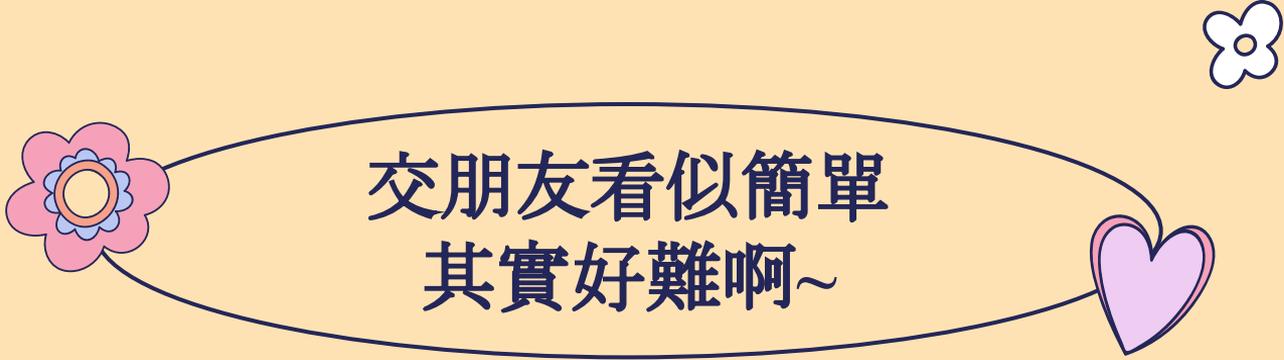


# 交朋友的各种情况



交朋友看似簡單  
其實好難啊~

## 交朋友的各種情況



表達自己的小撇步

## 溝通小技巧：我訊息



- 「我」開頭。
- 說出：具體事件、對此事的感受、期待
- 避免絕對性字眼、「你」

我常常被你開玩笑罵智障和白癡，我聽起來很不舒服，希望可以開別的玩笑

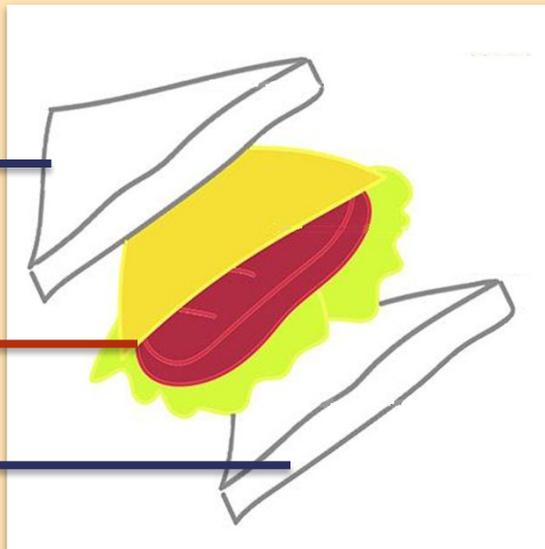


## 溝通小技巧：三明治法



- 肯定稱讚擺前後

- 核心建議擺中間



你很認真念書，但立可帶用完應該還我，你之前自己買的那款也很好看



交朋友的一百種情況



解決困境的小策略

P.97

## 阿正與小華的交友困境

阿正與小華原是時常一起打球的好友，不知發生何事，小華最近變得有點冷淡，連分小隊時也沒有找阿正同隊，落單的阿正一氣之下，故意下課都找別人打球，小華覺得阿正刻意孤立自己，也沒給阿正好臉色看，一日兩人在走廊不小心碰到對方，差點打了起來……。

