

公司文化講座第23講 改變情緒碼 情緒的編程 內在情緒壓力 自我精進情緒碼：

<https://youtu.be/gSagNqSkkq4>

左手右手的故事：

一個學生為了面子問題，總是硬著頭皮舉手回答問題，即使不知道答案。

老師給他一個編程，讓他舉左手表示知道答案，舉右手表示不知道。這樣他就能自信地回答問題，獲得同學和老師的認可。這個例子說明，通過一些簡單的編程或變數，我們可以改變自己的情緒反應。

情緒的編程：

類似於之前講的"魔詞學"，通過一些動作或物品來轉移和釋放情緒。這些編程可以讓我們不被情緒主導，而是主動掌控自己的情緒變化。

三個校園體罰事件案例：

第一個案例中，老師因為學生不承認錯誤而逐漸失控(反覆刺激)。

第二個案例中，老師可能因為個人情緒問題而動粗(一點刺激)。

第三個案例中，老師完全失去理智，對學生進行殘暴毆打(沒有刺激)。

這些案例說明，如果不能及時瞭解和管理自己的情緒，就會導致嚴重後果。

精進的情緒編程：

要瞭解自己情緒變化的過程，找出合適的轉碼方法，如洗澡、運動等。

要培養多樣化的興趣愛好，以應對不同情況下的情緒調節需求。

要勇敢嘗試置換自己的情緒反應，如做鬼臉等。


這次講座強調了情緒管理的重要性，並提供了一些具體的方法和技巧，幫助我們更好地掌控自己的情緒，避免負面情緒帶來的不良後果。

好這是禮節講座的第11講，那今天要講的，是如何改變我們的情緒碼。左手跟右手的故事：

有一個學生愛表現，每次老師問問題的時候，他都要舉手回答，但是老師真的點到他，經常都是回答不出來。然後其他同學，一看到他舉手就在笑，等到他答不出來，就笑得更大聲。老師就搞不清楚，這同學到底是怎麼回事？然後私下把他叫來談話，問他為什麼每次都要舉手？他說如果他不舉手的話，同學就會笑他是傻瓜，他為了面子問題，他就硬著頭皮舉手，但是又不希望被老師點到回答。然後老師就跟他約定，如果他"知道答案的話就舉左手，不知道答案的話就舉右手"，結果老師每次問問題，他還是照樣舉手啊，同學就莫名其妙，然後老師看他好不容易舉到左手，知道答案的時候，才要點他起來回答，他每次都答對啊，這樣弄了幾次，就百發百中，每次都答對，同學也不知道其中的這個機密在哪？因此他對自己有信心，受到正面的鼓勵，從此以後他越來越驕傲的舉起他的左手，因為他確認自己是知道，所以這個本來經常被人家嘲笑傻瓜/呆子的人，因為老師在下面，給他做了一點這個編程的動作，從此就改變他的人生，成為一個成績優異的好學生。本來上課是非常羞恥，明知道不會，還要硬著頭皮舉手，

等到每次都答對，變成是一個非常驕傲的事情。

有先進在問，什麼是情緒的編程，這就是情緒的編程，好像以前講魔石學的時候，有人罵你的時候，你就手裡面握的一顆小石頭，把他所有的咒罵/謾罵/無理要求，都集中在這顆石頭上面，等於是罵這個石頭，不是在罵你。等到他罵完了，你就把這個石頭丟了，這個事情也就忘了。當然事情還是要處理，只是把那些無理性的謾罵，不必去理會他。又像另外一個船長，每次進出港都把這個褲子的口袋都插破，這個也是你在緊張的時機/緊張的過程之中，加入一個不一樣的變數啊，這些東西，就是自我意識的展現，就是不隨情緒而起舞，自己掌握自己的情緒變化，這就是情緒的編程。




