

公司文化講座第十八講 情緒勒索 船白跑了 直覺發洩：<https://youtu.be/iHKsfCFVy7o>
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情緒勒索概述

情緒勒索是指一個人無法為自己的負面情緒負責，而以威脅利誘的方式來控制他人，或讓他人順從自己的目的。這種行為等同於精神上的暴力，因為它沒有考慮到對方的需求，只從自身出發。

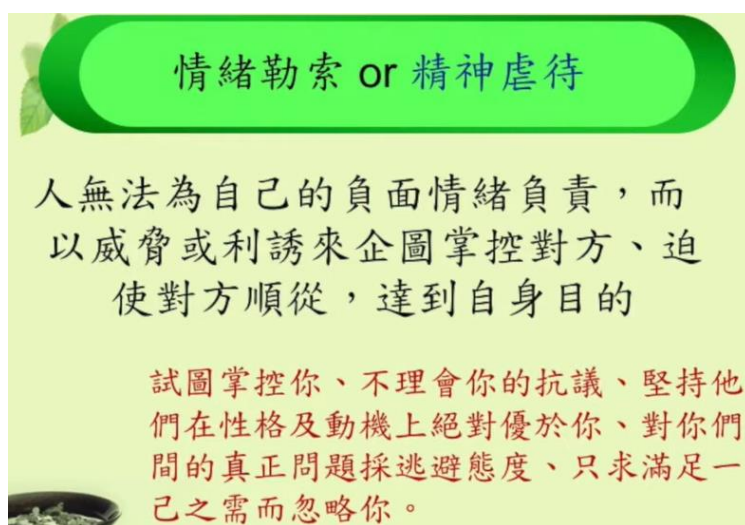
情緒勒索的受害者

易受情緒勒索的人通常是依賴長輩、害怕爭吵、把全世界的責任扛在自己肩上、濫用同情心等。在東方社會，船員經常遭受這種情緒勒索，被迫為家人賺錢，感到無助和沮喪。

應對情緒勒索的方法

面對情緒勒索，不應該只用理性的方式來解決，而是要直接表達自己的感受和想法，讓對方瞭解自己的痛苦。同時也要學會自我情緒管理，通過亂寫、亂講、亂唱等直覺性的發洩方式來宣洩負面情緒，維護自己的心理健康。

總之，情緒勒索是一種常見的負面行為，需要我們主動表達自己的感受，並學會自我情緒管理，才能避免被動承受情緒的傷害。



這是禮節講座的第六講，第一講是小男孩挨打，第二講是小女孩打針，第三講是情緒的量表，第四講是情緒的辨識，第五講是情緒的困擾。今天來談談這個情緒的勒索，情緒勒索的人，無法為自己的負面情緒負責，而以威脅利誘來企圖掌控對方，或使對方順從達到自己的目的，或者是不理會你的抗議，堅持他的動機優於你，對你們的問題採取逃避的態度，只求滿足一己之需而忽略你。

情緒勒索，其實跟我們講暴力，婚姻裡面的有肉體上面的暴力，這個等於是精神上面的暴力，因為他沒有照顧到你的需求，完全從他自身的觀點出發。人都是自私自利的動物。情緒勒索在西方社會裡面來講，其實是誰的原罪啊？是父母親的原罪。中國的父母親經常在講，你這個不孝子，我養你這麼大，你又怎麼樣又怎麼樣啊？

易被情緒勒索者

1. 依賴者：不做心中真正想做的事，只要會引起輕蔑。
2. 退讓者：害怕爭吵，即使是朋友，也怕產生傷害。
3. 怪罪自己：將全世界的責任扛在肩上，為自己贖罪。
4. 濫用同情：無可救藥的憐憫，放棄自己的利益。
5. 自我懷疑：習慣服從，不質疑自己的需求。

在他們外國人來講，養你這麼大是應該，你不聽我的話也是應該，因為每個人都要有自己走自己的路，不能被他父母親所左右。但是在我們東方社會，就是沒有辦法接受，好像要無條件的服從，情緒勒索在這種情況下，是長輩的要求，這樣子的話，小孩就會什麼？就會放不開手腳。所以這裡說：容易被情緒勒索的人，不做心中真正想做的事，因為是依賴，退讓，或者害怕爭吵，即使是朋友的錯，也怪罪自己，把全世界都扛在肩膀上，濫用同情，自我懷疑。我們看依賴，當然是依賴長輩。退讓，跟長輩爭吵的時候，不敢據理力爭。怪罪自己，把全世界的責任扛在肩膀上，表示是什麼？把父母親的事情扛在自己肩膀上。濫用同情，同情父母親年老。自我懷疑：習慣于服從父母親的命令。所以這些情緒勒索，被情緒勒索的好像經常都是晚輩，要不然就是說比較弱勢的一方，這個對嗎？這種情緒勒索的情形就好像是：

