

我发怒

马特发现弟弟弄坏了自己的棒球卡后顿时勃然大怒，恨不得揍扁弟弟。他是怎样使自己消气的呢？

GINAC99/004





Dealing with Feelings

Why a book on feeling Furious?

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 Furious can help children accept their feelings and decide how to respond.

The book models a constructive process for handling feelings. 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 Furious* 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 Furious*

I'm Furious 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 option. Ask, "How does Matt *feel* now? what will he 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 Matt 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 might be: he ignored and 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

为何需要一本关于发怒的书？

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。这也许是因为许多人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？

《我发怒》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情感问题提供了一个模式。它展示了家长和孩子是如何公开讨论情感问题的。书中故事还为孩子们提供了具体的选项他们可选用书中所描述的语言的、行动的或创造性的方式来表达自己的情感。此外，《我发怒》也为那些希望改变对其孩子的情感作出反应的家长充当了一个角色模式。

怎样使用《我发怒》

花的时间越长，使用的次数越多，《我发怒》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。在每页的结尾处问：“马特现在是什么感觉？”“他下一步会做什么？”

■**介绍不同的选项。**孩子们需要好几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。你在念完故事后就问你的孩子：“马特还可以怎么做？”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人的事，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出发与你的孩子交谈。

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：他对别人的要求置之不理；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和行为举止时，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



Matt held the baseball card carefully as he bounded up the stairs to his apartment. He was lucky to get the card. At the last moment Brian almost refused to trade.

“Mom,” he called, “I finally got *Jim Abbott*!” He decided to put it with the others in the back of his dresser drawer so Andy couldn’t find it. Matt usually didn’t mind sharing a room with his little brother, but he hated it when Andy messed with his stuff. “Yesterday, he left the tops off my marking pens,” muttered Matt. “Today, who knows what he’ll do.”

马特小心翼翼地拿着一张棒球卡，一蹦一跳地回到楼上自己的房间。能得到这张卡太幸运了。布莱恩到后来几乎拒绝和他换卡了。

“妈妈，”他叫道，“我终于搞到吉姆·阿伯特的卡了。”他打算把这卡和其他卡一起放到自己的食具柜抽屉的背面，好让安迪找不到。通常马特对和自己的小弟弟同处一室倒不怎么介意，但他讨厌安迪把他的东西搞得一团糟。“昨天他把我作记号用的笔的笔头弄掉了，”马特咕嘟着，“谁知道他今天会干出什么来。”

He glanced at his card as he walked down the hall. It would go in a position of honor along with the ones Uncle Ed gave him. It wasn't as old as Uncle Ed's cards but it was *Jim Abbott*.

Matt turned the corner into his room and let out a cry of anger. The cards from Uncle Ed he had carefully hidden away were scattered across the floor. "Andy!" he bellowed.

Matt heard a sound from the bathroom. As he charged in, Andy tucked something behind his back. "what do you have?" Matt demanded. Andy looked guilty, but said nothing.

"Give it to me!" Matt ordered as he moved closer. Andy didn't move. Matt reached around him to find out what Andy was hiding. Then he saw the *Reggie Jackson* baseball card floating in the toilet!

"Ar-r-gh!" Matt screamed as he scooped up the wet card. Andy had scribbled on the card. Matt was furious. He didn't know whether to sock his brother or dry his card.

Before he could make up his mind, Mom stuck her head into the bathroom, "What's going on?" she asked.

"He ruined my cards. He drew on them and tried to flush them down the toilet," Matt yelled. "I'm going to knock him flat."

Mom stepped between the boys. "Matt, you feel angry."

"I'm not angry," Matt shouted. "I'm furious!"

