

T A E S T E P S

邊緣思考法五步曲

Steps 1- 5

Words from the felt sense

來自意感的字詞

1 Let a felt sense form

產生意感

- Choose something you "know" and cannot yet say, that wants to be said. **Have this knowing as a distinct bodily-felt unclear edge to which you can always return**
選一些你想說的內容，是你“瞭解”但尚未會表達的。讓這種瞭解的心態形成清晰和可具體感受但卻不明確的感覺，而且是你可隨時重拾的感覺。
- Write it down in a few paragraphs in a very rough way.
以幾段文字粗略地記述這種感覺。
- Write the central crux in one sentence, even though the sentence doesn't really say it.
以一句句子表達核心思想，雖然該句子並未能一語道破這意思。
- Underline one key word or phrase in the sentence.
在句子的重點字詞或短語劃上底線。
- Write down one instance.
記述一個事例。

It needs to be in a field in which you are knowledgeable and experienced. Do not start with a question, but with something that you "know." If having a felt sense is unfamiliar to you, please consult www.focusing.org.

必須是你熟悉並曾親自體驗的範疇。不可採用問句的形式，應選擇你“瞭解”的內容。假如你不清楚何謂意感，請瀏覽 www.focusing.org 網頁。

What in this do you "know" and wish to articulate?

Within this, what is the live point for you in it?

在這段文字裡，你“瞭解”並想清楚表達的是什麼？當中為你來說真正的論點是什麼？

You need a specific example, an event or a time when it actually happened which exemplifies your felt sense of knowing.

必須舉出實例、事件內容或發生的時間，用以證明你有瞭解的感覺，產生了這種意感。

2 Non-logical

非邏輯性

- Find what does not make the usual logical sense.
找出不合邏輯常理之處。
- You can write a paradox.
你可寫出一句自相矛盾的說話。

What is new can seem quite illogical. This may be the most valuable part. Please assure yourself that you are not dropping this out.

新穎的想法可能看似不合邏輯，而這也許就是最有價值的。切勿錯過這點。

To help you to hold on to what seems illogical, you can write a paradoxical sentence: Something is "x" and also not "x". If nothing fits this format you can skip this step. 為幫助你掌握看似不合邏輯的內容，你可寫出一句自相矛盾的句子：某某既 x 而又非 x。假如不能套用這形式，可略去這一步。

3 No words fit

字詞不配合

- Take out the underlined word from your sentence in Step 1. Write the usual (dictionary) definition of the word and notice that it is not what you meant.
從第一步記述的句子抽取劃上底線的字詞。記錄字典所載的通常定義，留意這是否你想表達的意思。
- Return to your felt sense and let another word come to say what you mean.
重拾你的意感，讓另一字詞表達你的意思。
- Write the usual definition of the second word.
記錄第二個字詞的通常定義。
- Return to your felt sense and let a third word come.
重拾你的意感，讓第三個字詞浮現。
- Write the usual definition of the third word.
記錄第三個字詞的通常定義。
- **Accept the fact that there is no established word or phrase for this**

You recognize, "that's not what I meant". Building theory is partly to communicate. Therefore we consider the public meanings of the words. If you are saying something new, none of the words in their usual meanings will say it exactly.

你會發覺“那不是我的意思”。確立理論的部分理由是爲了溝通，因此我們可考慮一般人對這些字詞的解釋。如你想說的是新穎的想法，字詞的通常解釋並不能一語中的。

- **Make sure it is not just a synonym, but a word with a somewhat different meaning**
確定這不只是個同義詞，而是一個意思稍有分別的字詞。
- **When you consider its public meaning, you see that the second word does not fit either.**
當你考慮一般人的解釋時，你會發現第二個字詞也不配合。
- **Again its public meaning is not what you meant.**
一般人對第三個字詞的解釋同樣也不是你的意思。
- **No word fits. None should, if this is new.**
字詞不配合。如果是新穎的想法，應該沒有字詞可配合。

4 All the words fit

每個字詞皆配合

- **Now let the first word speak from your felt sense after all. Let yourself feel what you wanted the word to mean in your sentence.**
現在讓第一個字詞從你的意感浮現。讓你感受自己希望這字詞在句子裡所表達的意思。
- **Write a sentence that articulates exactly what the first word pulls out from your felt sense (which the other two do not).**
寫下一句句，該句子足以清楚表達第一個字詞從你的意感浮現出來的意思（而其他兩個字詞卻無法做到的）。
- **Do this with the second word.**
以同樣方法處理第二個字詞。
- **Do this with the third word.**
以同樣方法處理第三個字詞。
- **Put all three words and all three new phrases into the underlined spot in your sentence from Step 1. You now have a "string." At the end your string add "...".**
把三個字詞和三個新的短語全部放在上述第一步的句子裡劃上底線的位置。現在你會組成一串字詞。在這組字詞之後加上“……”。
- **Insist that your sentence does speak from your felt sense. The sentence can make the word change. This time, do not give up your sense. Do not let the word say what it usually says. Wait until you feel this whole sentence speaking from your felt sense, in a way, even though most people might not understand it so.**
堅決肯定你的句子確是從你的意感浮現的。句子可令字詞改變意義。今次不可放棄自己的感覺，不可讓字詞表達一貫的意思。要靜待你感受到整句句在某程度上是源自你的意感的，即使大多數人可能不會從這角度去理解。
- **You will need a new phrase to say what you want the word to mean in your sentence.**
你需要以新的短語去表達該字詞在你的句子裡的意思。
- **Play with the grammar and order, and eliminate excess words until you have a sentence you like. Now you have a sentence with more elaboration to say what you are tracking.**
按照文法和語序稍作調動，刪減多餘的字，直到你認為句子滿意為止。現在你的句子比前較為充實，能表達你正追尋的想法。

5 Expanding what you mean

擴闊你的意思

- For each of the three words or phrases write a somewhat odd sentence or two in order to expand what you mean.
為這三個字詞或短語分別寫出一兩句奇特的句子，使能擴闊你的意思。
- In each of the sentences, underline the new details.
把每句句子里新加的資料劃上底線。

Check whether you used any major public words. If so make fresh phrases to replace those. Let your felt sense express itself into fresh language. Your sentences might make no sense unless they are understood as you mean them. Here are examples of linguistically unusual sentences: "Knowing the rules is a container from which new ways open". "Definitions stop cellular growth". "Behavior shows something it has". If you let your felt sense speak directly, something linguistically unusual can come.

檢查你是否用上一般人常用的字詞。如有的話，以新的短語取代。讓你的意感透過新的語言表達出來。你的句子可能不合常理，除非能按照你的意思去理解這些句子。以下是一些從語言分析角度來說屬於不尋常的句子：

“熟悉規則是一個容器，從而可引發出新的方法。”

“定義阻礙細胞的生長。”

“行為顯示它的內涵。”

如果你讓自己的意感直接表述，便可浮現出從語言分析角度來說屬於不尋常的句子。