情緒勒索的影響

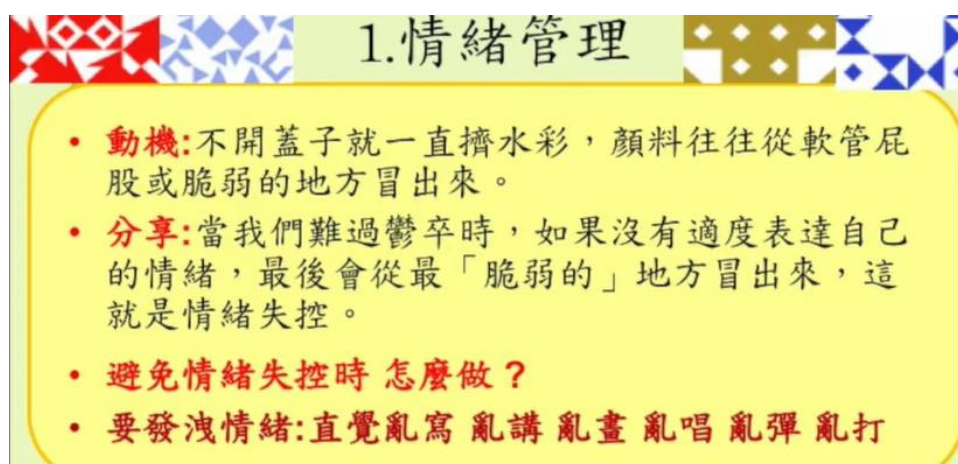
1. 覺得軟弱無用，自尊、自我形象逐漸被侵蝕。無法釐清自己的需要，被迫**悔恨、自責**。
2. 隱藏不快的感受，以**沮喪、焦慮、暴飲暴食、頭痛**等方式取代。
3. 質疑表達憤怒的感受。將情緒內化，轉化成沮喪，以**合理化自己的憤怒**。
4. 無法坦然相處，處處提防，**不再分享生命**。
5. 被勒索者壓抑自己的情感，成了**情感上的小氣鬼**。

在西方社會，把父母親對小孩子的期望，或者是期待，當做是一種情緒的勒索。在東方的社會，這個不可否認的是，尤其是我們的船員，受到這種對待是最多的。因為家裡一個人會賺錢，每天往家裡寄大把的錢，然後另外一些兄弟姐妹啊，不會賺錢，然後家裡就把船員賺的薪水拿去接濟，幫助其他的兄弟，或者是父母親就拿著小孩子賺的錢，直接去整修門簾，整修家庭家裡的圍牆，大門壞了，你就再多辛苦一點，再多做幾個月的時間，馬上就有錢了嘛？他不曉得船

員在船上已經是度日如年，天天在數饅頭算日子，巴不得趕快苦海超生，這個時候，我們就成了情緒勒索的受害者，這在我們東方社會，東方的海員承受的壓力就更大。

好受情緒勒索的影響，會覺得自己軟弱無用，自我形象被侵蝕，被迫悔恨/自責，要不然就是以焦慮/暴飲暴食/頭痛的方法來取代質疑，將情緒內化轉成沮喪，以合理化自己的憤怒，處處提防，不再分享生命，壓抑自己的感情，成了情感上的小氣鬼，所以跑了幾年船回來，會不會變成冷血，確實也是有可能啊，因為經常都是不知道為誰而戰?為何而戰?

這我們說情緒的勒索，就是看人是怎麼對待我們，要想辦法的把它化解，這個課題以前是沒有考慮過，我們想用理智來處理情緒的勒索，其實我們會覺得被勒索?是因為我們的道理講不贏別人，因為你本來就賺錢多嘛，分擔家計多出一點也是應該的，應該是說這種情形我們要把我們的情緒，把我們的感覺講出來，別人這樣講雖然是沒有錯，可是你有顧慮到我的感覺嗎?



