

自我关怀对亲密关系的影响及成因

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摘要

自我关怀意味着在自己痛苦的时候, 用关心和支持的态度对待自己。自我关怀不仅有利于身心健康, 还可以提升亲密关系的质量。本文主要介绍了自我关怀对于亲密关系的影响, 包括自我关怀在亲子关系、伴侣关系和朋友关系中的作用, 并从共情和情绪调节能力以及生理学的角度解释了影响的成因。最后, 本文对未来的研究提出了一些展望, 认为可以进一步探索自我关怀对亲密关系的影响机制, 以及研究自我关怀的干预对于亲密关系质量改善的作用。

关键词

自我关怀, 亲密关系, 成因

The Influence and Causes of Self-Compassion on Close Relationship

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Abstract

Self-compassion means treating yourself with care and support when you are in pain. Self-compassion is not only good for physical and mental health, but it can also improve the quality of close relationships. This paper mainly introduces the influence of self-compassion on close relationship, including the impact self-compassion has on parent-child relationship, intimate relationship and friendship, and explains the causes of the influence from the perspective of empathy and emotion regulation ability and physiology. Finally, this paper puts forward some prospects for future research, suggesting that we can further explore the influence mechanism of self-compassion on intimate relationship, and find out the effect of self-compassion intervention on the improvement of

close relationship quality.

Keywords

Self-Compassion, Close Relationship, Causes

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1. 引言

关怀(Compassion)一词源于佛教,被定义为“有感于他人的痛苦,并有向之伸出援手的意愿”(Goetz et al., 2010)。自我关怀(Self-compassion)是将这种关怀指向自己的内心,即在自己感到痛苦的时候,用关心和支持的态度对待自己(Neff, 2018)。具体来说,自我关怀意味着对自己的痛苦保持开放的态度,对自己怀有关怀和善意,对自身的失败和不足采取理解和不加评判的态度,认识到自身的经历是人类共同经历的一部分(Neff, 2003)。

亲密关系有广义和狭义之分,就狭义而言,专指恋爱与婚姻关系;就广义而言,则可以泛指与个体有着重要的情感联结的关系,如伴侣、亲子、朋友关系(陈国典&杨通平, 2020),本文针对广义的亲密关系。美满的亲密关系有利于人们的身心健康,而研究显示,自我关怀可以显著地影响亲密关系(Baker & McNulty, 2011; Huynh et al., 2022)。由于目前对于自我关怀的研究主要集中在它对个体身心健康的影响,没有充分探讨它在亲密关系中的作用,国内的相关研究更是寥寥无几。因此,本文旨在梳理国内外已有的关于自我关怀对亲密关系的影响的研究,探究自我关怀对亲密关系的影响及原因。

2. 自我关怀与亲密关系

2.1. 自我关怀和亲子关系

个体自我关怀的水平和积极的家庭因素显著关联,包括高关系质量(Grevenstein et al., 2019),家庭功能(Neff & McGehee, 2010)与感知到的亲子冲突(李贞, 2019)和家庭支持(Hayes et al., 2016)。Hood 等人(2020)对 365 名大学生进行研究,发现如果在家庭环境中体验到了不同程度的不可预测性和家庭支持,大学生的自我关怀水平会有显著不同。在对特殊家庭的研究中也得到了相似的结果,Wong 等人(2016)研究了自闭症儿童的父母,对于他们而言,在家庭得到的支持越多,自我关怀水平也越高,并且报告了更少的病耻感和心理困扰。

不同的家庭因素会带来不同的依恋风格。依恋(Attachment)是婴儿与照料者之间形成的一种特殊的情感联结(Bowlby, 1969),它包含依恋焦虑和依恋回避两个维度,根据这两个维度可以进一步将依恋划分为四种类型,即安全型、焦虑性、回避型和恐惧型(杜江红&李永鑫, 2017)。研究表明,依恋风格与个体的自我关怀水平也存在显著的关联(Murray et al., 2021; Wei et al., 2011)。在一项针对 82 名乳腺癌患者的调查中,高水平的依恋焦虑和依恋回避往往伴随着低水平的自我关怀(Arambasic et al., 2019),一项针对 473 名韩国大学生的研究也得到了类似的结果(Joeng et al., 2017)。也有研究详细考察了不同依恋类型与自我关怀的关系,结果显示,自我关怀与安全依恋呈正相关,与恐惧型依恋呈负相关(Dudley et al., 2018; Neff & Beretvas, 2013; Neff & McGehee, 2010)。

