

Taiwanica's Guide To Building Self-Worth & Boundaries 建立自我價值與邊界指南

Use these in a journal, meditation, or therapy session. There are 15 questions. Start at the beginning and work through them one at a time - it'll be well worth your time. Number 10 really hit me after I did 1-9.

將這些問題用於日記、正念冥想或治療課程。共有15個問題。從第一個開始，逐一回答——這將非常值得你花時間。我在完成1-9後，特別被第10個問題觸動。

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| 1 | How often do you feel completely drained and emotionally exhausted by the end of the day, and what small habits might be silently contributing to this depletion? | 你一天結束時感覺完全耗盡和情緒疲憊的頻率如何？哪些小習慣可能在悄無聲息地導致這種耗損？ |
| 2 | In what moments do persistent sadness or feelings of emptiness overwhelm you most, and how might unmet expectations from family or work be deepening this void? | 在哪些時刻持續的悲傷或空虛感最強烈地壓倒你？家庭或工作的未達期望如何加深這種空洞？ |
| 3 | What negative thoughts about your abilities or future keep replaying in your mind, and how do academic or job pressures amplify their harshness? | 關於你能力或未來的負面想法如何不斷重播？學業或工作壓力如何放大它們的嚴厲？ |
| 4 | When does anxiety about upcoming tasks or events spike, leaving you restless and unable to unwind? | 對即將到來的任務或事件的焦慮何時急劇上升，讓你無法放鬆並感到不安？ |
| 5 | How has trouble 1) falling asleep or 2) staying asleep robbed you of rest, and what late-night worries from daily stressors are the main culprits? | 入睡或維持睡眠的困難如何剝奪你的休息？日常壓力的深夜擔憂是主要罪魁禍首嗎？ |
| 6 | In what ways do family influences or overcommitments erode your energy, making it hard to prioritize your own well-being? | 家庭影響或過度承諾如何侵蝕你的精力，讓你難以優先考慮自己的福祉？ |
| 7 | What patterns in your routine contribute to constant physical and mental fatigue, even on lighter days? | 你的日常習慣中哪些模式導致持續的身心疲勞，即使在較輕鬆的日子？ |

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| 8 | How has a loss of motivation or sense of accomplishment left you feeling stuck, and what subtle signs of this shift did you notice first? | 動機或成就感的喪失如何讓你感覺卡住？你最早注意到這種轉變的細微跡象是什麼？ |
| 9 | When do you find yourself saying yes to demands out of guilt or habit, despite feeling inwardly resistant, and what cultural or personal fears hold you back from saying no? | 你何時出於愧疚或習慣說是，儘管內心抗拒？哪些文化或個人恐懼讓你難以說不？ |
| 10 | Reflecting on recent stressors, what boundaries have you overlooked that now feel essential to reclaim your peace? | 回想最近的壓力，你忽略了哪些現在感覺至關重要的邊界，以重獲你的平靜？ |
| 11 | What one small change, like a brief breathing pause, could interrupt these negative cycles and start restoring your inner balance? | 像短暫呼吸暫停這樣的一個小改變，能如何中斷這些負面循環，並開始恢復你的內在平衡？ |
| 12 | How might practicing gentle self-compassion during tough moments transform your self-talk from critical to supportive, easing anxiety and fatigue? | 在艱難時刻練習溫和的自慈，如何將你的自我對話從批判轉變為支持，從而緩解焦慮和疲勞？ |
| 13 | Imagine setting a simple daily boundary, like quiet recharge time—what positive ripple effects could it have on your sleep, mood, and relationships? | 想像設定一個簡單的每日邊界，如安靜充電時間——它對你的睡眠、情緒和關係可能產生什麼正向漣漪效應？ |
| 14 | What strengths or past successes can you draw on to rebuild motivation, turning current challenges into opportunities for resilient growth? | 你能從哪些優勢或過去成功中汲取力量，來重建動機，將當前挑戰轉化為韌性成長的機會？ |
| 15 | Envision your life with renewed energy and clear boundaries: How would you feel, contribute, and thrive, and what first step today sparks that positive future? | 想像你擁有重獲活力和清晰邊界的生活：你會感覺如何、貢獻如何並茁壯成長？今天的第一步如何點燃那個正向未來？ |

If you found these helpful but still want further help. Consider our life coaching services and sign up for your free 25 min session today by emailing us at taiwanicapodcast@gmail.com

如果你覺得這些問題有幫助，但仍希望獲得進一步的支持，請考慮我們的生命教練服務，並通過電子郵件 taiwanicapodcast@gmail.com 報名參加今天的免費25分鐘課程。