1. 情緒管理

- **動機:**不開蓋子就一直擠水彩，顏料往往從軟管屁股或脆弱的地方冒出來。
- **分享:**當我們難過鬱卒時，如果沒有適度表達自己的情緒，最後會從最「脆弱的」地方冒出來，這就是情緒失控。
- **避免情緒失控時 怎麼做?**
- **要發洩情緒:**直覺亂寫 亂講 亂畫 亂唱 亂彈 亂打

我覺得這樣子，好像是船都白跑了，或者是說，我本來就已經在船上過得很難過啊，每天都想要下船，雖然是可以多貼補點家用，可是我心裡面其實是非常難受，所以跟長輩跟家裡講道理是沒有用的，要直接把我們的感覺說出來，這個就是很莫名其妙的東西。大家天天都在講要理智/要講道理，怎麼會講的贏別人啊，只有把我們自己的感覺，我們的想法，我們的感受，向家裡人反應，對方才能夠瞭解你的痛苦與難過，至少他會另外用別的方法來補償你，來緩解你的情緒，至少會跟你道謝，很多時候家人連謝謝都不會講，好像是應該的。

要不然我們遇到事情都想要用道理來解決的話，是什麼東西都解決不了，最後道理講不贏別人，自己的情緒就要我們自己吞，就影響到我們船員的生理健康，也影響到我們事業的前途。

好，我們說領導統禦就是要讓大家都爽，因為這是感性的時代。我們如果被情緒勒索的時候，我們一定是不爽。這個自己不爽，我們就要來個領導自己，把自己弄爽。其實也沒什麼好的方法。最重要的是，要至少要大聲的把我們的感覺、感受想法講出來，讓家裡人能夠瞭解。只要攤開來在檯面上，這些不好的情緒就不會內化，眼淚往自己肚子裡面吞，這才是維護我們心理健康的最重要的方法。

我們要做自己情緒的主人，如果還沒有時間跟家裡人表白的話，我們也可以打在 LINE 上面，可以，這就是現代通訊發達的好處。還沒有攤牌以前，我們至少要先來處理一下自己的情緒。下面有幾個方法，大家可以參考一下，這幾個案例其實是一個小學老師的情緒管理課程，這個我從網路上面抓的，不知道哪一位大哥還是大姐？就包涵一下，

解決的方法是我提出來的，只是讓大家瞭解一下這情緒管理的本質。好。

第 1 個情緒管理情緒一定要有發洩的管道，如果沒有地方發洩，最後就是爆發出來，要避免情緒失控，我們要如何發洩，我們說情緒的本質是源於我們的血液，所以他是來無影去無蹤，他怎麼來的我們就要怎麼處理，最好的方法就是直覺的亂寫、亂講、亂話、亂唱、亂彈、亂打。我們看了這個過動的小孩，他直覺的發洩，就是什麼跳到椅子下面到處亂跑，你不給他跑的話，就會影響到他頭腦的發育。我們前面的看過，有些人有這個需要，直覺的亂寫，這個回教的教主穆罕默德，當初就是在山洞裡面，直接三個晝夜寫出一部可蘭經，就創立了回教，像現在有這個新人類作業系統，也是這樣，情緒不好的時候，就是拿一張紙一支筆，隨便想到什麼罵人咒人的，就在紙上面把它直接寫出來，

也許寫的都是些什麼意氣之話，這某某某是王八蛋，誰根本就是混蛋加三級，隨便想什麼寫什麼，其實根本也不必想，手就會自己寫出來，這個寫完了，也就發洩完了，要是像我現在這樣子，工作都辭了，天天在做這個影片，其實也是處理自己的一些負面的情緒。

亂講這個滿街上都看得到，對不對，一大堆神經病在這個街上，看到人就罵自言自語，在那邊一直講一直罵，這些東西就什麼？人類最直覺的什麼？情緒的發洩，要不然你就是像卡內基還是九品芝麻官演的，在海邊對著著大小的石頭，在那邊放聲大罵，還是要講道理也可以，這個就是直覺的亂講。



亂畫，當然亂畫是也可以啦，好像某一個靈媒在幫人家牽亡魂的時候，一隻手就會在上面亂畫，一畫這個感覺就來了，就可以講，當然啊，現在街上有些東西叫做禪畫，就是用很簡單的線條，

一直重複然後排出來，自己覺得可以靜心的東西，把負面情緒的慢慢的把它排解掉。

亂唱:會唱歌的都是感情豐富的人，所以心情不好的時候去唱唱歌，也可以發洩。同樣是一條歌，快樂的星期天，快樂的時候唱，跟悲傷的時候唱，跟傷心的時候唱，唱法都不一樣，所以用不同的唱法，可以排解我們不同的情緒，所以唱歌也是抒壓一個很好的方法。