个体与照料者之间形成的不同依恋类型，与照料者的自我关怀水平有关系，不同自我关怀水平的照料者，其照料行为有很大差异。自我关怀水平较低的养育者，感知到更多的育儿压力(黄海红, 2019)，对孩子有更少的正念养育(Moreira et al., 2018; 王晓敏, 2021)。对于自我关怀水平较高的父母，他们在养育孩子时更多地使用有利于孩子成长的权威型的教养方式(Gouveia et al., 2016)，有更高的育儿自我效能感(Benn et al., 2012)，以及对孩子的批评也更少(Psychogiou et al., 2016)。

2.2. 自我关怀和伴侣关系

自我关怀可以促进伴侣之间关系的和谐。自我关怀水平高的情侣，问题出现的频率更少，呈现出来的问题也更柔和(Baker & McNulty, 2011)，对于彼此的关系有更高的满意度(Jacobson et al., 2018; Santerre-Baillargeon et al., 2017)，报告出了更高的幸福感(Neff & Beretvas, 2013)。

自我关怀水平高的个体之所以能拥有更高的伴侣关系质量，和他们在关系中建设性的行为有关系。当冲突产生后，自我关怀水平高的个体，会和伴侣有更开放的交流(Schellekens et al., 2017)，更愿意努力和伴侣寻求共识(Neff & Beretvas, 2013)。在面临冲突时，自我关怀水平低的个体更可能会讨好对方，压抑自己的需要，而自我关怀水平高的个体会在不过度牺牲自我的同时与对方达成一致(Gerber et al., 2015)。在面对伴侣的不足时，能够自我关怀的个体会采取接纳的态度(Zhang et al., 2020)，并且有更强的宽恕的意愿，这一点也减少了关系中的嫉妒的行为(Tandler & Petersen, 2020)。能够自我关怀的人，在犯错后更愿意道歉，而不是由于担心受到指责而拒绝道歉(Vazeou-Nieuwenhuis & Schumann, 2018)；除此之外，在一项实验中，伴侣犯错后，当对方道歉时，更愿意原谅对方的错误(Allen et al., 2015)。因此，善于自我关怀的人更容易给伴侣留下体贴、支持的印象，而不是控制和冷漠(Neff & Beretvas, 2013)。

2.3. 自我关怀和朋友关系

自我关怀还可以提升友谊的质量。对于青少年群体而言，一项研究曾考察了葡萄牙 643 名 12~18 岁的青少年，发现他们的自我关怀水平与和同伴日常纠纷的数量呈正相关(Xavier et al., 2016)。不过对于青少年而言这一点会存在文化上的差异，一项研究调查了近千名不同文化背景的青少年，其中 422 名来自英国，570 名来自中国，结果发现对于英国的学生来说，友谊的质量与自我关怀的关系并不明显，但是在中国学生身上发现了两者显著的联系(Zhao et al., 2021)。

对于成年人群体而言，研究发现，能够自我关怀的人，在社会交往中有着更好的人际功能和更少的人际矛盾(Gerber et al., 2015)。他们对朋友有更多的信任，为朋友创建一个支持性的环境，并且感受到了更强的与朋友的联结(Crocker & Canevello, 2008)。在面对生活中的困难时，他们能从朋友身上获得更多的社会支持，一项针对伊朗 150 名乳腺癌患者的研究显示，她们自我关怀的水平与从朋友处获得的社会支持呈正相关(Alizadeh et al., 2018)，一项针对经历创伤事件的人群的研究也得到了类似的结果(Maheux & Price, 2016)。最后，Yarnell 和 Neff (2013)的研究发现，在解决和朋友的冲突过程中，能够进行自我关怀的个体，情绪波动也会更小，在与朋友的相处中有更强的幸福感。