### 內在情緒壓力案例（一）

#### 匪夷所思的校園體罰事件 1.反覆加強

五年級的導師，發現一個牛奶鋁箔包未壓平回收，她再三詢問，是誰沒做好回收，但無人承認，老師大動肝火。

她要求值日生將鋁箔包清洗乾淨，自己再將其剪成卅六片約略兩公分平方的碎片，要求全班卅五位學生吃下，作為懲罰，而導師「以身作則」率先將鋁箔紙片含入口中。



**沒情緒壓力 + 再三刺激 = 失控**


前面這兩個例子，可以說是貧民區的小朋友，與愛表現的小孩子，他們的命運很可能因此沉淪，都是因為有人給他加入了一點鼓勵，一點變數。當然啦，我們如果沒有遇到這些貴人，我們要自我教育/自我訓練/自我期許。能看到這些文章的應該都是成年人，正在為你遠大光明的前途而奮鬥。

下面會看到三個案例，這個情緒管理是借用學校老師的簡報，所以都是舉老師為例子，校園體罰事件，這是個五年級的導師，發現一個牛奶的鋁箔包沒有壓平回收，他就再三詢問：是誰丟的？是誰丟的？這些小朋友的也不是傻瓜，也不是華盛頓啊，當然就是不出聲音啊。老師問一次：誰丟的？沒人管他，再問一次誰丟的啊？第三次就說了狠話，再不給我承認，老師就生氣了。但是始終沒有人承認，他就開始生氣，叫了值日生把這個鋁箔包拿去洗乾淨，用剪刀把它剪成36片，自己先含一片在嘴巴裡面，其他小朋友一人一片，要這些小朋友把這個鋁箔片，吃到嘴巴裡面去。

這個案例就是什麼，本來老師是心平氣和的，可是問一次 問兩次 問三次 越問越氣，最後終於失控。當然啦這個還只是小事，看看第二個案例。

第二個案例是內在情緒壓力，誤以為學生罵他是狗，中學教師抓狂動粗。中學生被老師叫上臺處罰，他走座位的時候，被他的同學取笑，對他做鬼臉，把他漏氣，他就生氣說了一句：你是狗啊，他講的是向他做鬼臉的同學，可是老師背對的學生/在黑板上寫字，聽到學生走回去時

罵他是狗，就把他叫回講台，當著全班的面/就開始拳打腳踢/亂拉亂扯，弄的學生的頭也紅腫長了一包，耳朵後面的皮膚也被抓破，連他的制服都被扯破。好這個案例能跟第一個案例，老師是沒有內在的情緒壓力，這個案例老師已經可能身體不舒服，還是早上跟老婆小孩吵架，在心裡面了已經醞釀了一些不好的壓力荷爾蒙在身上，然後又受到一點刺激，就好像小女孩打針啊，本來已經怕怕的，這一針戳下去，一句話馬上就刺到他的痛點，瞬間就發狂亂打，當然啊這些一定會上報紙，引起校長跟社會的關切。




### 內在情緒壓力案例（二）

#### 誤以為學生罵他狗 中學教師抓狂動粗

中學生被老師叫上台處罰，他走回座位時，被他的同學取笑，他說了句「你是狗啊！」


老師以為學生罵他，瞬間情緒失控，把同學叫回講台，當著全班的面痛毆，抓起同學用力推向課桌椅，導致同學頭部紅腫，耳後皮膚被抓破，連制服也被扯破。



### 2.非常刺激

### 有情緒壓力 + 一點刺激 = 失控


這個還不是最可怕的啊，看到下面這一個案例，一個小四的女童在安親班考試，答案錯太多就被老師用木棍狂毆，造成女童全身多處嚴重淤傷。前面的第一個案例，還有一個蘊釀的過程，跟第二個案例的是受到一點刺激，這一個完全都是靜態的喔，因為改考卷/只不過改到40分，就叫上來/就狂毆，還不只打得頭破血流，還是亂打一陣，應是不分青紅皂白，完全就沒有理智了，所以這個代表，這一位安親班的老師，他的情緒壓力已經太大了，隨時都要爆炸，只要有一點點的藉口/還是刺激，他就開始爆發，所以說情緒釋放，還要知道自己的情緒累積到什麼樣的程度，如果你不會處理的話，就會引起了不可預料的後果。哪像有些人是有些斯底裡，經常沒來由的大吼大叫/失去控制，這些都是先天上身體分泌的某種荷爾蒙太多，不由自主。就好像有的人有這個癲癇症，忽然就會倒在旁邊，身體抽搐口吐白沫，這個都是生來的前世因果，我們的宿命，這個要自己的想辦法克服，才能夠找回自己的人生。



