

# The 54 Relational Nutrients Across Five Pillars

*Building progressively from foundational care to advanced service, these nutrients work together to create relationships of extraordinary depth and meaning.*

---

## Pillar 1: Love (愛) — 12 Foundation Nutrients

Establishing Basic Caring Connection

---

## Pillar 2: Resilience (韌性) — 10 Strength-Building Nutrients

Maintaining Relationships Through Challenges and Difficulties

### Nutrient 25–34

(Previously Pillar 3, now moved here)

- 25. Clarification (釐清)
- 26. Insight (洞察力)
- 27. Perspective (觀點轉換)
- 28. Truth (真實看見)
- 29. Structure (結構建立)
- 30. Challenge (挑戰)
- 31. Bravery (勇敢面對)
- 32. Perseverance (毅力)

- 33. Prudence (謹慎)
- 34. Judgment / Critical Thinking (判斷力)

**Developmental logic:**

After love is established, children and adults need **resilience skills** to stay connected when relationships become hard.

---

## Pillar 3: Relationship (關係) — 12 Connection-Building Nutrients

### Intentionally Developing Deeper, Mutual Connections

#### Nutrient 13–24

(Previously Pillar 2, now moved here)

- 13. Encouragement (鼓勵)
- 14. Affirmation (肯定)
- 15. Respect (尊重)
- 16. Enjoyment (享受關係)
- 17. Celebration (慶賀)
- 18. Feedback (回饋)
- 19. Hope (希望)
- 20. Honesty (誠實)
- 21. Fairness (公平)
- 22. Humility (謙卑)
- 23. Zest (熱情投入)
- 24. Humor (幽默感)

**Developmental logic:**

Once resilience is formed, relationships can grow into **mutuality, joy, honesty, and shared meaning**.

---

## **Pillar 4: Restoration (恢復) — 10 Healing and Renewal Nutrients**

### **Healing What's Broken and Creating New Possibilities**

#### **Nutrient 35–44**

*(Unchanged)*

- 35. Mismatching (成長張力)
- 36. Repair (修復關係)
- 37. Protection (保護)
- 38. Rest (安息)
- 39. Accompany (陪伴)
- 40. Vulnerable (脆弱敞開)
- 41. Creativity (創造性回應)
- 42. Love of Learning (學習熱情)
- 43. Spirituality (靈性支持)
- 44. Gentle Feedback (溫柔回饋)

---

## **Pillar 5: Service (服務) — 10 Outward-Focused Nutrients**

### **Channeling Relationship Depth Outward to Benefit Others**

#### **Nutrient 45–54**

*(Unchanged)*

- 45. Development (發展)
- 46. Provision (供應)
- 47. Service (服事)
- 48. Advocacy (代言)

- 49. Guidance (引導)
- 50. Teaching (教導)
- 51. Advice (建議)
- 52. Teamwork (團隊合作)
- 53. Leadership (領導力)
- 54. Social Intelligence (社會智慧)

## 漸進式關係建設架構 | Progressive Relationship Building Framework

### 階段一：基礎 | Phase 1: Foundation

愛柱營養素 (1-12) - 建立基本關懷和情緒安全  
 Love Pillar Nutrients (1-12) - Establishing basic care and emotional safety

### 階段二：強化 | Phase 2: Strengthening

韌性柱營養素 (25-34) - 通過挑戰維持和強化關係  
 Resilience Pillar Nutrients (25-34) - Maintaining and strengthening through challenges

### 階段三：深化 | Phase 3: Deepening

關係柱營養素 (13-24) - 發展意向性和相互連接  
 Relationship Pillar Nutrients (13-24) - Developing intentionality and mutual connection

### 階段四：療癒 | Phase 4: Healing

恢復柱營養素 (35-44) - 修復破損並創造更新  
 Restoration Pillar Nutrients (35-44) - Repairing damage and creating renewal

### 階段五：影響 | Phase 5: Impact

服務柱營養素 (45-54) - 將關係卓越擴展為社區服務  
 Service Pillar Nutrients (45-54) - Extending relationship excellence into community service

## 教學應用建議 | Teaching Application Recommendations

### 小學階段實施 | Elementary Implementation

### K-2 年級 | Grades K-2:

- 重點：愛柱營養素 (1-12)
- Focus: Love Pillar nutrients (1-12)

### 3-4 年級 | Grades 3-4:

- 重點：愛柱 + 韌性柱營養素 (1-12, 25-34)
- Focus: Love + Resilience Pillar nutrients (1-12, 25-34)

### 5-6 年級 | Grades 5-6:

- 重點：全部五柱營養素 (1-54)，包括關係、恢復和服務
- Focus: All Five Pillars (1-54), including Relationship, Restoration, and Service

## 與積極心理學整合 | Integration with Positive Psychology

### VIA 品格優勢對應 | VIA Character Strengths Alignment

美德   Virtue	對應營養素   Nutrients
智慧與知識 Wisdom & Knowledge	服務柱 Service: #27 觀點轉換, #34 判斷力, #42 學習熱情, #50 教導
勇氣 Courage	韌性柱 Resilience: #31 勇敢, #32 毅力 + 關係柱: #20 誠實, #23 熱情
仁愛 Humanity	愛柱 Love: 全部 12 種 All 12 (#1-12) + #8 善意 + 服務柱 #54 社會智慧
正義 Justice	服務柱 Service: #48 代言, #52 團隊, #53 領導 + 關係柱: #19 希望, #21 公平
節制 Temperance	愛柱 Love: #9 饒恕, #11 自我調節 + 關係柱: #22 謙卑 + 韌性柱: #33 謹慎
超越 Transcendence	希望基石 + 愛柱: #10 感恩 + 關係柱: #17 慶賀, #24 幽默 + 恢復柱: #43 靈性

## 與積極心理學整合 | Integration with Positive Psychology

### VIA 品格優勢對應 | VIA Character Strengths Alignment

美德   Virtue	對應營養素   Nutrients
智慧與知識 Wisdom & Knowledge	服務柱 Service: #27 觀點轉換, #34 判斷力, #42 學習熱情, #50 教導

勇氣 Courage	韌性柱 Resilience: #31 勇敢, #32 毅力 + 關係柱: #20 誠實, #23 熱情
仁愛 Humanity	愛柱 Love: 全部 12 種 All 12 (#1-12) + #8 善意 + 服務柱 #54 社會智慧
正義 Justice	服務柱 Service: #48 代言, #52 團隊, #53 領導 + 關係柱: #19 希望, #21 公平
節制 Temperance	愛柱 Love: #9 饒恕, #11 自我調節 + 關係柱: #22 謙卑 + 韌性柱: #33 謹慎
超越 Transcendence	希望基石 + 愛柱: #10 感恩 + 關係柱: #17 慶賀, #24 幽默 + 恢復柱: #43 靈性