3. 自我关怀影响亲密关系的原因

从以上文献中我们可以发现，善于自我关怀的个体，在人际交往中会表现出更多积极的行为，例如对待他人有更多的支持和信任，在与他人沟通时保持开放的态度，也更容易原谅他人的错误。根据对文献的梳理，可以从以下两个方面来解释他们在人际交往中表现出积极行为的原因。

3.1. 心理成因

善于自我关怀的个体有更强的共情能力。共情(Empathy)是感知和体验他人心理感受的过程(潘彦谷等，

2013), 安全依恋水平越高的个体, 其共情能力也越强(潘彦谷等, 2019)。由于安全依恋水平和自我关怀的能力呈正相关(Dudley et al., 2018), 可以预估自我关怀水平越高的人, 其共情能力也越强, 这一点已被现有的研究所证实。一项针对巴西某慈善医院急诊科 15 名护士的研究发现, 自我关怀水平高的护士, 其共情水平也更高(Saviato et al., 2019), 而在另一项针对青年人的更大规模的样本(N = 253)中也发现了自我关怀和共情的正向关联(Lyvers et al., 2020)。共情能力强的人, 在人际交往中存在着更少的困扰(张雅文等, 2020), 更低的冲突水平(颜志强&李珊, 2021), 更多的感恩与亲社会行为(刘婷等, 2022), 拥有着更高的关系满意度(石嫣等, 2022)。

善于自我关怀的个体有更强的情绪调节能力。自我关怀水平高的个体, 有着更少的反刍思维(Hood et al., 2020), 更低的压抑自己感受和想法的倾向(Keng et al., 2012), 以及更低的回避倾向(Bakker et al., 2019)。他们更善于利用积极地情绪调节策略, 例如一项针对伊朗 346 名不孕妇女的研究显示, 自我关怀水平高的妇女, 更愿意接纳自己的痛苦(Sotoudeh et al., 2022)。此外, 善于自我关怀的个体, 会更频繁地使用认知重评来调节自己的情绪(Diedrich et al., 2016)。所以他们有着更少的负面情绪, 如压力、抑郁、创伤后应激障碍(Inwood & Ferrari, 2018), 体验到更少的情绪调节困难(Eichholz et al., 2020), 从而表现出更强的社会功能(Dzwonkowska & Żak-Lykus, 2015)。

3.2. 生理成因

情绪是一种社会信息, 在人际交往中具有信号功能(刘小禹&付静宇, 2022), 可以传递个体的价值观、社会意图和对他人情感态度(Keltner & Haidt, 1999), 因此在社会交往中扮演着重要角色。在对大脑的研究中, 发现了 7 个基本情绪系统的存在, 分别是寻求、愤怒、恐惧、欲望、关心、悲伤和游戏, 它们在神经解剖学上有对应的脑区, 例如寻求系统对应着腹侧中脑到伏隔核和内侧额叶皮层的脑区(Panksepp, 2010)。从这些复杂的情绪调节系统中, 可以区分出三种类型的情绪调节系统, 分别是威胁 - 保护系统(threat-protection system)、驱力 - 兴奋系统(drive-excitement system)和抚慰 - 满足系统(soothing-contentment system) (Gilbert, 2014)。

威胁 - 保护系统在识别到威胁后, 会引发相应的情绪反应, 如焦虑、愤怒和厌恶, 并促使个体采取行动应对威胁和保护自己(Gilbert, 2001)。驱力 - 兴奋系统是一个“欲望系统”, 会驱使我们寻找奖励和资源, 引导我们实现人生目标(Depue & Morrone-Strupinsky, 2005)。两者的过度激活让个体总是处于“行动模式”而非“存在模式”中, 会带来非适应性的社会反应, 例如过度的羞愧和自我批评, 以至于深陷焦虑、抑郁等负面情绪中(Gilbert, 2014)。

抚慰 - 满足系统可以降低驱动系统和威胁系统的激活程度(Gilbert, 2009)。抚慰 - 满足系统与安全、平和与满足的体验有关, 代表着一种平静的状态, 此时个体没有感受到外界的威胁, 也不会期待获取更多的资源或自我实现(Depue & Morrone-Strupinsky, 2005)。人际关系中的抚慰与关怀可以激活抚慰 - 满足系统, 从而释放催产素(Porges, 2007), 让人感受到社交温暖(Human et al., 2017)。催产素还可以降低杏仁核恐惧回路的敏感性, 特别是对社会威胁刺激的敏感性(Kirsch et al., 2005), 并有效降低体内皮质醇(面对压力时人体分泌的激素)的水平(Brockington et al., 2021)。

