

公司文化第十四講 情緒管理第一講 小男孩挨打 情緒的特性 不好的荷爾蒙：

<https://youtu.be/JIP5aHZ3F6c.m4a>

好，今天我們文化講座有關於**情緒管理**的第一講，禮記的是，人秉天地陰陽之氣，這是遺傳來的，而有喜怒哀樂之情，天秉其性而不能節也，聖人能為之節而不能絕也。是說我們有遺傳的天性，遇到周圍環境變化，如陰晴月雨就會有喜怒哀樂的情緒發生，這些情緒的發生是天性，不是我們人可以節制的，我們也不知道為什麼今天早上起來就會非常的憂鬱？

Temperance : courtesy , EQ

禮：

“人函天地陰陽之氣，有喜怒哀樂之情，
天稟其性而不能節也，
聖人能為之節而不能絕也”

“克己復禮為仁。” 禮”，與仁互為表裏。



只有聖人能夠把情緒加以節制，但是也沒有辦法完全的把他放空，孔子說“克己復禮之為仁”，自我克制而恢復禮節是為仁，仁是什麼東西啊？我們說仁就是人跟人之間的相處，你如果不能自我克制啊，不能節制就沒有辦法跟別人相處，禮與仁互為表裡，可以跟別人相處的人一定是什麼自我情緒管理很好的人，這個就是禮節的初步定義，後面我們再看其他相關的議題。

人的情緒源於先天的血液，天秉其性而不能節也，人的情緒是天生的，大部分帶過小孩的人，都知道每個小孩子的性情不一樣，愛哭的小孩，你就經常在安慰他的哭泣，好動的小孩你就要跟著他到處亂跑，這個都是他他的個性/他的本性，他生下來就是樣，沒有人可以改變他，你硬要他坐著，只有壓抑讓他更為痛苦，我們說情緒是累積性的。

情緒是我們學習裡面的一環，沒有害怕的情緒，可能學習的效果就會變差，因為會一錯再錯。每個人的荷爾蒙分泌量不一樣，有的人遇到事情恐懼荷爾蒙就特別多，一顆心跳的快要從心臟裡面跳出來，這個是他的意願嗎？這不是對不對，有的人天生就不怕死，連割肉都不會痛，是他特別勇敢嗎？也不是因為他不會痛到心臟都跳不起來，如果他會的話，就是關公，也沒有辦法成英雄。



家暴，我們知道當然是不對的，小朋友被家暴了，有沒有小朋友離家出走？沒有。

小朋友要會離家出走，也是像左邊的這一個一樣，要讀了小學以後，他才會離家出走。這個兩三四歲的小朋友被家暴以後，他會分泌一種荷爾蒙，這種荷爾蒙跟談戀愛的荷爾蒙是一樣的，這應該也是吊橋理論的一部分吧。恐懼會引起戀愛的荷爾蒙，所以小孩被家暴以後(大人也一樣)，會產生戀愛的荷爾蒙，讓他更不想離家出走，更需要加暴人的安慰。

如果我們反向思考，有一個小朋友一被打了以後，就產生憤怒的荷爾蒙就離家出走跑掉，在現在，警察局還是鄰居可以把他找回來，如果在原始社會，人還住在森林裡面的時候，這個小朋友要亂跑出去啊，就是死無葬身之地，所以我們可以說有這種憤怒基因的小朋友，在遠古的時代都已經死光光了，不會把這種被打後戀愛的荷爾蒙流傳到今天。

各位如果活在現代的社會，你的血液就是被家暴後，戀愛依賴感就會更深，這不單是小朋友，就連大人面臨的婚姻暴力也是一樣，甚至有的人還要追求什麼？被虐待狂。

我們看小朋友左邊這位已經讀小學了，這時候接觸到學校的同學，就會開始互相比較大家的爸爸媽媽，這時候如果回家被打了，就會開始什麼？開始怨恨。

為什麼我有這種爸爸？為什麼我會有這種家庭？可是有沒有力量反抗？沒有。他可能只能苦練身體，把身體練得肌肉非常結實，因為他的後母非常高大，經常要跟他後母打架，先把肌肉自己先練好。這是在海軍遇到這個小士官的親身遭遇，到過了小學這個階段，到什麼時候人就會開始反抗？