亂彈:亂彈吉他，還是亂彈鋼琴，亂彈樂器，亂打鼓，打沙包打拳，拳打腳踢，隨便對空空揮幾拳，這些都有用處。好。今天我們就是講到直覺的發洩情緒，避免暴躁攻擊性的行為。

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Okay, This is the sixth lecture of our etiquette lecture series. The first lecture is about a little boy being beaten, the second lecture is about a little girl getting an injection, the third lecture is about emotional scales, the fourth lecture is about recognizing emotions, and the fifth lecture is about emotional distress. Today, let's talk about emotional coercion. Emotional coercion is when a person cannot take responsibility for their negative emotions and tries to control or manipulate others through threats or enticement to achieve their own goals, disregarding your protests and insisting on their motives being superior to yours, focusing only on satisfying their immediate needs and ignoring yours. Your emotional coercion is actually similar to the physical violence in marriages, which is equivalent to emotional violence, because they do not consider your feelings or needs at all, completely self-centered. In Western societies, emotional coercion is considered the fault of parents. Chinese parents often say things like 'You ungrateful child, I raised you this way, what have you done?' Everything is like this. From the perspective of foreigners, raising you means you should also be allowed to make your own decisions, not be controlled by your parents. In our Eastern society, there is no unconditional obedience. In this situation, the demands of the elders will restrain you, making it difficult for you to act freely. People who are easily emotionally coerced tend to not do what they truly desire. They rely on being honest and accommodating, fear arguments, blame themselves, carry the weight of the world, abuse sympathy, doubt themselves. So, those who depend on and give in to elders, dare not argue with elders, blame themselves, bear the responsibility of the world on their shoulders, help their parents shoulder burdens, overuse sympathy, self-doubt, get used to obeying their parents' orders.

These emotional coercers are often younger or perceived as the weaker party. This is like emotional coercion in Western societies, where parents' expectations or demands on children are seen as emotional coercion. In our Eastern society, especially among our sailors, being treated this way is undeniable. One person in the family earns money and sends a large sum of it home every day, while another sibling does not earn money. The family takes the sailor's salary to support others or directly uses the sailor's earnings to repair things like the door or walls at home, saying if they work a few

more months, they will have money soon. The sailor on the ship does not understand this, as they are already counting days on board, hoping to get through the tough times quickly.

At this point, we become victims of emotional coercion. In our Eastern society, the pressure on Eastern sailors is even greater. Being affected by emotional coercion may make them feel weak and useless, eroding their self-image, leading to regret, self-blame, or resorting to unhealthy coping mechanisms such as overeating, drinking, headaches, or internalizing emotions and turning them into depression, rationalizing their anger everywhere. No longer sharing feelings and suppressing emotions has become emotionally stingy, so after running away for a few years, will coming back make one turn cold-blooded? It is indeed possible, because often we don't know who or why we are fighting for. So, we need to find a way to resolve emotional blackmail. This topic is something I hadn't considered before. We can handle emotional blackmail rationally. We may feel blackmailed because we can't argue with others logically.

Because you earn more money, it is also reasonable to share more. We should express our emotions and feelings in such situations. By saying so, although it is not wrong, have you considered my feelings? I feel like the trip has been in vain or that I have been very sad on the ship as I always want to get off. Though I can earn extra money to help with household expenses, I feel very uncomfortable inside. Hence, reasoning with elders and family is ineffective. We should directly express our feelings. This is a very strange thing – everyone talks about rationality and logic every day, how can we win over others? We can only let our family understand your pain and sadness by directly expressing our feelings, thoughts, and emotions.

At least this way, they will compensate or relieve your emotions in another way and at least thank you. Otherwise, if we always try to solve problems with reason, nothing can be resolved in the end. If logic can't win over others, then we have to swallow our emotions ourselves, which can be similarly affecting the physical health of our crew and the future of our career. The crew's physical health is affected, and it also affects the future of our careers. Alright, when we talk about leading, it is to make everyone happy because this is a sensitive era. When we are emotionally blackmailed, we will definitely not be happy. If we are not happy ourselves, we have to find a way to make ourselves feel good, but actually there is no good method. The most important thing is to loudly express our feelings, emotions, and thoughts, so that our family can understand. As long as they are brought out and discussed, these negative emotions will not be internalized and instead be resolved on the table.

And then what comes out slowly is the ability to calm oneself down. Get rid of this emotion slowly. People who can sing songs when they are feeling upset are those with rich emotions. So when you are feeling down, singing a song can help relieve it. Singing

happily on Sunday is different from singing when you are sad or heartbroken. Therefore, using different singing styles can help us release different emotions. Singing is a very good method. Playing the guitar randomly, or playing the piano randomly, playing musical instruments randomly, playing drums, sandbags, punching, kicking the air randomly, throwing a few punches, all of these have benefits. Today we talked about expressing our emotions through intuition. If this is a behavior of irritability and aggression