抚慰 - 满足情感调节系统可以通过特定的关怀的类型来激活(Gilbert, 2014), 指向自我的关怀便是一种激活该系统从而带来抚慰和满足的方式(Wilson et al., 2018), 因而可以降低威胁 - 保护系统和驱力 - 兴奋系统的活性。在一项针对 90 名大学生的研究中, 研究者以羞耻感为威胁 - 保护系统被激活的心理标记, 那些在实验情境下被诱导进行自我关怀的个体, 在面对羞耻情境时, 表现出了更低的羞耻感(Johnson & O'Brien, 2013)。在另一项针对 62 名饮食失调女性的研究中, 自我关怀可以削弱她们追求瘦的动机(Marques et al., 2021)。

由于自我关怀可以激活抚慰-满足系统,因此可以作为一种专门的情绪调节方式,它有着相应的生理基础,以及调节行为的规则,并且对其他系统(如注意、反思)产生影响(Depue & Morrone-Strupinsky, 2005)。所以善于自我关怀的个体,可以体验到更多的积极情绪,从而在社会交往中表现得更加得体,获得更高质量的亲密关系(Dzwonkowska & Żak-Lykus, 2015)。

4. 讨论

根据以上文献可以得知,能够自我关怀的个体,有着更强的共情能力和情绪调节能力,从而在亲密关系中表现出更多积极行为。例如在育儿时有更多的正念养育,从而让孩子获得更多的幸福感(Moreira et al., 2018);在对待伴侣时会采取接纳的态度(Zhang et al., 2020);在和朋友交流时保持更大的开放性(Gorinelli et al., 2022)。在之后的研究中,可以从以下几个方面深入探索:

首先,现有研究考察了自我关怀与安全依恋水平的关系(Moreira et al., 2018),或者从依恋的焦虑和回避两个维度考察依恋与自我关怀的关系(Joeng et al., 2017),但较少研究考察安全型、焦虑性、回避型和恐惧型四种依恋类型与自我关怀的关系。目前有研究显示自我关怀与安全依恋呈正相关,与恐惧型依恋呈负相关(Dudley et al., 2018),但关于焦虑型和回避型的依恋与自我关怀的关系的研究还比较少。因此,研究者可以进一步探索不同依恋类型和自我关怀的关系,尤其是探究焦虑型和回避型依恋如何影响自我关怀。

其次,现有研究考察了自我关怀对关系质量的影响(Jacobson et al., 2018),但亲密关系的发展会经历不同的阶段,如伴侣关系中会经历关系建立、关系维持和关系戒断(李华伟&徐开彬, 2022),在儿童青少年的不同发展阶段的亲子关系也会表现出不同的特点(吴旻等, 2016),尚无研究考察在亲密关系的不同阶段,个体自我关怀的倾向是否会发生变化。之后的研究者可以采取纵向研究的设计,研究在亲密关系的不同阶段,个体自我关怀的水平是否会有显著差异。

再者,尽管已知自我关怀对亲密关系的积极影响(Dzwonkowska & Żak-Lykus, 2015),但鲜有研究探讨自我关怀和亲密关系之间的调节变量,只有一项研究考察了责任这一调节变量在自我关怀和亲密关系之间的作用(Baker & McNulty, 2011)。虽然在梳理文献时,从共情和情绪调节能力的角度解释了自我关怀影响亲密关系的原因,但尚无研究考察自我关怀、亲密关系质量和共情或情绪调节能力三元变量的关系。因此研究者可以详细研究自我关怀对于亲密关系的影响,揭示自我关怀对于亲密关系的作用机制。

最后,现有研究考察了自我关怀的干预对于个体心理健康的影响,没有从关系的角度来衡量自我关怀的干预作用(Ferrari et al., 2019)。因此在之后的研究中,可以对处于亲密关系中的个体的自我关怀进行干预,考察其亲密关系质量的变化。

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