

整全心靈醫治系列

06/2016 拉法加拿大基督教發展中心 及 Hallelujah Chinese Evangelical Free Church 合辦

TR101-0242L5G5I(Level 1): 情緒四重奏成人密集課程 – 自覺篇(粵語)

報名表

姓名: (中文) _____ (英文) _____
(先生/太太/小姐/牧師/傳道/全職神學生/全職學生/65 歲或以上長者/重讀學員/旁聽生)
身份証/旅遊證件/駕駛執照號碼: _____ (請填頭 4 個位數字)
性別: ☐ 男 ☐ 女 出生年月: _____ (年/月)
電話: (日) _____ (如不能提供電郵, 請填上電話號碼, 以便聯絡) 傳真: _____
電話: (夜) _____ (手提): _____
電郵(email): _____ (請用正楷填寫, 以免失誤)
通訊地址: _____
郵政編號: _____ 國家: _____
職業: _____ 教育: ☐ 小學 ☐ 中學 ☐ 大專 ☐ 大學或以上
婚姻狀況: ☐ 未婚 ☐ 已婚 ☐ 離婚 / 分居
信仰: _____
已信主: ☐ 是 ☐ 否 信主日期: _____ 已受浸: ☐ 是 ☐ 否 受浸日期: _____
目前事奉崗位: _____ 所屬教會: _____

曾參加那一個 Level I 情緒四重奏課程?

☐ 曾 ☐ 否 請列出地點 _____ 及年份 _____

曾否加入小組: ☐ 有 ☐ 沒有 小組組長: _____

費用: ☐ CAD \$160 (報名費 CAD\$120 + 組長交通費 CAD \$40) (☐ 2016 年 5 月 22 日後報名需繳遲交費 CAD \$15, 即 CAD \$175)

☐ CAD \$136 (報名費 CAD\$96 + 組長交通費 CAD \$40) (☐ 2016 年 5 月 22 日後報名需繳遲交費 CAD \$15, 即 CAD \$151)

重讀學員 / 全職神學生 / 65 歲或以上長者

☐ CAD \$96 (旁聽生報名費) (☐ 2016 年 2 月 16 日後報名需繳遲交費 CAD \$15, 即 CAD \$111)

付款方法: 2016 年 5 月 22 日以前 以 ☐ 支票付款、抬頭請寫: "Rapha Christian Development (Canada) Association"

請在合適方格上加上 ☐:

☐ DVD 講座及小組 ☐ 旁聽生(只參加講座, 不參加小組) ☐ 重讀學員 ☐ 需要申請資助 ☐ 需要收據

☐ 小組特別要求 _____ (本會儘量安排但不保證)

注意:

(1) 上課地點: Hallelujah Chinese Evangelical Free Church 393 Middlefield Road, Scarborough, ON M1S 5A9。報名詳情及查詢: 請電郵 ElisaLeung@hcefc.org 或 電話留言 416-297-8197ext 101 給聯絡人 Mrs. Elisa Leung, 或登入拉法基金會網頁瞭解詳情: www.raphahk.org。有意報名者請注意, 課程包含一些可能觸及或影響個人情緒的習作。如報名者對該方面有疑問, 請諮詢有關專業人士才考慮是否適合報名。

(2) 課程費用 CAD \$160 - 由於編排小組過程繁複, 學員需於截止日期前繳交報名表格、「情緒及靈命狀況問卷」及現金或支票費用, 否則需多繳交 CAD \$15 遲交費; 凡此日期後報名者, 費用為 CAD \$175。(一經報名, 如因任何緣故需要退出, 費用概不發還, 但可以用作參加下一次課程--有效期為兩年)

(3) 重讀學員、全職神學生、65 歲或以上長者, 報名費八折。

(4) 由於小組名額有限(8 位), 本會採用先到先得形式, 額滿後將會列入等候名單。如因參加人數過多, 未能分配合適小組, 或因資料遺缺等或相反地報名人數不足而取消是次課程, 將由負責人個別通知, 並退回報名費。

(5) 如因經濟問題未能負擔全部或部份費用, 請電郵 usRapha2015@gmail.com 查詢資助申請表, 所提供的有關資料, 絕對保密。申請表必須在優惠期內遞交方為有效。申請人必須於上課前 2 星期交齊報名表, 問卷調查表, 課程資助申請表, 並一併繳交可負擔之費用; 否則, 需於開課後繳付全費。

(6) 如因天氣惡劣, 而決定取消講座和/或小組, 教會將於 24 小時前以 email 或電話通知學員, 下次講座或小組日期和時間。

拉法加拿大基督教發展中心內部填寫:

已收取: ☐ 現金: CAD\$ _____ ☐ 支票 CAD\$ _____ / 支票號碼 _____ / 銀行 _____

☐ 拉法 / 教會收據號碼: _____

收款人簽名: _____ 收表格日期: _____ ☐ 已收申請資助表格 ☐ 資助報名費 CAD\$ _____

課程前 - 情緒靈命問卷

研究的描述 (Description of the Research):