他走过大厅时看着手中的卡片。它将会荣幸地和艾德叔叔给他的卡片待在一起。它虽不像艾德叔叔的卡片那样历史久远，可它是吉姆·阿伯特呀。

马特一转弯进了自己的房间，突然他生气地大叫起来。他藏得好好的艾德叔叔给他的卡片散落了一地板。“安迪！”他吼道。

马特听到卫生间有动静。他冲了进去时，安迪把什么东西藏到了身后。“你拿了什么？”马特问道。安迪神色内疚，但什么也没说。

“把它给我！”马特边走近他边命令道。安迪没有动。马特转到他身后去看他藏了什么。然后，他看到瑞奇·杰克逊的棒球卡在便池里漂着！

“啊——”马特尖声大叫，一把捞起了湿透的卡片。安迪已在卡片上乱涂了一气。马特发怒了。他不知道是该先揍他的弟弟呢还是先把卡片弄干。

他正犹豫不决时，妈妈把头探进卫生间。“出什么事了？”她问道。

“他把我的卡片搞坏了。他在上面乱画，还想用抽水马桶的水把它们冲走。”马特大叫道，“我要揍扁他。”

妈妈走到两个孩子中间：“马特，你生气了。”

“我不是生气，”马特叫道，“我是发怒。”



“Most people would feel furious too, if something like that happened to them.” Then she turned to Andy, “Andy, go to your room. I’ll talk to you when I’m finished helping Matt.”

“Mom, that was my favorite, favorite card!”

“I know it was. You feel furious and betrayed that someone would damage your card that way.”

“Mom, I’m so angry inside I can’t think.”

“Do you want some ideas?” Mom asked. Matt nodded. “Well, I can think of six things,” Mom said. “You could—

Sock your brother page 10

Kick a soccer ball page 12

Call a friend page 16

Listen to music page 18

Make up a story page 20

Take three deep breaths page 22

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

“发生这种事情,大多数人都会发怒的。”然后她转向安迪,说:“安迪,回你的房间去。我帮完了马特再跟你谈。”

“妈妈,那可是我最喜欢、最喜欢的卡片!”

“我知道,你对别人这样损坏自己的卡片怒不可遏。”

“妈妈,我内心太生气了,我都不能思考了。”

“想要我帮你出些主意吗?”妈妈问。马特点了点头。“我能想到六件事。”妈妈说,“你可以——

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这儿有不少办法。你想先试哪一种?”

Which do you think Matt will try first?

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

你认为马特会先试哪个主意呢?

翻到你的孩子所选的那一页。如果没有哪个主意被选中,翻过这一页。



Sock His Brother

“I’m gonna sock him,” Matt announced. “If I sock him, that will teach him. He’ll be unhappy then, too.” Matt started to move towards his brother.

Andy slid behind his mother and peered anxiously out.

“Well, you could hit Andy. And you might feel better for a bit. However, the situation would not end there. What would happen if you hit him?” Mother asked.

“He’d go crying to you and you’d punish me because we don’t hurt people. But Mom, that’s not fair. He hurt me by ruining my cards.”

“Yes, Andy did hurt you. I will talk with him as soon as you decide what to try next. If you have a lot of angry energy, you could use it to practice kicking the soccer ball or clean the locker in the basement.”

“Here Mom, you keep these safe,” Matt said as he handed her the baseball cards.

揍他的弟弟

“我要揍他一顿。”马特宣布，“我要是揍了他，那就会给他一个教训。他也会尝尝不开心的滋味。”马特一步步向弟弟走近。

安迪躲到了妈妈身后，不安地探头张望。

“好。你可以打安迪。然后你也许会感觉好一点。不过事情不会就此结束。你要是真打了他，会怎样呢？”妈妈问。

“他会跑到你那里哭，而你就会惩罚我，因为我们不应该伤害别人。但是妈妈，这不公平。当他弄坏我的卡片时，他就已经伤害了我。”

“是的，安迪是伤害了你。在你决定下一步怎么办之后，我就随即来和他谈谈。如果你因为发火有使不完的劲，就去练练足球或是打扫一下地下室的储藏室。”

“妈妈，你把这些收好。”马特把棒球卡交给了妈妈。

What do you think Matt will do?