### 內在情緒壓力案例（三）

一名小四女童在安親班考試，答案錯太多，被老師用木棍狂毆，造成女童全身嚴重瘀傷。

### 失常 = 情緒壓力已經破表 = 亂找藉口



### 3.荷爾蒙作用

下面看，如何自我精進的情緒編程？要瞭解自己情緒的情緒碼，是在前面講情緒管理有說過：



情緒是一種漸進的過程，前面不控制，等到後面就會越來越加速，到完全失去理智。瞭解自己發脾氣的過程，還要瞭解他人的情緒碼，要找出幫他轉碼的方法，

1. 是要去洗個澡，還是去吹吹風啊，去跑跑步，找出轉碼的方法。
2. 身體的保養對情緒的影響非常的大。
3. 多問問題啊，學習怎麼樣解決壓力，學問學問，要學要問，不問就學不到東西，這是一定的事情。
4. 焦慮會火燒心，要尋求別人的幫忙啊，不要在那邊硬撐，
5. 要培養熟練多樣化的興趣，如果你的紓壓方法不能使用，像你在船上，也許天氣不好/不能跑步的時候，至少了你還可以唱唱卡拉 OK，下棋或者是做些禪畫，自己畫畫。
6. 要勇敢自換自己的情緒碼，這個故事就長了，等一下。

**自我精進**

- 瞭解自己情緒碼
- 覺察他人情緒碼
- 找出轉碼的方式
- 學習身體的保養
- 多問問題，學習解決壓力
- 培養熟練和多樣化的興趣
- 敢於置換自己情緒碼
- 培養自信、樂觀、彈性的面目

**• 壞事降臨，不要以傷害自己做代價**

好像前面說過，我年輕的時候打小孩就跟打狗一樣，當然 小時候受的是打罵教育，棒頭出孝子，我很早結婚生小孩，等我做到三副的時候，就已經一男一女，老婆每次都準時帶的老大老二站在碼頭邊等船，我是才三副，在駕駛台上面操車，好不容易靠好碼頭，都要跑到碼頭上，去抱老婆/小孩上船，因為船上的舷梯非常的高，小朋友其實內心是恐懼的，怕他掉到海裡面了 被大白鯊吃掉。我跑到老婆前面的時候，這個我兒子就是老二，本來站在媽媽旁邊，被媽媽牽著，看他爸爸老遠跑過來，就繞到他媽媽的背後去，表示這個平常我打小孩，還是有用的，小孩子看到你，就是會害怕，哪時候我心裡面就在想，這個跑船，兩個月才回台灣一天，跟小孩子在一起，小孩子對爸爸還是畏懼，要保持距離？這個結婚/生小孩/又跑船啊，好像也沒有什麼人生意義？從此以後就決定不打小孩了，不打小孩/還是會生氣，這個時候怎麼辦，生氣的時候就笑，就把臉擠成假笑，放到小朋友的臉前面給他看，一次/兩次/三次這小朋友不懂，久了以後，小孩看到他爸爸又在對他們在假笑，就知道是他父親生氣了。從此也就相安無事，十幾年了沒有打過小孩，到現在也沒打過，後來等小孩讀了大學，有一次家庭聚餐，我兒子帶著女朋友來跟我們一起吃飯，我女兒就心地比較好，就跟她講，說我這個父親是不一樣的，他生氣的時候是會笑的。當然人家就是莫名其妙啊，說真的/假的，為什麼生氣的時候會笑？實際上的情形就是這樣，

做個假笑的鬼臉，小朋友還是會瞭解，這個就是在置換自己的情緒碼，當你開始生氣憤怒的時候，不一定要動手，你做個鬼臉，還是嘆個氣啊，(跟看韓劇一樣，經常這些男的/女的/老的/小的都在嘆氣，噢，我都說是韓劇的一號表情/韓國人不會演戲)，台灣人不流行嘆氣，可能會生悶氣，眼睛一瞪，(台灣女人的眼睛大，韓國人的眼睛小，所以只好用嘆氣的)，就是情緒管理的一環。



當壞事降臨的時候，不要以傷害自己為代價。不管情緒轉碼是什麼啊，千萬不要自殘啊，可以有比較健康的運動，曬太陽，洗三溫暖，沖個涼水澡啊，這些都可以維持身心的健康，這就是跑船很重要的一個課題。