## 阿正的問題解決策略

**步驟1** 澄清問題，找出有疑問、待解決的具體事項。

- 阿正真正在意的問題是什麼？ 分小隊時不找自己同隊，不夠朋友。



**步驟2** 覺察自己和同理對方的感受。

- 阿正和小華各自的感受為何？ 可能都對對方感到生氣。



步驟3 運用創造力想出多種不同解決方法。

- 阿正有哪些解決方法？

策略選項1

直接問小華為什麼找別人同隊。

策略選項2

阿正可以找小華打球，順便問分小隊時發生什麼事。

步驟4 評估解決方法可能產生的後果。

- 預測執行的後果。

後果評估1

若是口氣不好，小華可能會覺得莫名其妙、壓力很大。

後果評估2

應該氣氛較自然、比較不會太尷尬。

步驟5 依循後果評估選擇最佳的行動方案。

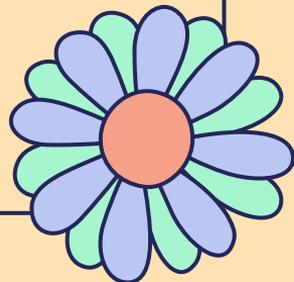
- 找出最佳解決方法。阿正可以找小華打球，順便問分小隊時發生什麼事，與對方溝通清楚、了解對方的想法。



## 困境情況-1

- A、B和C是好朋友，有一天A感覺到B和C好像比較要好，有些話都不跟自己說，想糾B或C玩的時候，他們也常拒絕，B和C卻常常兩個人一起玩，A感覺有點在意...

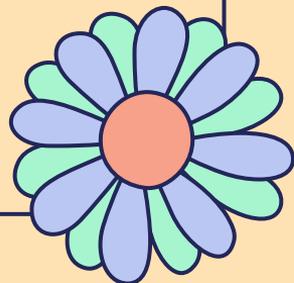
3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99



## 困境情況-2

- A和B是很好的朋友，但A常常會有些習慣動作，比如用力拉B的手甩來甩去，B知道A只是跟自己太熟了，所以沒注意，但是有時候真的手很痛，B在想要怎麼解決...

3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99

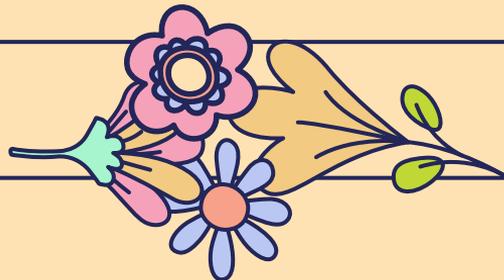


## 困境情況-3

- A和B是很好的朋友，但有一天A發現B把自己的秘密說出去了，A覺得很生氣，感覺被兄弟/閨密給出賣了，A在想要怎麼讓B知道自己錯了...

3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99



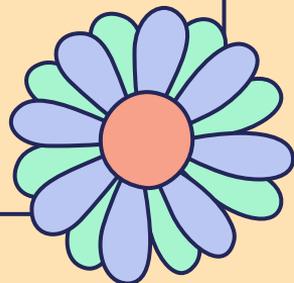


我們習慣以舊有的方式應對人際困境  
有時因此重複遇到挫折

練習將思考分解成小步驟  
可以更清楚自己思考的過程  
也更有機會改變與調整

# 網路交友

- 哇啦啦



# 70'S ARE BACK AGENCY INFOGRAPHICS



1

**VENUS**

Venus has extremely high temperatures



2

**EARTH**

Earth is the beautiful planet where we all live



3

**MERCURY**

Mercury is the smallest planet of them all



4

**JUPITER**

It's the biggest planet in the Solar System

# 70'S ARE BACK AGENCY INFOGRAPHICS



**1**

**MERCURY**

Mercury is the smallest planet

**2**

**NEPTUNE**

It's the farthest planet from the Sun

**3**

**MARS**

Despite being red, Mars is cold

**4**

**SATURN**

Saturn is a gas giant with rings

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus is extremely hot, even more than Mercury

## MARS

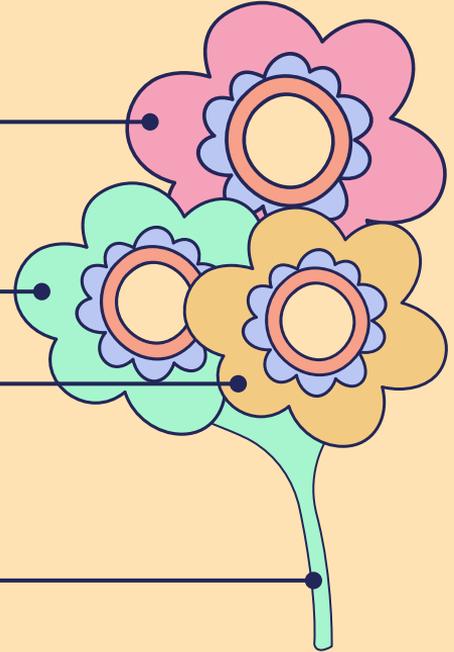
Despite being red, Mars is actually a cold place