這項研究的目的是找出參加者怎樣透過拉法基金心靈醫治課程系列(一至三階段)得着改進。在首階段課程前及後，參加者會被邀請填寫兩份問卷。問卷是為了用作檢示和比對在課程進行中參加者在情緒和心靈上的改變。因此，在每一階段課程完成後、以及在整個課程完結了的六個月及一年後，參加者會再被邀請填寫這份問卷。 The objective of this research is to identify how the participants have improved through Rapha Foundation's Wholeness in Healing Series (Levels 1 to 3). Before the first phase of the Course, participants are invited to complete two Questionnaires. The Questionnaire is used as a review and comparison of the participant's emotional and spiritual changes during the Course. Therefore, at the completion of each Level of the Course, and as well six months and one year after the completion of the entire series, the participants are invited to complete Questionnaires.

為了參與這項的研究，有需要各參加者明白這項研究的性質，和在其中的角色：

In order to participate in this research, all participants need to understand the nature of this research, and your role in it:

- 我明白我正在參與一項心理學研究； I understand that I am participating in a psychological research;
- 我明白所有我提供的資料將作保密； I understand that all the information I provide will kept confidential;
- 我明白我將會在第一天課程中得知這項研究學習的重點和參與的部份，當我有需要提問時，可以聯絡「拉法基金」；

I understand that I will be informed of the importance and participation of the research on the first day of the Course, when I need to ask questions, I can contact "Rapha Foundation";

- 我明白要參加「拉法基金」所舉辦的整全心靈醫治課程，是需要參與這項研究。

I understand that when I participate in Rapha Foundation's Wholeness in Healing Series, I need to participate in the research.

課程簡介 (Course Description) :

「整全心靈醫治系列課程」是透過心理學對情緒的認知，幫助人了解自我防衛機制、逃避痛苦情緒的人際關係模式、及自我信念是如何受過去經歷所影響，並且學習如何開放自己內在的痛苦，經歷上帝的醫治。

"Wholeness in Spiritual Healing Series" is a Course Program by understanding of emotions through psychology. It helps people to understand our self-defense mechanism and our mode of interpersonal relationship through emotional pain avoidance, and how self-trust is influenced by our past experiences, as well as learning how to open up our inner pain toward experiencing God's healing.

本課程包括講座及小組，建議學員必須參加小組討論，因它是課程的重要核心部分。每小組由組長以「保密」的方式，真情的交流及深入的討論令學員得到心靈的成長，活出豐盛的生命。(各組長在各項課程前均須接受葛琳卡博士的培訓，並於各小組進行中，將學員的學習狀況與葛琳卡博士討論及諮商，以確保學員能經歷上帝的醫治和帶領，對聖經真理的認識，能學習運用課程所教的處理情緒技巧)。

This Course includes Lectures and Small Groups, we strongly recommend students to participate in the small group sessions, as it is an important part of the core curriculum. Each group has a leader who uses confidential method exchanging truth and in-depth discussions (each leader must be trained before the Course by Dr. Katherine Kot, as well as supervised & debriefed with Dr. Katherine Kot after each group session, about the learning progress of the students, to ensure that the students can experience God's healing and leading, know the Biblical truth, can practice the skills learned during the course in handling emotions), so the students get spiritual growth, and live an abundant life.

課程目的 (Course Objectives) :

幫助人更了解自己，更認識神：接納自己的情緒，掌握所教的處理情緒技巧，開放內心深層的感受，經歷上帝的醫治，更能活出基督裏豐盛的生命。 Help the participant to better understand ourselves and God: accept our emotions, manage the skills in dealing with emotions, open our hearts and inner feelings, experience God's healing, toward living an abundant life in Christ.

參加課程小組同意書 (Consent in participation of Small Groups):

我明白及同意讓拉法加拿大基督教發展中心，將根據我有關提供的資料，用作搜集統計，並絕對保密。

I understand and agree that RAPHA Christian Development (Canada) Association will compile statistics based on my related release information, and all individual statistics will remain confidential.

我明白及同意於整個及/或部份課程講座及/或退修營會，讓拉法加拿大基督教發展中心拍攝及/或記錄，為製作 DVD/CD/圖畫冊/書刊之用。 I understand and agree that RAPHA Christian Development (Canada) Association will be audio/video recording the whole and / or part of the activity of Course sessions and retreat Camps, for the purpose of preparing DVD/CD/ picture album/ books and publications.

我明白及同意拍攝及記錄我的圖像、聲音、所繪的圖畫/油畫，讓拉法加拿大基督教發展中心拍攝及的事工之用。 I understand and agree to take photographs of and / or record my image, voice, and drawing / painting for the use by RAPHA ministry.