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Okay, this is the 11th lecture of our Li Jie series. Today we are going to talk about how to change our emotions. So, let's look at the story of the left hand and the right hand. There was a student who loved to show off. Every time the teacher asked a question, he would raise his hand to answer. However, when the teacher actually called on him, he often couldn't come up with an answer. Then, the other students, as soon as they saw him raise his hand, would laugh, and when he couldn't answer, they would laugh even louder. The teacher just can't figure out what's going on with this student. So, privately, they call him for a conversation to ask why. Every time, he has to raise his hand.

He says that if he doesn't raise his hand, his classmates will laugh at him for being

silly. So, in private conversations, when asked about it, he raises his hand to save face but doesn't want the teacher to pick on him. The teacher then agrees with him that if he knows the answer, he should raise his left hand, and if he doesn't know the answer, he should raise his right hand. However, the result is that every time the teacher asks a question, he still raises his hand. The classmates are puzzled by this. Then, the teacher finally notices when he reluctantly raises his left hand that he knows the answer and calls on him to answer.

Then how many times did he get it right like this, every time he hit the mark, each time he got it right, his classmates didn't know where this secret lay, because he had confidence in himself, received positive encouragement, and from then on, he would have confidence, letting him proudly raise his left hand more and more, because he confirmed that he knew it, so this person who was often mocked as a fool or an idiot, because the teacher did a bit of encoding for him, thus changing his life to become an outstanding student, so he knew the answer, so originally in class, what was a very shameful thing to know but still had to do

it with a stiff upper lip until every time got it right, like this one on the right becoming a very proud thing, then this more advanced one asks what is the encoding of our emotions, this is like the coding of our emotions, like in the past when we talked about morphology, when we spoke Morphemes, when someone cursed you, you held a small stone in your hand, and all their cursing and unreasonable demands were concentrated on this stone, as if cursing this stone is not cursing you. When he finishes cursing, you throw away this stone, and that incident is forgotten. Of course, the matter still needs to be addressed by those irrational curses so don't bother dealing with it.

Just as another captain, he tore the pockets of his trousers, this is also, in the tension of his own tense process, adding a different variable to all these things, it is the manifestation of our self-consciousness, that is, not dancing with emotions on their account, we control our own emotional changes, that is the encoding of emotions. The two examples before can be said to be the fate of children in the civilian area who love to perform, it is likely that they may sink for this reason, because we have added a bit of encouragement and variation to them. Of course, if we don't meet these benefactors, we need to self-educate, self-trust, and self-expect because those who can see these articles should be adults who are striving for a bright future for yourself.

In the following, we will see three cases, which we say are borrowed from the school teacher's briefing, so what we are talking about are the examples given by the teachers. Let's look at the school corporal punishment incident where a fifth-grade mentor found a crumpled milk foil pack and inquired repeatedly about it. Who lost these children,

not a fool, not Washington. Of course, if they don't speak up, the teacher will ask, who lost them? No one is taking care of him. Ask again, who lost it? It was said on the third day, if it isn't lost again, the teacher will get angry. However, no one ever acknowledged him, so he got angry. He called the duty student and asked him to wash the aluminum foil pouch clean.

Then he used scissors to cut it into 36 pieces. He first put one into his mouth, and the other children each had to put a piece in their mouths. These children had to put the aluminum foil pieces into their mouths. So, what is the point of this case?

Initially, the teacher was calm, but after asking once, twice, and three times, he got increasingly angry and finally lost control. Of course, this was just a small matter. Let's look at the second case. In this case, a teacher mistakenly thought a student called him a dog. The high school teacher went crazy and started physically attacking the student. When the student was asked to return to his seat after being reprimanded in front of the class, he was mocked by his classmates and made fun of.

The student got angry and said, "You are a dog." He was referring to the classmate who mocked him, but the teacher, facing the board, heard the student calling him a dog as he walked back to his seat. The teacher then called him back to the platform in front of the whole class and began punching and kicking him. It turned into a chaotic situation, with the student's head swelling and the skin behind his ears being scratched open. Even his uniform was torn. Unlike the first case where the teacher had no internal emotional pressure, in this case, the teacher may have already been feeling unwell physically, or perhaps had an argument with his wife and children in the morning, which had already brewed some negative hormones in him.