這就是到了青春期的時候，這個時候就開始發育了，這個時候就會開始反抗，而且很可能會離家出走，這個大概就是國中到高中的階段。這個時候他為什麼

要離家出走，因為他這時候如果被打了，還是賴在家裡不走的話，這個對種族的繁衍，就是不利，因為他已經具備了基本的謀生能力，他離家出走可能也餓不死，可能在海外另闢一片天地，所以就生物的本能來講，這個時候他是可以離家的。

到什麼時候就是一言不合就是會狂打猛打？就是青年的階段，如果你打他，他就打你，經常父子打架，都是已經到了這個階段。我們說等到他大了以後，他成年成家有經濟能力了，一遇到家裡小朋友不聽話，他就暴力相向。70%的家暴都是因為父母親小時候有被家暴的經驗，其實為什麼同樣是家暴，在人生的不同階段，就會有不同的反應，這是因為要適應種族生存的需要。

你能夠生存，能夠開枝散葉，你就可以離家出走，你如果需要父母親的保護，你就不能有這種憤怒不滿的情緒，所以這個是人的荷爾蒙，隨著不同的年紀而改變。遇到同樣一件事情，在不同的年紀，就會有不同的荷爾蒙出來反應。同學的太太是熊媽媽教我們做苦瓜煎餅的食譜，熊媽媽可能還不知道熊媽媽的特性，野外的熊媽媽在兩歲以前，對這個小熊是呵護備至，給他吃/給他喝/保護他的周全，任何人都不能靠近他。

等到小熊滿了兩歲，他看這只小熊就跟仇人一樣，打他/罵他/推他/把他趕出家門，以前的慈愛恩愛，今天好像是仇人一樣，即使是以後這小熊戀棧，回來再找他媽媽，他媽媽也是不認他。我們說：人還有什麼語言/文字，還有文化/價值觀念，這個黑熊又不能講話，也不能讀書，他怎麼知道應該要怎麼樣對待他的小熊？這個就是他血液裡面的荷爾蒙，在他這個懷孕生產的過程中，對他的性情行為產生不同的影響。

所以我們如果有不好的荷爾蒙，也不能怪誰啦，就跟我們講的人的五官/相貌好壞是你的前世因果，你父母親沒辦法決定，你自己也沒有辦法決定，就是生來怎麼樣我們就只有艱難接受，有沒有人看不起自己？沒有。所以長得再醜的人，也很少因為長得醜去自殺的。

情緒的幾個特性，我們來看一下，情緒會受到反復的刺激/壓抑/新仇舊恨引起情緒性的反應。情緒是沒有刹車的，會加速，只有越來越害怕，很可能會失去控制。

人在害怕的時候，就是兩個反應，不是打就是逃，這是我們血液中保存的生存機制，為了要生存，我們會做出違背我們自己心意的事，雖然我們感覺不舒服，可是保全性命是更重要的事。情緒是生理先有反應，是慣性，是自動化的思考。就像我們有時候開水燙到一樣，直接就收手，當然這跟情緒反應是無關，這表示我們的人體裡面有這些自我保全的機制在作用。

情緒如果不發洩的話，會有殘留的身心傷害，好像傷心過度，心臟會受傷，或者是不發不行，越來越氣，整晚都睡不著。甚至在某個時空下會抓狂，有些害怕只是開始，其次害怕到想辦法逃走，有些是看到就是直接反應，自己都不知道到底是發生了什麼事？這裡我們就再講一個故事好了，

美國一個海軍陸戰隊服役受了傷，可能是手腳不好使喚，但是還是可以騎摩托車，美國國防部就給他光榮退伍，給他終身俸，衣食無憂回家，他老婆一看手腳不太方便，人這個命還是有一條，回來了就好，兩個人拿著終身俸，沒事幹就去買了一部哈雷機車，準備從此下半生就是雲遊四海，到各州去遊歷。