我明白所有教材均屬版權所有，若我未經許可錄影或錄音，或使用任何教材內容，經勸阻無效，我將邀請停止參與或離開此課程。 I understand the copyright of all course materials, and if I use the Course materials and audio / video record, any content of the course without permission, I will be required to terminate my involvement and leave the course upon repeated warnings.

我明白組長會將小組討論中的有關資料諮詢葛琳卡博士，以作督導及檢討之用。除此之外，小組討論中所有資料絕對保密。 I understand that information discussed with the Group leader in the Group, will be shared and consulted during supervision / debriefing meeting with Dr. Katherine Kot. Otherwise, all information discussed in the group will remain confidential.

如果小組分享的內容洩及下列的情況，組長必須依照當地的法例要求作出報告及處理： Group leaders are legally required to report / respond to the following incident, according to the local law regulations：

1. 任何懷疑對兒童及長者的虐待（包括身體、情緒、性虐待、疏忽或暴力的危險）事件，必須立即通知警方或有關保護兒童服務部。 Any suspected incidents of child or elderly abuse (include the risks of physical, emotional, sexual abuse, neglect or violence) shall be reported immediately to the Police or appropriate Child Protectives Services Department.
2. 任何意圖或去傷害自己或其他人，必須通知警方。 Any incident or intent to hurt self or others, shall be reported to the Police.

簽署這份同意書聲名時，已明白上述課程簡介、課程目的及參加小組的解釋資料。並同意參加這項研究學習而填寫問卷。 By signing this Consent Form, I agree that I understand the explanation concerning the above Course Description and Objectives, as well as the participation of Small Groups. And I have agreed to participate in the research by completing the Questionnaires.

簽署人姓名 (Full Name of Applicant in Block letter)：_____

簽署 (Signature of Applicant)：_____

日期 (Signed Date)：_____

(問卷問題在下一頁 Questionnaires on next page)

為了搜集統計資料，方便分析學員在課程後的靈命及情緒幫助，希望學員能填寫以下問卷，請從下列問題中選出最適合的答案: In order to collect statistical information of the participants, to facilitate the analysis of the spiritual and emotional health after taking the Course, please fill out the following questionnaires and check the most appropriate answer:	
	在參加上一次情緒課程(Level 1/Level 2/Level 3)前曾否填寫此問卷? Have you completed the Questionnaires last time when you joined Level 1/Level 2/Level 3? ☐ 有 Yes ☐ 沒有 No
就業情況: Employment:	☐ 沒有工作 Unemployed ☐ 兼職 Part-Time ☐ 全職 Full Time
教育程度: Education:	總共受教育年數 Total No. of Years _____ (包括: 小學、中學、高級文憑、學士、碩士、博士; 重讀年數不包括在內 Include: Primary School, Secondary School, Higher Diploma, Bachelor Degree, Master Degree, Doctoral Degree; exclude Repeated Study)
家庭總收入(每月): Monthly Income (USD \$)	☐ 少於 less than \$1,200 ☐ \$1,200-\$2,400 ☐ \$2,401-\$3,600 ☐ \$3,601-\$4,800 ☐ \$4,801-\$6,000 ☐ \$6,001-\$7,200 ☐ \$7,201-\$8,400 ☐ \$8,401 or above 以上 父親 / 家庭經濟支柱在學員出生時的職業: _____ Occupation of Father / Main Breadwinner in Family at the birth of student:
婚姻狀況: Marital Status:	☐ 單身 Single ☐ 已婚 Married ☐ 離婚 Divorced ☐ 喪偶 Widowed 若已婚, 請問結了婚多久? If married, how long? _____ 年 (year) _____ 月 (month) 有沒有兒女 Any Child? ☐ 有 Yes ☐ 沒有 No 若有, 多少個兒女 If yes, how many? _____ 你第一個兒女的年齡 Age of First Child: _____ 你第二個兒女的年齡 Age of Second Child: _____ 你第三個兒女的年齡 Age of Third Child: _____ 你第四個兒女的年齡 Age of Fourth Child: _____
你曾否接受心理輔導? Have you ever received Psychological Counselling?	☐ 曾接受輔導 Yes, in the past ☐ 現在接受輔導 Yes, currently ☐ 沒有 Never 如有, 請問你已接受心理輔導多久 If yes, how long have you received Counselling? _____ 你現在有否服用精神科藥物 Are you taking psychiatric drugs? ☐ 有 Yes ☐ 沒有 No 曾否接受精神科藥物治療 Have you ever received treatments with psychiatric drugs? ☐ 有 Yes ☐ 沒有 No 請寫下醫生診斷的症狀 Please state the diagnosis from your Doctor : ☐ 抑鬱症 Depression ☐ 焦慮症 Anxiety Disorder ☐ 精神分裂症 Schizophrenia ☐ 強逼症 Compulsion ☐ 其他症狀 Other symptoms : _____ 請於下面列出所(曾)服用之精神科藥物 Please specify the psychiatric drugs you have taken : _____ 你現在有否服用非醫生處方藥物 Are you taking any non-prescription drugs now? ☐ 有 Yes ☐ 沒有 No 你曾否服用非醫生處方藥物 Have you ever taken non-prescription drugs? ☐ 有 Yes ☐ 沒有 No 請於下面列出所(曾)服用之非醫生處方藥物 Please specify the non-prescriptive drugs you have taken : _____
你有否吸煙? Do you smoke?	☐ 有 Yes ☐ 沒有 No 若有, 每天會吸多少支煙 If yes, how many cigarettes per day ? _____
你每週飲用多少酒精類飲品? How much alcohol do you drink per week?	☐ 完全沒有 Not at all ☐ 1-2 杯啤酒 1-2 cups of beer ☐ 3-4 杯啤酒 3-4 cups of beer ☐ 5-6 杯啤酒 5-6 cups of beer ☐ 6+杯啤酒 6+ cups of beer ☐ 其他, 請註明 Others, please specify: _____
你的教會隸屬甚麼宗派? What is your Church's Denomination	☐ 天主教 Catholic ☐ 福音派 Evangelical ☐ 浸禮宗 Baptist ☐ 路德宗 Lutheran ☐ 循道衛理 Methodist ☐ 跨宗派 Trans-denominational ☐ 沒有宗派 Non-denominational ☐ 其他, 請註明: Others, please specify: _____

