基,她的恐惧感就又回来了。

翻到第 16 页。



Make Friends with the Dog

与狗交朋友

Tracy talked herself into making friends with the dog. "After all," she told herself, "Paul won't let Frisky hurt me."

The older boy gave his brother the leash and knelt to her level. "My name is Jonathan. Frisky has never bitten anyone, but he is curious. He's as curious about you, as you are scared of him. See how he is pulling the leash so he can meet you?"

She nodded, saying, "I'm glad he's curious, not hungry."

"To make friends with a dog," Jonathan said, "you hold your hand out like this and let the dog come and sniff you. Frisky might jump on you. He might even lick you, but he won't bite you. Now, stretch your hand out like me."

Tracy held out her hand timidly. Frisky moved forward to sniff. As he came closer she repeated to herself, "They won't let him hurt me. They won't let him hurt me." When he touched her hand she started to jerk away, but stopped herself. "Well," she thought, "I'm still scared, but not as much as before."

特蕾西说服自己去和狗交朋友。“毕竟，”她对自己说，“保罗不会让弗里斯基伤害我的。”

年长的那个男孩把狗绳交给他的弟弟，面向特蕾西跪下并与其几乎等高。“我叫乔纳森。弗里斯基从来没咬过人，不过他有些好奇。对你很好奇，就像你对他很恐惧一样。瞧见他想挣开绳子和你亲近了吧？”

她点点头，说：“很高兴他只是好奇而不是饿了。”

“想与狗交朋友，”乔纳森说，“你要像这样伸出手，让狗靠近你，嗅嗅你。弗里斯基也许会扑到你身上。他甚至可能会舔你，但他不会咬你。现在，像我一样把手伸出来。”

特蕾西怯生生地伸出手。弗里斯基走上前来嗅她。他走近时，她反复对自己说：“他们不会让他伤害我的。他们不会让他伤害我的。”弗里斯基碰到她的手时，她马上开始躲闪开，但又自行停了下来。“唉，”她想，“我还是害怕，不过没有先前那么害怕了。”

What do you think Tracy will do?

Take a deep breath and pet Frisky...page 18

Ask how others stop being afraid...page 22

你认为特蕾西会做什么？

深呼吸并拍拍弗里斯基.....第 18 页

问问别人是如何使自己不害怕的

.....第 22 页