兩個人騎著哈雷機車在公路上跑著跑著，後面就來了一部救護車，啊嗚啊嗚啊嗚，

這位大哥一聽到這個救護車的啊嗚啊嗚的聲音，就加速逃逸，就猛催油門直接跑，他老婆就在後面，猛拍他啦。她說 Johnny Johnny What are you doing?強尼，強尼，你在幹嘛，這只不過是一部救護車，又不是警車，你也沒有超速，你為什麼要加速逃逸？

可是，他老公要不要聽他的，他沒有聽他的，他就直接加速，最後衝出車道，兩個人都摔死了，後面開救護車的，就莫名其妙，我又沒有怎麼樣，他看到我狂衝猛跑的，跑到死。研究發現原來是什麼這個救護車的聲音，跟在他們打越戰的時候的空襲警報是一樣的聲音，所以這位大哥聽到空襲警報啊，就什麼加速逃逸，就在逃命，雖然時空背景不同，這就我們前面講的條件反射訓練過的狗，你打鈴的時候給它食物，久了以後，雖然沒有食物，只要聽到食物的鈴聲，它就會開始流口水。今天我們情緒講的不清不楚，今天講的是小男孩挨打的情緒，明天我們講小女孩打針的情緒。

公司文化第十四講 禮節第一講 小男孩挨打 情緒的特性 不好的荷爾蒙：

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Okay, today is the first lecture on etiquette in our cultural seminar, following what is written in the Book of Rites, it is said that “people inherit the qi (CHI) from heaven, earth, yin, and yang, which includes inherited emotions of joy, anger, sorrow, and happiness. People follow their nature and cannot control it, while sages can regulate it but not eliminate it.” This means that we have inherited human nature, and when we encounter changes in our surrounding environment like rainy or sunny weather, emotions of joy, anger, sorrow, and happiness will arise. The occurrence of these emotions is natural and cannot be controlled by us. We do not even know why someone may wake up feeling very melancholic in the morning. Only sages can regulate this, but they still cannot completely empty it.

Confucius said “to restrain oneself and return to propriety, to be human is about interpersonal relationships”. If you cannot control yourself, if you cannot restrain yourself, then you will not be able to get along with others, as there will be no sincerity in your interactions. Those who can get along with others must have good

self-emotional management. This is the initial definition of etiquette. Later we will look at other related topics.

Human emotions originate from innate blood, as people's emotions are inherent. Most people who have raised children know that each child's temperament is different. A crying child often needs comforting, while a restless child needs to be allowed to roam. This is their personality, their nature, which they are born with, and no one can change it.

If you force them to sit still, it will only lead to repression and more suffering. Our emotions are our chemical channels and play a part in our learning. Without fear, learning may be less effective as one mistake can lead to another. The amount of hormones secreted varies from person to person. Some people produce a lot of fear hormones when faced with a situation, causing their heart to beat rapidly. Is this their will? It is not. Some people are born fearless, not even feeling pain when cut. Does this make them exceptionally brave? Not necessarily, as they do not even feel pain until their heart beat increases to the point he cannot stand. If they did, they would not be able to become heroes like Guan Gong.

Domestic violence, we know, is wrong.

A child who has been abused, will they run away from home? Yes, a child will run away only if he has enough running hormones. Mostly, they cannot control their emotions of fear only shrink at the scene. This child will need to grow to maybe 10 years old before he can run away from home. A child who has been punished at two or three years old may secrete hormones that are the same as those when an adult felt when he falls in love. This is the theory of suspension bridge. Fear can trigger the hormone of love. So, a child who has been abused may have the hormone of love instead of wanting to run away from home.

In today, a child who gets angry after being beaten may run away in anger. The police or neighbors could find and bring them back if the child ran away in a city with CCTV. In primitive times, when people lived in forests, a child running away may end up with certain death. Therefore, we can say that children with genes of anger would have already died in ancient times. They would not have passed on these angry hormones until today. If you live in modern society, your blood, after being abused at home, would deepen your sense of longing for love. This does not only apply to children, but also to adults. Even when adults face marital violence, and some people may even enjoy being abused exchange for sexual pleasure. We can see that the child on the left has already started primary school. At this time, when they start interacting with schoolmates, they will begin comparing each other's parents. If the child goes home and gets beaten, they will start to resent why they have such a father, why they have such a family.