情緒知識測試 Emotional Knowledge Quiz

請閱讀以下的每一句子並選擇“是”或“否”來表示你 *認同* 或 *不認同* 該句子。

Please read each sentence below and choose "Yes" or "No" to indicate whether you "agree" or "do not agree" with the sentence.

		是 Yes	否 No
1	情緒失控的人是有能力去調節自己的情緒。 People who are feeling out of control have the ability to regulate their own emotions.		
2	人是不能停止某些思想和感受的浮現。 People cannot stop our ideas and feelings from emerging.		
3	當對方不接納我表達內心的需要，就表示對方不接納我。 When others do not accept my inner needs, it means that others do not accept me.		
4	幫助對方解決引致情緒困擾的問題，就是給情緒困擾者最大的幫助。 Helping others to solve the issues that caused the emotional problems, is giving the greatest help to the emotional distressed.		
5	別人因我的拒絕而感受到傷害，那傷害是我造成的。 When others felt hurt because of my refusal, that hurt was caused by me.		
6	經常能夠表達核心情緒的人，較少需要尋求醫療的協助。Those people who can often express their true emotions, will less likely need to seek medical assistance.		
7	面對那些叫我們看不順眼的人（如：慢吞吞、不出聲、吞吞吐吐），直接指正他們的問題，並不能幫助他們糾正錯誤。When we face those people that we dislike (such as: act very slow, quiet, hesitant), confronting their problems directly will not help them in correcting the mistakes.		
8	不是每一個人都能調節情緒，因此面對脾氣暴躁的家人，我們最好包容忍耐，避免衝突。Not everyone can regulate our emotions, therefore when we face those family members with bad-temper, the best is to tolerate and be patient, in order to avoid conflict.		
9	我們應該學習與痛苦的情緒共處，才會不被痛苦情緒所控制。 We should learn to live with our emotional pain, then we will not be controlled by the pain.		
10	有些人見到別人很慘，就會不惜代價去幫助別人，甚至影響自己也在所不計。這種行為是因為無私的愛心。When some people see others in misery, they will help others at all costs, even affecting & disregarding his own account. This behavior is caused by selfless love.		
11	我們不應該去控制情緒，應該自由地感受所有的情緒。 We should not control our emotions, just let out all the emotions freely.		
12	創傷的情緒獲得醫治後，人便會變得醒目，學習也容易融匯貫通。 After recovering from emotional trauma, people become smarter and learning faster.		
13	屬靈生命的呆滯與處理情緒能力有關。 Sluggish spiritual life is related to capacity in handling emotions.		
14	情緒化是天生性格的一部分！ Being emotional is part of the innate character!		
15	只有強硬手段才可以控制頑皮反叛的孩子。 Using tough discipline is the only way to control the naughty rebellious child.		
16	只要能夠接納痛苦的情緒，就會減少痛苦情緒的困擾！Only when we can accept our emotional pain, it will reduce our suffering from emotional distress!		
17	只要醫治過去的創傷及學習管理這刻的情緒反應，我們不需要改變與人相處的模式，已經能夠保持健康的情緒狀態！Just heal the wounds of the past and learn to manage this moment of emotional response, we need to change the mode of getting along with others, we have been able to maintain a healthy emotional state!		
18	如果要化解恩怨的人已經離世或不願意再與自己溝通，那就不能化解與這人的怨仇！If the person that you need to resolve the resentments have died or unwilling to communicate with you, then the resentments with this person cannot be resolved!		