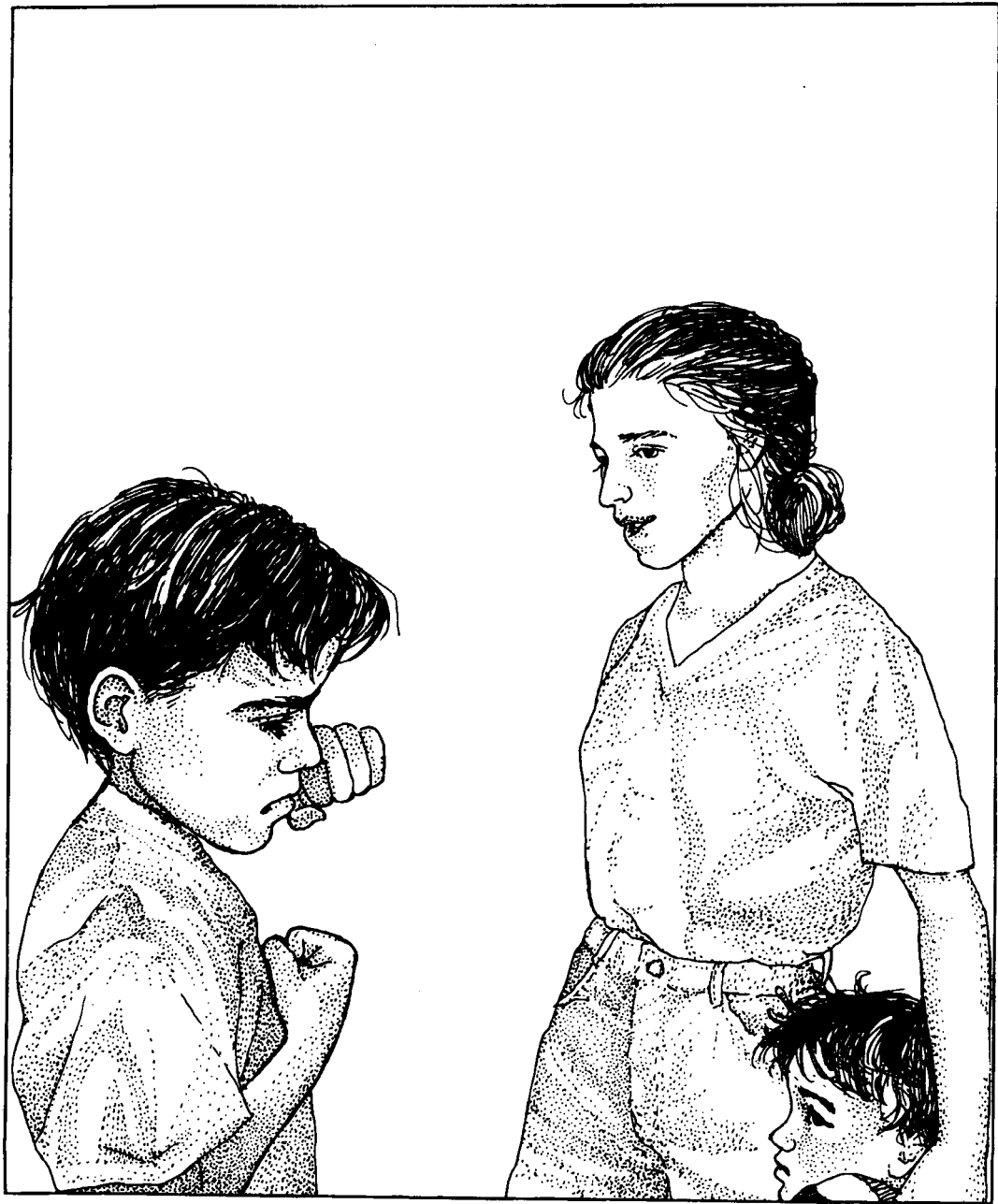
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你认为马特会做什么？

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打扫地下室储藏室 第 14 页



Kick the Soccer Ball

Matt grabbed the soccer ball and headed outside. “If I can’t hit Andy I might as well practice soccer,” he fumed.

At first he kicked the ball towards the wall as hard as he could. When he got tired of chasing it he began to hit it with the side of his foot the way his coach showed him. When he counted ten hits in a row, without the ball going astray, he stopped for a breath.

That feels good, he thought. Then he remembered why he was furious—*Reggie Jackson* with a scribble! “Well,” he thought, “kicking the ball sure helped, but I’m mad again, just thinking about my cards.”