## NEPTUNE

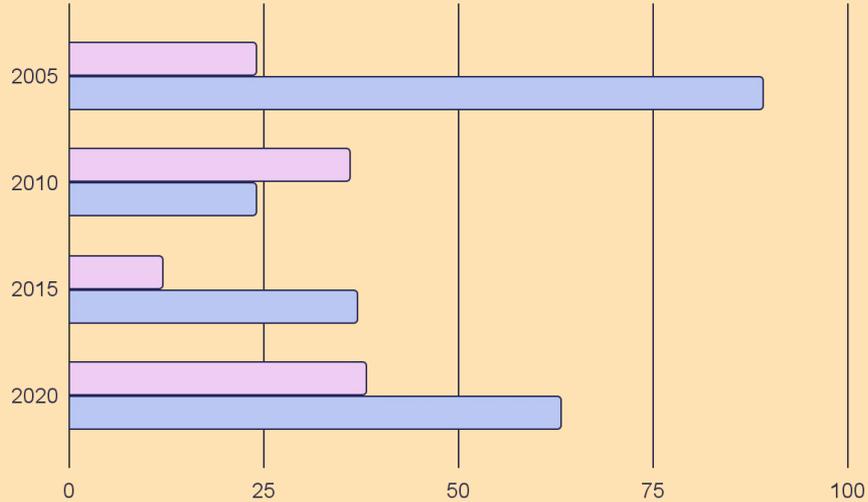
Neptune is very far away from the Sun

## EARTH

Earth is the beautiful planet where we all live



# 70'S ARE BACK AGENCY INFOGRAPHICS



25%

## VENUS

Venus has extremely high temperatures

75%

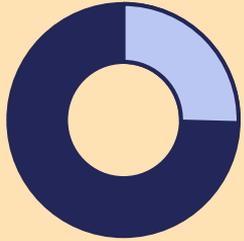
## EARTH

Earth is the beautiful planet where we all live

Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

# 70'S ARE BACK AGENCY INFOGRAPHICS

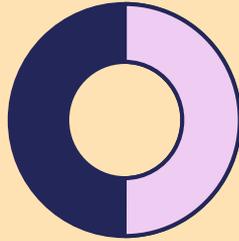
25%



**VENUS**

Venus has a beautiful name

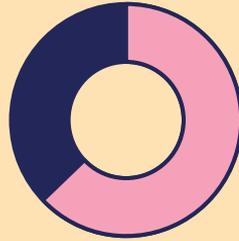
50%



**JUPITER**

Jupiter is the biggest planet

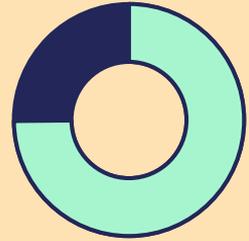
60%



**SATURN**

Saturn is a gas giant with rings

75%



**MERCURY**

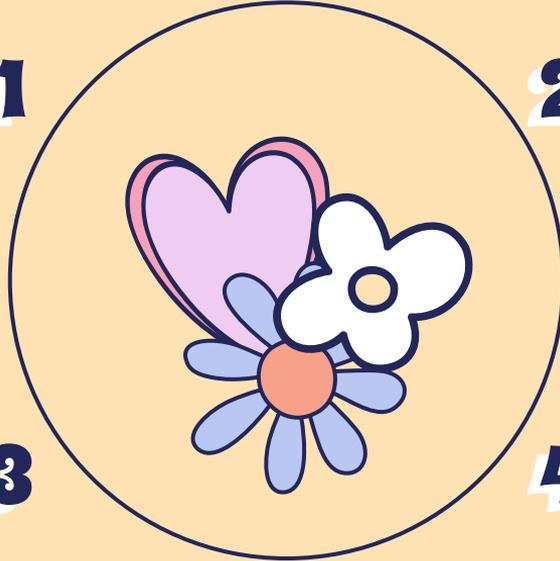
Mercury is the smallest planet

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has a beautiful name

1



2

## MERCURY

Mercury is the smallest planet

## SATURN

Saturn is a gas giant with rings

3

4

## MARS

Despite being red, Mars is cold

# 70'S ARE BACK AGENCY INFOGRAPHICS

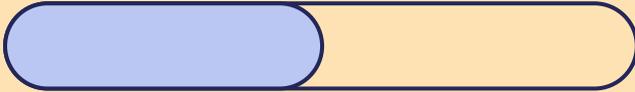
**25%**



Mercury is the closest planet to the Sun



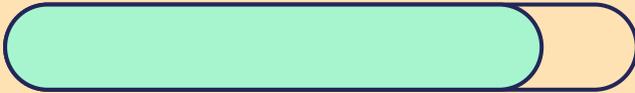
**50%**



Jupiter is the biggest planet



**75%**



Venus has very high temperatures



# 70'S ARE BACK AGENCY INFOGRAPHICS

## 70'S ARE BACK AGENCY



### VENUS

Venus has extremely high temperatures



### EARTH

Earth is the beautiful planet where we all live