19	情緒日誌 / 札記是幫助我們認識自己情緒的重要工具！ Emotional diary / notes is an important tool to help us understand our own emotions!		
20	對別人及自己的同理心不是最有效調節情緒的方法！ Empathy towards others and yourself is not the most effective way to regulate emotions!		
21	當你去關懷情緒波動的朋友時，最好不要查問波動情緒背後的原因，不然對方的情緒就會一觸即發，更加波動！ While you take care of your friend with mood swings, it is best not to question about the reasons behind the mood swing, otherwise the other person's emotions will be imminent, even more fluctuate!		

情緒問卷

Emotional Questionnaires

在回答問卷時，所有問題沒有對或錯的答案，所有問題內容以英文為準，中文是翻譯的。請你誠實填寫，你的答案將會保密。When answering to the Questionnaires, there is no right or wrong answer. All the questions are originally written in English, and translated into Chinese. Please be honest when answering the questions, they will be kept confidential.

Please read each question carefully, and choosing the answer in 0 - 3 that best describe your feeling at present time. Then choose the most appropriate answer in the box on the left.

請細讀每條題目，在 0 - 3 各項答案中，選一項答案最適合形容你現時的感覺。然後在左邊的方格□上最合適的答案。

1.

- ☐ 0 I do not feel sad. 我沒有感到鬱悶。
- ☐ 1 I feel sad. 我感到沮喪或鬱悶。
- ☐ 2 I am sad all the time and I can't snap out of it.
我時時刻刻都感到沮喪和鬱悶，而且不能擺脫這種感覺。
- ☐ 3 I am so sad and unhappy that I can't stand it. 我覺得鬱悶和不快樂，這令我忍受不了。

2.

- ☐ 0 I am not particularly discouraged about the future. 對於將來，我並不特別悲觀或氣餒。
- ☐ 1 I feel discouraged about the future. 我對於將來感到氣餒。
- ☐ 2 I feel I have nothing to look forward to. 我感到我沒有什麼是可以盼望的。
- ☐ 3 I feel the future is hopeless and that things cannot improve.
我覺得將來是沒有希望的，並且事情不可能改善。

3.

- ☐ 0 I do not feel like a failure. 我並不覺得自己是個失敗者。
- ☐ 1 I feel I have failed more than the average person. 我比其他人更多失敗。
- ☐ 2 As I look back on my life, all I can see is a lot of failures.
回想一生，我只能看到自己失敗屢屢。
- ☐ 3 I feel I am a complete failure as a person.
作為一個人，我感到自己是一個完全的失敗者。

4.

- ☐ 0 I get as much satisfaction out of things as I used to. 我對事物如往常般感到滿意。
- ☐ 1 I don't enjoy things the way I used to. 我不能像以前般享受事物。
- ☐ 2 I don't get real satisfaction out of anything anymore. 我不能從任何東西得到滿足。
- ☐ 3 I am dissatisfied or bored with everything. 我對任何事物都不滿意。

- 5.
- ☐ 0 I don't feel particularly guilty. 我沒有感到內疚。
 - ☐ 1 I feel guilty a good part of the time. 我很多時都覺得內疚。
 - ☐ 2 I feel quite guilty most of the time. 我幾乎時常感到內疚。
 - ☐ 3 I feel guilty all of the time. 我全時間都活在罪疚感當中。
- 6.
- ☐ 0 I don't feel I am being punished. 我不覺得自己是被懲罰中。
 - ☐ 1 I feel I may be punished. 我感覺自己或許會受到懲罰。
 - ☐ 2 I expect to be punished. 我預計自己將會受罰。
 - ☐ 3 I feel I am being punished. 我感到自己正在受罰。
- 7.
- ☐ 0 I don't feel disappointed in myself. 我沒有對自己感到失望。
 - ☐ 1 I am disappointed in myself. 我對自己失望。
 - ☐ 2 I am disgusted with myself. 我討厭自己。
 - ☐ 3 I hate myself. 我憎恨自己。
- 8.
- ☐ 0 I don't feel I am any worse than anybody else. 我不感到自己比別人差。
 - ☐ 1 I am critical of myself for my weaknesses or mistakes. 我對自己的弱點或錯誤很挑剔。
 - ☐ 2 I blame myself all the time for my faults. 我因自己的過失而埋怨自己。
 - ☐ 3 I blame myself for everything bad that happens.
發生了任何不好的事情，我都會歸咎自己。
- 9.
- ☐ 0 I don't have any thoughts of killing myself. 我沒有想過要結束自己的生命。
 - ☐ 1 I have thoughts of killing myself, but I would not carry them out.
我有想過要結束自己的生命，但我是不會實行的。
 - ☐ 2 I would like to kill myself. 我希望結束自己的生命。
 - ☐ 3 I would kill myself if I had the chance. 若可以，我會結束自己的生命。
- 10.
- ☐ 0 I don't cry any more than usual. 我沒有比平常哭多了。
 - ☐ 1 I cry more now than I used to. 我比以前哭多了。
 - ☐ 2 I cry all the time now. 我現在時常在哭，不能停止。
 - ☐ 3 I used to be able to cry, but now I can't cry even though I want to.
我以前可以哭，但現在就算我想哭，也完全哭不出來。
- 11.
- ☐ 0 I am no more irritated by things than I ever was. 比起以前，我沒有特別易被激怒。
 - ☐ 1 I am slightly more irritated now than usual. 我比以前更易受刺激或發怒。
 - ☐ 2 I am quite annoyed or irritated a good deal of the time. 我很多時都感到被激怒。
 - ☐ 3 I feel irritated all the time. 我時刻都感到被激怒。