踢足球

马特抓起足球向外冲去。“如果我揍不成安迪,练练足球也成。”他气呼呼地说。

一开始他把球使劲朝墙踢。等他追球实在追累了,就开始按照教练教的方法用脚的一侧踢球。当他能连踢十次而球都不会被踢偏时,他才停下来喘口气。

感觉不错,他想。这时他记起了他为什么发怒——*瑞奇·杰克逊*被画得一团糟!“好吧,”他想到,“踢足球确实管用,但只要想想我的棒球卡,我又来气了。”

What do you think Matt will do?

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你认为马特会做什么?

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Clean the Basement Locker

As he ran down to the basement, he wondered why his chest felt so tight when he was really angry. The more he thought of what Andy did, the stronger the feeling got. "I need to do something before I explode," he thought. "I might as well be cleaning. I have to do it anyway."

Cleaning the locker wasn't too bad. He had to take the stuff out, sweep, and put things back. Mostly the locker had suitcases, bikes, and sports stuff in it. Last time cleaning took almost half an hour, maybe today he could do it in less time.

He worked quickly. As he worked, he could feel his anger fade. "What is there about working hard that makes the tightness loosen?" he wondered.

Finally, he was done. He looked at his watch, twenty minutes. Wow, that was ten minutes faster than before. He rushed upstairs to tell his mom.

"Mom, guess what? I cleaned the locker faster than ever and, *and*, and I don't feel like exploding anymore."

"Terrific! You found a constructive way to use that energy. You beat your own record," Mom said, smiling. "While you've been busy, so has Andy. He has something to tell you."

Turn to page 28.

打扫储藏室

他一边跑向地下室，一边纳闷为什么他生气时胸口就发闷。越是想到安迪干的好事，这种感觉就越是强烈。“趁我还没爆发，我得先干点什么。”他想，“我不妨打扫打扫。反正我总归要打扫的。”

打扫储藏室不算太糟。他要把东西拿出来，清扫一下，然后再把东西放回去。通常储藏室里有箱子、自行车、运动器具。上次他打扫时花了半个钟头，今天也许可以少用点时间。

他干得很快。干着干着，他感觉怒火渐渐消退。“为什么专心干活胸口就不再发闷了呢？”他纳闷道。

最后，他干完了。他看了看表，才 20 分钟。喔，比上次快了 10 分钟。他跑上楼去告诉妈妈。

“妈妈，猜猜看，我打扫储藏室比以前哪一次都快。而且，而且，我再也不感到要爆发了。”

“太棒了！你找到了消耗能量的好办法。你还打破了自己的记录。”妈妈笑着说，“在你忙的时候，安迪也没闲着。他有话对你说。”

翻到第 28 页。



Call a Friend

给朋友打电话

Matt dialed Jason's number. "Jason, this is Matt. I am so angry I think I might explode. Andy scribbled on *Reggie Jackson* and tried to flush him down the toilet," Matt exclaimed disgustedly.

"No wonder you're furious. I would be too. Last time I was that mad was when my sister took my turtle outside and lost him."

"Gosh, what did you do?" asked Matt.

"First, I listened to music. Then I made up a story about what an old witch did to a little girl who lost her brother's pet. I like writing stories because I can make anything happen."

"Did listening to music and making up stories really make you feel better?" Matt asked.

"They helped me. Somehow the music and the story used up the feeling that made me want to hit Amy. But they didn't solve the problem. Once I was calm I still had to talk to Amy."

马特拨通了贾森的电话号码。“贾森吗？我是马特。我太生气了，我想我可能要爆炸了。安迪在我的瑞奇·杰克逊的卡片上乱涂乱画，还想用抽水马桶冲走。”马特厌恶地大叫道。

“难怪你会发怒了。要是我也会发怒的。上次我那么恼火时是我妹妹把我的乌龟带到外面去，还把它弄丢了。”

“天哪。那你怎么做的？”马特问。

“我先听音乐。然后我编了个故事，故事讲的是一个老女巫把一个弄丢哥哥宠物的小女孩怎样了。我喜欢写故事，因为我可以使任何事在故事里发生。”

“听音乐和编故事真的让你感觉好起来了吗？”马特问。

“他们的确有帮助。不知怎么地，音乐和故事耗尽了我想打埃米的感觉。不过它们并不解决问题。不知怎么地，等我平静下来我还得和埃米谈一谈。”

What do you think Matt will do?

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Make up a storypage 20

你认为马特会干什么？

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