### MERCURY

Mercury is the smallest planet of them all

# 70'S ARE BACK AGENCY INFOGRAPHICS



**1**

Venus is extremely hot,  
even more than Mercury

**VENUS**

**2**

Despite being red, Mars is  
actually a cold place

**MARS**

**3**

Neptune is very far from  
the Sun

**NEPTUNE**

**4**

Earth is the beautiful  
planet where we all live

**EARTH**

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has extremely high temperatures



## MERCURY

Mercury is the smallest planet of them all

## EARTH

Earth is the beautiful planet where we all live

## NEPTUNE

Neptune is very far from the Sun

# 70'S ARE BACK AGENCY INFOGRAPHICS



## • VENUS

- Neptune is very far from the Sun
- The Earth is the planet we live on

## • MERCURY

- Despite being red, Mars is actually cold
- Earth is the third planet from the Sun

## • JUPITER

- Mercury is the closest planet to the Sun
- Saturn is a gas giant and has rings

# 70'S ARE BACK AGENCY INFOGRAPHICS

| TIME     | MON   | TUE   | WED     | THU     | FRI    |
|----------|-------|-------|---------|---------|--------|
| 9:00 AM  | Earth |       |         |         |        |
| 10:00 AM |       |       |         |         |        |
| 11:00 AM |       | Venus |         |         |        |
| 12:00 AM |       |       |         | Jupiter |        |
| 01:00 PM |       |       | Mercury |         |        |
| 02:00 PM |       |       |         |         |        |
| 03:00 PM |       |       |         |         | Saturn |