12.

- ☐ 0 I have not lost interest in other people. 我對別人並沒有失去興趣。
- ☐ 1 I am less interested in other people than I used to be.
跟以前比較，我對別人的興趣減少了。
- ☐ 2 I have lost most of my interest in other people.
我對別人差不多完全失去了興趣，而且對他們幾乎毫無感覺。
- ☐ 3 I have lost all of my interest in other people.
我對別人完全失去興趣，而且完全不在乎他們。

13.

- ☐ 0 I make decisions about as well as I ever could. 我像以前一樣能對事情作出決定。
- ☐ 1 I put off making decisions more than I used to. 我較以前更常逃避去作出決定。
- ☐ 2 I have greater difficulty in making decisions more than I used to. 我較以前更難去做決定。
- ☐ 3 I can't make decisions at all anymore. 我沒有能力再作出任何決定了。

14.

- ☐ 0 I don't feel that I look any worse than I used to. 我覺得我的外表沒有比往時差。
- ☐ 1 I am worried that I am looking old or unattractive. 我擔心我看來老了或沒有吸引力。
- ☐ 2 I feel that there are permanent changes in my appearance that make me look unattractive.
我感到我外表上有永久性的改變，令我變得沒有吸引力。
- ☐ 3 I believe that I look ugly. 我感到自己樣子醜陋或令人厭惡。

15.

- ☐ 0 I can work about as well as before. 我工作的幹勁和以前一樣。
- ☐ 1 It takes an extra effort to get started at doing something.
在開始做一件事情的時候，我需要額外的努力。
- ☐ 2 I have to push myself very hard to do anything.
做任何事情，我都需要催迫得自己十分厲害。
- ☐ 3 I can't do any work at all. 我不能做任何事情。

16.

- ☐ 0 I can sleep as well as usual. 我睡眠的情況跟以往沒有什麼分別。
- ☐ 1 I don't sleep as well as I used to. 我的睡眠質素比以前差。
- ☐ 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
我比以往早了一至二小時睡醒，並且難以再入睡。
- ☐ 3 I wake up several hours earlier than I used to and cannot get back to sleep.
我比以往早了幾小時睡醒，並且難以再入睡。

17.

- ☐ 0 I don't get more tired than usual. 我沒有比以前容易疲倦。
- ☐ 1 I get tired more easily than I used to. 我比以往容易疲倦。
- ☐ 2 I get tired from doing almost anything. 無論做什麼事情，我總覺得疲倦。
- ☐ 3 I am too tired to do anything. 我疲倦到甚麼東西都不做。

18.

- ☐ 0 My appetite is no worse than usual. 我的胃口跟以前沒有什麼分別。
- ☐ 1 My appetite is not as good as it used to be. 我的胃口比以前差。
- ☐ 2 My appetite is much worse now. 我的胃口比以前差了許多。
- ☐ 3 I have no appetite at all anymore. 我對任何食物都沒有胃口。

19.

- ☐ 0 I haven't lost much weight, if any, lately. 最近我的體重跟以前差不多。
- ☐ 1 I have lost more than five pounds. 我比以前輕了多過 5 磅。
- ☐ 2 I have lost more than ten pounds. 我比以前輕了多過 10 磅。
- ☐ 3 I have lost more than fifteen pounds. 我比以前輕了多過 15 磅。

20.

- ☐ 0 I am no more worried about my health than usual. 我關心自己健康的程度和以前差不多。
- ☐ 1 I am worried about physical problems such as aches and pains, or upset stomach, or constipation. 我掛心自己身體的狀況如疼痛、胃部不適或便秘。
- ☐ 2 I am very worried about physical problems and it's hard to think of much else. 我因很掛慮自己身體不適，甚至不大可以思想其他事情。
- ☐ 3 I am so worried about my physical problems that I cannot think about anything else. 我的思想完全被掛慮身體所佔據。

21.