However, without the strength to resist, they can only toughen up their body,

building strong muscles because their stepmother is very tall and they have to fight with her every time. This was my personal encounter with a young petty officer in the navy. When does a person start to resist? This happens when they reach puberty. This is when their body starts to develop, and they may start to rebel and even run away from home. This time is likely during middle school to high school. The reason they run away at this point is "if they keep getting beaten at home and stay put, it is not beneficial for the reproduction of the species". Since they already have basic survival skills, running away won't starve them, and they might create a new life overseas. From a biological instinct perspective, at this point, they can leave home. When does it escalate to constant fighting? It's during the youth phase, where if you hit them, they will hit you back. It often comes to a point where father and son are fighting other.

When child grow up and become adults with financial independence, if they encounter disobedient children at home, they may resort to violence. 70% of domestic violence is because the parents themselves were victims of abuse in their childhood... Indeed, why do people react differently to domestic violence at different stages of life? This is because adaptation to survival needs varies. If you can survive and thrive, you can leave home. If you need the protection of parents, you cannot harbor feelings of anger and dissatisfaction.

This is because a person's hormones change with age, leading to different reactions to the same situation at various ages. The classmate's wife taught us the recipe for making pumpkin pancakes. Maybe the classmate's wife doesn't even know the characteristics of a wild bear mother. Before two years old, the bear mother nurtures and protects the little bear, not allowing anyone near him. But when the little bear reaches two years old, the bear mother treats him like an enemy, hitting, scolding, and driving him out of the house. The previous love and affection turn into hostility. Even if the little bear returns in reconciliation, the mother still rejects him. So, what language, writing, or cultural values does a bear possess? The black bear cannot talk or read, so how would it know how to treat its cub?

This is based on the hormonal changes in its blood, affecting its disposition during the pregnancy and birthing process. Therefore, if one has unfavorable hormones, there is no one to blame. Just like the saying that one's facial features are the result of past karma, your parents cannot decide it, and you cannot change it. That's how you were born. We just have to learn to accept it. Do people look down on themselves? No. Therefore, even the ugliest person rarely commits suicide, as good emotions have several special...

Now let's take a look at how emotions can be repeatedly stimulated and suppressed, causing emotional reactions. Emotions have no brakes and will only accelerate. When we feel increasingly fear, we may lose control. In times of fear, our reactions are either fight or flight, which is a survival mechanism ingrained in our learning.

In order to survive, we may do things that go against our own will. Even though we may feel uncomfortable, preserving our lives is more important than you like it or not. The initial reaction is instinctual and automatic. Sometimes, it's like touching hot water and immediately pulling back, which is unrelated to emotional reactions. This indicates that our bodies have self-preservation mechanisms. If emotions had not released, there may be residual physical and mental harm. Excessive sadness can hurt the heart, and suppressing anger can lead to insomnia and outbursts. Some fears trigger the response to flee, while others react without understanding what happened. Now, let me tell you a story about a Marine Corps member who served but got injured, causing mobility issues. However, he could still ride a motorcycle. The U.S. Department of Defense granted him an honorable discharge and lifelong financial security.

When he returned home although disabled, his wife felt grateful that he came back alive. The couple, with no specific plans, bought a Harley motorcycle and decided to travel the country for the rest of their lives. While riding the motorcycle, they noticed an ambulance approaching with sirens blaring. Upon hearing the ambulance, the man panicked and accelerated, trying to escape, leaving his wife in back seat, who was yelling at him. She said, 'Johnny, Johnny, what are you doing?' She questioned his actions, as there was no need to flee from an ambulance, as it was not a police car, and they were not speeding. She wondered why he felt the need to speed away. However, he didn't listen to her, accelerated further, and ended up crashing off the road with both of them dying. Later, it was discovered that the sound of the ambulance matched the air raid sirens from their experiences in the Vietnam War. The man's reaction to escape at the sound of air raid sirens, despite the different context, illustrates classical conditioning we mentioned earlier — a dog trained salivate at the sound of a bell associated with food even when there is no food present.

Today we talk about a little boy being beaten and tomorrow we will talk about a little girl getting an injection.