# 70'S ARE BACK AGENCY INFOGRAPHICS



## VENUS

Venus has extremely high temperatures



## EARTH

Earth is the beautiful planet where we all live



## MERCURY

Mercury is the smallest planet of them all



## JUPITER

It's the biggest planet in the Solar System

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has a beautiful name

## JUPITER

Jupiter is the biggest planet

## SATURN

Saturn is a gas giant with rings

## MERCURY

Mercury is the smallest planet

## NEPTUNE

Neptune is very far from the Sun

## MARS

Despite being red, Mars is cold



# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has a beautiful name

12%

## JUPITER

Jupiter is the biggest planet

24%

38%

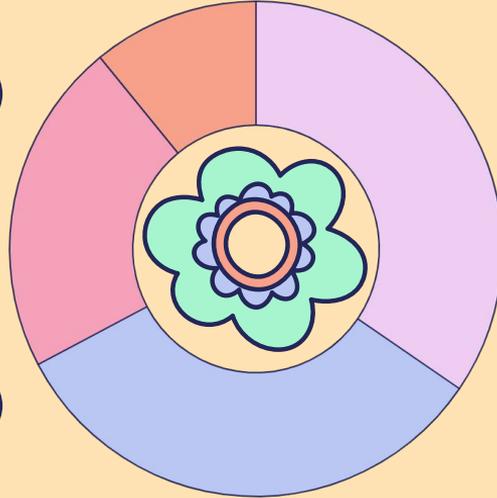
## MARS

Despite being red, Mars is cold

36%

## NEPTUNE

Neptune is very far from the Sun



Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

# 70'S ARE BACK AGENCY INFOGRAPHICS

1



**SATURN**

Saturn is a gas giant with rings

2



**VENUS**

Venus has a beautiful name

3



**MERCURY**

Mercury is the smallest planet

4



**MARS**

Mars is a very cold planet

5



**NEPTUNE**

Neptune is far from the Sun

# 70'S ARE BACK AGENCY INFOGRAPHICS

**TASKS**

**JAN**

**FEB**

**MAR**

**APR**

**JUN**

Task 1

Mercury is the smallest planet

Task 2

Venus has a beautiful name

Task 3

Despite being red, Mars is cold

Task 4

Neptune is very far from the Sun

# 70'S ARE BACK AGENCY INFOGRAPHICS

## 70'S ARE BACK AGENCY

### MERCURY

Mercury is the smallest planet

### EARTH

Earth is the beautiful planet

### PLUTO

It's considered a dwarf planet

### SATURN

Saturn is a gas giant with rings

### VENUS

Venus has a beautiful name

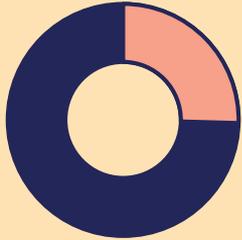
### MARS

Mars is a very cold planet

### NEPTUNE

Neptune is far from the Sun

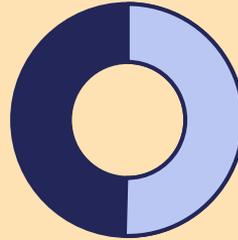
# 70'S ARE BACK AGENCY INFOGRAPHICS



**VENUS**

**25%**

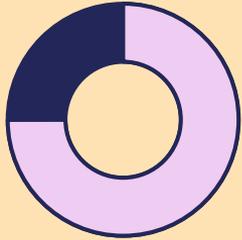
Venus has a beautiful name



**MERCURY**

**50%**

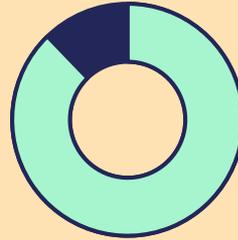
Mercury is the smallest planet



**MARS**

**75%**

Mars is a very cold planet



**JUPITER**

**90%**

Jupiter is the biggest planet

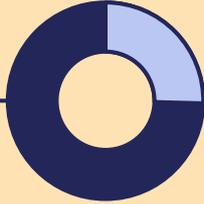
# 70'S ARE BACK AGENCY INFOGRAPHICS

## DESCRIPTION

|                |   |
|----------------|---|
| <b>MERCURY</b> | Mercury is the closest planet to the Sun and the smallest one in the Solar System                     |
| <b>SATURN</b>  | Saturn is a gas giant and has several rings. It's composed mostly of hydrogen and helium              |
| <b>EARTH</b>   | Earth is the third planet from the Sun and the only one that harbors life in the Solar System         |
| <b>NEPTUNE</b> | Neptune is very far from the Sun. It's also the fourth-largest object by diameter in the Solar System |