- ☐ 0 I have not noticed any recent change in my interest in sex. 我近來對於性的興趣沒有什麼改變。
- ☐ 1 I am less interested in sex than I used to be. 比起以前，我對性的興趣減少了。
- ☐ 2 I have almost no interest in sex. 比起以前，我對性的興趣減少了許多。
- ☐ 3 I have lost interest in sex completely. 我對性完全失去興趣。

請細心閱讀下列每一個項目，請選一項描述你在過去一星期中被每一個癥狀困擾的程度。

Please carefully read each of the following symptoms below. Put a tick to the appropriate box which best describes how much you suffered from each symptom in the past week (7 days).

Common symptoms 普通症狀	Not At All 並無煩擾	Mildly - but it didn't bother me much. 輕度， 無多大煩擾	Moderately - it wasn't pleasant at times 中度，感到不適 但尚能忍受	Severely - it bothered me a lot 嚴重，只能勉強忍 受或構成重大影響
1. Numbness or tingling 麻木或刺痛				
2. Feeling hot 感到發熱				
3. Wobbliness in legs 腿部顫抖				
4. Unable to relax 不能放鬆				
5. Fear of worst happening 害怕發生不好的事情				
6. Dizzy or lightheaded 頭暈				
7. Heart pounding/racing 心慄或心率加快				
8. Unsteady 心神不定				
9. Terrified or afraid 驚嚇				
10. Nervous 緊張				
11. Feeling of choking 有窒息感覺				
12. Hands trembling 雙手發抖				
13. Shaky / unsteady 搖晃不定				
14. Fear of losing control 害怕失控				
15. Difficulty in breathing 呼吸困難				
16. Fear of dying 害怕快要死去				
17. Scared 恐慌				
18. Indigestion or discomfort in the abdomen 消化不良或腹部不適				
19. Faint / lightheaded 昏厥				
20. Face flushed 臉發紅				
21. Hot / cold sweats (not due to heat) 出汗 (不是因暑熱冒汗)				
Column Sum 每欄分數				
Total Score 總分				

靈命問卷

Spiritual Life Questionnaires

請仔細閱讀每一項目，然後選擇一個最貼切描述你目前情況的答案，再把右邊的正确縮寫字母劃上圓圈，
Please carefully read the following sentences below. Circle the answer which best describes your current situation

- SD** 強烈不同意，如果句子是很錯誤描述你對神的感受。
Strongly Disagree - If the sentence is wrongly describing your feeling toward God.
- D** 不同意，如果句子不適當地描述你對神的感受。
Disagree - If the sentence is not appropriately describing your feeling toward God.
- A** 同意，如果句子適切地描述你對神的感受。
Agree - If the sentence is appropriately describing your feeling toward God.
- SA** 強烈同意，如果句子是很正確地描述你對神的感受。
Strongly Agree - If the sentence is correctly describing your feeling toward God.

例如某一答案對你來說「強烈不同意」則應圈上 **SD**。有些項目可能十分相似，請不必擔心你的答案需要一致，只管圈出最能描述你目前情況的答案。

For example, circle “SD” if your answer is strongly degree. Some sentences may look similar, but do not concern about it. You only need to circle the answer which best describe your current situation.

請用原子筆或鉛筆圈出你的答案 (0 ☐ 1 ☐ 2 ☐ 3)，如果要更改答案，請把原來的答案劃上 X 後再選出正確的答案，例如 (0 ☒ 1 ☐ 2 ☐ 3)

Use a ball pen or a pencil, circle your answer (0 ☐ 1 ☐ 2 ☐ 3). If you need to make any changes, please cross out the one is not wanted before choosing another one. For example: (0 ☐ 1 ☒ 2 ☐ 3)

		SD 強烈不 同意	D 不同 意	A 同意	SA 強烈 同意
1	當我聽從神的命令，神會令好事發生在我身上。 When I obey God's commands, God will make good things happen to me.	0	1	2	3
2	有時我會感到不安，因為我不肯定神是否仍然愛我。 I am sometimes anxious about whether God still loves me.	0	1	2	3
3	請求神幫助甚少帶給我好處。 Asking God for help rarely brings me any benefits.	0	1	2	3
4	我相信神對我的愛。I am confident of God's love for me.	0	1	2	3
5	當我尋求神時，祂沒有回應我。God does not answer when I call upon Him.	0	1	2	3
6	我知道自己不完美，但神仍然愛我。 I know I'm not perfect, but God loves me anyway.	0	1	2	3
7	神的聲音告訴我應作什麼事。The voice of God tells me what to do.	0	1	2	3
8	有時我覺得自己曾犯下不可原諒的罪。 I have sometimes felt that I have committed some unforgivable sins.	0	1	2	3
9	就算我將事情搞得一團糟，我知道神會使之迎刃而解。 Even when I mess things up, I know God will straighten them out.	0	1	2	3
10	神永不挑戰我。God never challenges me.	0	1	2	3