With a little additional stimulation, it was like a little girl getting a shot and being scared beforehand. This fear was like the sting of the needle. Go hit his pain point with a sentence and he'll go crazy, of course, this will definitely make it to the newspapers and attract the attention of the principal and society. But that's not the scariest part. Let's take a look at this case below: a fourth-grade girl in a parent-child class answered too many exam questions wrong and was beaten severely by the teacher with a stick, resulting in serious bruises all over the girl's body. Before this, there was a brewing process and the second case was triggered by stimulation. In this case, it's all static because the exam paper was only marked up to 40 points before being called up for a severe beating.

Whether it's a broken head or being beaten wildly, the teacher had lost all reason. This represents that the emotional pressure on this parent-child class teacher had become too great, on the verge of explosion anytime. As long as there's a slight excuse or stimulation, they'll explode. This is why we say emotions need to be released, and we need to know the extent to which our emotions accumulate. If you don't know how

to handle it, it will lead to unforeseeable consequences. Some people often go hysterical, shouting for no reason, losing control. These are all hormones secreted in the body involuntarily, just like some people suddenly have seizures and froth at the mouth. These are all karmic causes from past lives, our destiny, which we must find ways to overcome in order to reclaim our lives.

Moving forward, let's look at emotional encoding. We need to understand our emotional codes, which were mentioned before in emotional management as a gradual process. If not controlled in the beginning, it will eventually... The process of accelerating faster and faster until completely losing rationality, one must also understand their own temper tantrums. They need to understand the emotional codes of others and find a way to decode them. Is it taking a shower, or going out for a walk or a run, to find the method of decoding. The maintenance of the body has a great impact on emotions. Asking more questions and learning how to deal with stress, if we don't know something, don't be anxious or upset, seek help from others instead of stubbornly focusing on it, cultivate diverse interests and skills.

If your stress relief method doesn't work, for example, when you can't go for a run on a ship due to bad weather, at least you can sing karaoke, play chess, or draw to pass the time. Be brave to change your emotional code. If we drag this story on, we might as well wait, it seems like we've mentioned it before. When I was young, hitting children was like hitting dogs. Of course, we were educated with beatings and scolding when we were young, the stick shapes a filial child. I got married early and had children early. By the time I achieved wealth for the third time, I already had a wife, a son, and a daughter. Every time, I would bring my eldest and second child to the pier on time, standing there waiting.

It was only when I reached the third wealth that I could finally finish my work by the pier, drive the car to the pier, and go to hug my wife and children. Because the bow of the ship was very high, the children were actually afraid in their hearts, afraid of falling into the sea and being eaten by big sharks. When I ran to my wife, my son, the second child, who was originally standing next to his mother holding her hand and watching his father run from a distance, he instead circled around to his mother's back. This shows that normally, hitting children is effective, as children will be afraid when they see you. At that time, I was thinking about this while running to the ship, the two of us.

I returned to Taiwan for only a day with the children. The children either feared or respected their father. Keeping a distance, it seemed that there was no longer any meaning in this marriage and having children. Since then, I decided not to scold the children. However, even without scolding them, I still felt angry. In those moments of anger, I would smile, forcing a fake smile on my face and showing it to the child.



After doing this several times, the child eventually understood when his father was angry, even when he was pretending to smile. From then on, everything was peaceful for over a decade without hitting the child. Now, my child has grown up and is in college. During a family dinner, my son brought his girlfriend to dine with us.

My daughter, who has a kind heart, explained to her that her father is different. When he is angry, he smiles. People find it strange, wondering why he smiles when he is angry. Essentially, he makes a funny face when pretending to smile, and the child understands that it's a way of managing emotions. When we start feeling angry or upset, there's no need to resort to violence. Instead, make a funny face or take a deep breath, similar to watching Korean dramas where people often sigh to change their emotions. This is part of emotional management. When faced with adversity, don't resort to self-harm. Regardless of how emotions are transformed, never resort to self-injury. Engage in healthy activities like sports events, bask in the sunshine, or take a cold shower to maintain physical and mental health. This aspect of emotional management is crucial in raising children.