# 70'S ARE BACK AGENCY INFOGRAPHICS

25%

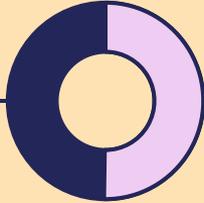


**VENUS**

Venus has a beautiful name but it's really hot



50%

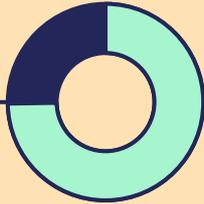


**NEPTUNE**

Neptune is very far from the Sun

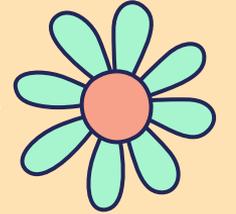


75%



**MERCURY**

Mercury is the closest planet to the Sun



# 70'S ARE BACK AGENCY INFOGRAPHICS

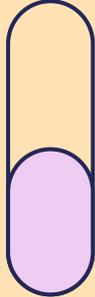
25%



**SATURN**

Saturn is a gas giant with rings

50%



**VENUS**

Venus has a beautiful name

75%



**MERCURY**

Mercury is the smallest planet



# 70'S ARE BACK AGENCY INFOGRAPHICS

## SATURN

Saturn is a gas giant with rings



## MERCURY

Mercury is the smallest planet



## NEPTUNE

Neptune is far from the Sun

1

2

3

4

5



## VENUS

Venus has a beautiful name

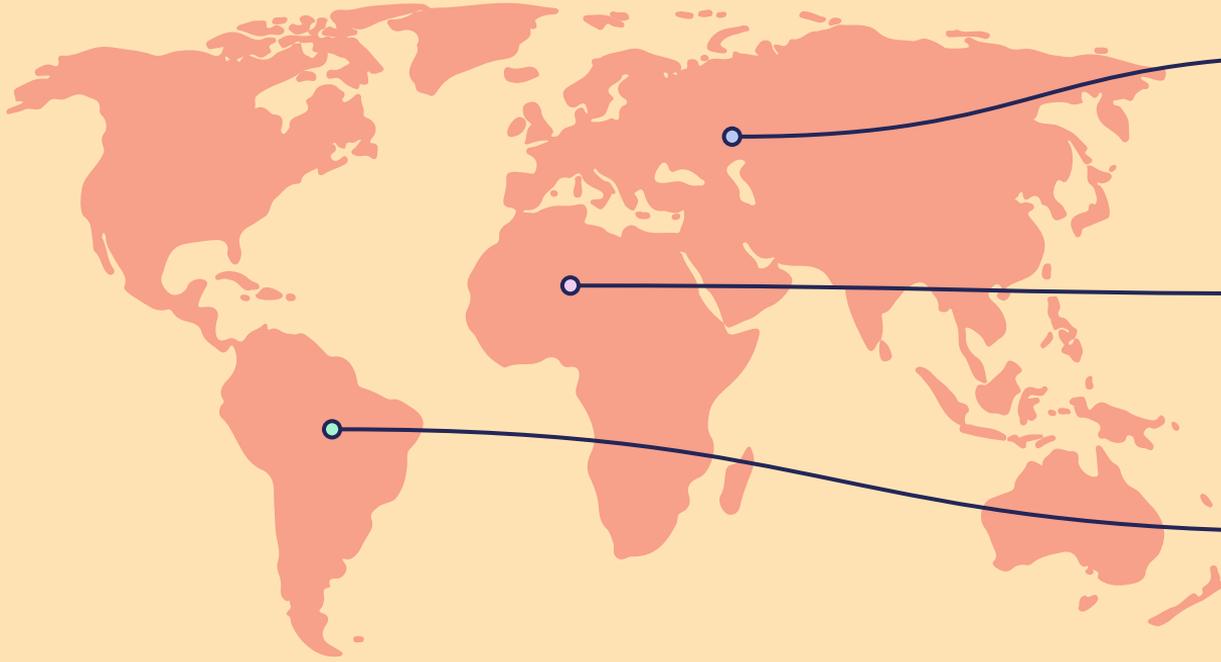


## MARS

Mars is a very cold planet



# 70'S ARE BACK AGENCY INFOGRAPHICS



## SATURN

Saturn is a gas giant with rings

## VENUS

Venus has a beautiful name

## MERCURY

Mercury is the smallest planet

# 70'S ARE BACK AGENCY INFOGRAPHICS



**VENUS**

Venus has a beautiful name



**SATURN**

Saturn is a gas giant with rings



**MERCURY**

Mercury is the smallest planet

**70'S ARE BACK AGENCY**

# 70'S ARE BACK AGENCY INFOGRAPHICS

| SU | M  | T  | W  | TH | F  | S  |
|----|----|----|----|----|----|----|
| 30 | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1  | 2  | 3  |



## VENUS

Venus has extremely high temperatures



## MERCURY

Mercury is the smallest planet of them all



## JUPITER

It's the biggest planet in the Solar System

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