11	想得太多會使我信心動搖。 Thinking too much could endanger my faith.	0	1	2	3
12	我得到我所祈求的。I get what I pray for.	0	1	2	3
13	我感受到神在我心靈深處。I can feel God deep inside of me.	0	1	2	3
14	神對我的愛沒有任何條件。 God's love for me has no condition.	0	1	2	3
15	我感受不到神很親近。God doesn't feel very personal to me.	0	1	2	3
16	無論我如何努力祈禱也是徒然的。 No matter how hard I pray, it doesn't do any good.	0	1	2	3
17	我知道神仍愛我，甚至當我做壞事的時候。 Even when I do bad things, I know God still loves me.	0	1	2	3
18	我能夠與神有親密的交通。 I can have an intimate communication with God.	0	1	2	3
19	發生在我身上的事情往往是我作的決定而有的結果。 What happens in my life is largely a result of decisions I made.	0	1	2	3
20	神教養我。God nurtures me.	0	1	2	3
21	甚至在禱告中，我也感受不到與神親近。 Even in prayer, I do not feel close to God.	0	1	2	3
22	當我能做得完美，神才愛我。 God loves me only when I perform perfectly.	0	1	2	3
23	無論如何神都會愛我。God loves me regardless.	0	1	2	3
24	神喜悅我的成就。God takes pleasure in my achievements.	0	1	2	3
25	神時常叫我嘗試更努力去作工。God keeps asking me to try harder.	0	1	2	3
26	神時常與我同在。God is always with me.	0	1	2	3
27	就算我向神祈求仍得不到說明。 Even when I pray to God, I still do not get the explanation.	0	1	2	3
28	與神親密和活躍於世界是不能融合的。 Being close to God and being active in the world don't mix.	0	1	2	3
29	我常擔心神是否能夠愛我。 I often worry whether God can love me.	0	1	2	3
30	神掌管我的人生。God is in control of my life.	0	1	2	3
31	神希望我能達成我生命中所能做到的。 God wants me to achieve all I can in life.	0	1	2	3
32	我是一個滿有能力的人，這是因著神的緣故。 I am a very powerful person because of God.	0	1	2	3
33	神常常供應我所需要的。God will always provide for me.	0	1	2	3
34	我認為神傾向讓人自由決定。 I think God tend to let people have their own free will.	0	1	2	3
35	神對所有人滿有憐憫。God's mercy is for everyone.	0	1	2	3
36	神對我的愛是無條件的。God's love for me is unconditional.	0	1	2	3
37	我知道如何使神聆聽我的祈禱。 I know how to make God listen to me.	0	1	2	3
38	神叫我努力成長。God asks me to keep growing as a person	0	1	2	3
39	神差不多時常回應我所有祈禱。 God almost always answers all my prayers.	0	1	2	3

40	神不想我問太多問題。 God doesn't want me to ask too many questions.	0	1	2	3
41	神不會作很多事情去決定我生命的結果。 God does not do much to determine the outcome of my life.	0	1	2	3
42	神讓世界隨自然法則運作。 God lets the world run by its own laws.	0	1	2	3
43	我不夠好，不配得到神的愛。 I am not good enough for God to love.	0	1	2	3
44	我有時感到被抱在神的懷中。 I sometimes feel being cradled in God's arms.	0	1	2	3
45	神從不會叫我作難成的事。 God has never asked me to do difficult things.	0	1	2	3
46	我常覺得自己常在神手中。 I often feel that I am in the hands of God	0	1	2	3
47	我認為我的信心不會對神有任何特別的影響。 I don't think my faith gives me any special influence with God.	0	1	2	3
48	總的來說，我得要自給自足、自食其力。 In any case, I have to provide for myself.	0	1	2	3
49	我尤其被神是牧者的形象吸引。 I am particularly drawn to the image of God as a shepherd.	0	1	2	3
50	神距離我很遠。 God feels distant to me.	0	1	2	3
51	我想人的成就使神喜悅。 I think human achievements are a delight to God.	0	1	2	3
52	我很少感到神與我同在。 I rarely feel that God is with me.	0	1	2	3
53	當我祈禱時，我有信心。 I have confidence when I pray.	0	1	2	3
54	基本上我要為自己的人生負責。 I am pretty much responsible for my own life.	0	1	2	3
55	神似乎甚少給我所祈求的。 God rarely seems to give me what I ask for.	0	1	2	3
56	神鼓勵我往前行生命的旅程。 God encourages me to go forward on the journey of life.	0	1	2	3
57	神有時會應我的祈求而插手於事情上。 God sometimes intervenes at my request.	0	1	2	3
58	神從不向我伸出祂的手。 God never reaches out to me.	0	1	2	3
59	神不介意我不大長進。 God doesn't mind if I don't mature much.	0	1	2	3
60	有時我覺得甚至連神也不愛我。 Sometimes I think that not even God could love me.	0	1	2	3