



# Integration Work Book

# 整合學習手冊

ZMM生命嗎哪事工 蘇柔允教授 ZOE SU  
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# Integration Character Structure

整合：整合意味著我們的生活中有兩種現實：我的優勢、好人、美好經歷和人生偉大使命的積極現實。但是，也有消極的現實，比如我自己的破碎，我自己的失敗，我自己的損失，我自己的痛苦，其他人如何讓我失望，以及我如何讓其他人失望。整合意味著我可以很好地接受何讓其他人失望。整合意味著我可以很好地接受積極的一面，同時也可以接受消積極的一面。

Integration: Integration means there are two kinds of realities in our life: There's the positive realities of my strengths, good people, good experiences, and great mission in life. But, there are also negative realities, like my own brokenness, my own failure, my own losses, my own pains, how other people let me down, and how I've let other people down. Integration means I can live with the positives very well and I can embrace the negatives at the same time.

~ John Townsend

請描述您自己的生活故事，其中包括負面現實(破碎痛苦)和正面現實(美好經歷)。您能在正面現實中茁壯成長，同時也接納負面現實的挑戰嗎？

Please share your personal life story encompassing both negative and positive realities. Can you thrive in a positive reality while also embracing the challenges of the negative reality?

# 這這是一堂學習、成長和恢復的課程

**This is a course of learning, growth, and restoration.**

我們在這是為彼此

- 我們互相接納
  - 我們不評判他人
  - 我們不評判自己
  - 除非有人要求，我們不會提供建議
  - 我們創造一個安全和充滿愛的環境
- 我們不向他人洩露在課堂上所聽到的內容

請在此處簽名以同意課堂規則。

姓名：

We are here for each other:

- We accept each other.
- We do not judge others.
- We do not judge ourselves.
- We will not offer advice unless requested.
- We create a safe and loving environment.

We do not disclose to others what we hear in the class.

Please sign your name here to agree with the class rule.

Name:

# 整合的人格架構

## Integration Character Structure Definition:

此人有能力去經歷失去、失敗、軟弱、平庸、限制、衝動、罪惡，但仍保持一種被愛的自我意識。認識到重要關係中的負面現實，不會往心裡去或被羞恥感和內疚感所淹沒

The person has the ability to experience loss, failure, weakness, mediocrity, limits, impulses, sin and yet maintain a loved sense of self. Recognizes negative realities in significant relationships and not internalize or be overwhelmed by shame and guilt.

您能分享一下您在生活中如何有效地應對正面和負面現實的個人經驗嗎？

Can you share your personal experience of effectively navigating both positive and negative realities in your life?

## 不健全時 Deficit:

1. 軟弱、失去和悲痛、平庸、限制、犯錯或失敗、衝動（例如：憤怒、嫉妒，性衝動）、和犯罪會引發羞恥和內疚感。
2. 透過做對的事情、好的表現、追求完美來著重在“良好的自我”。
3. 將重要關係帶來的拒絕往內心去並把自己認定為“不好”或是“不可愛”的。
4. 當無法承受負面的區塊時，把它“分離”，而只去認可正面的區塊。

1. Weakness, loss and sadness, mediocrity, limits, mistakes or failures, impulses (e.g. anger, jealousy, sexuality), and sin trigger shame and guilt.
2. Focuses on the “good self” by being right, performing well, and striving for perfection.
3. Internalized the rejecting aspects of significant relationships and experiences self as “bad” or “unlovable.”
4. When overwhelmed these negative aspects are “split off” and only the positive aspects recognized.

在一到十的評估尺度上，請您選擇一個數字，表示您的程度。其中，1代表絕對肯定，10代表絕對否定。

On a scale of 1 to 10, please indicate your level of agreement. Choose a number between 1 and 10, where 1 represents a definite "yes" and 10 represents a definite "no".

## 第一級目標 LEVEL 1 Goal

意識到自我裡的負面現實並且開始能描述出來。了解因為幼年環境經歷的關係拒絕而埋藏內心所帶來的影響。

**Awareness of negative realities in self and begins and able to put words to them. Understands the past internalization of rejecting relationships from their early environment and the effects.**

# 更新體驗 1

## MISMATCHING EXPERIENCE 1

更多的意識負面的衝動, 並且接受負面的衝動像是：性衝動、憤怒、嫉妒。

You are more aware and accepting of negative impulses like: sexual, anger, jealousy.

### 行動 Action

## 1.意識到你的負面情緒 AWARE YOUR NEGATIVE EMOTIONS

THE FEELING WHEEL-TABULAR VERSION					
<b>Daring</b> 有勇氣	<b>Excited</b> 興奮	<b>JOYFUL</b> 愉快	<b>SAD</b> 悲傷	<b>Tired</b> 疲倦	<b>Sleepy</b> 懶洋洋
<b>Fascinating</b> 迷人	<b>Sensuous</b> 有美感			<b>Board</b> 無聊	<b>Apathetic</b> 冷漠麻木
<b>Stimulating</b> 激動人心	<b>Energetic</b> 有活力			<b>Lonely</b> 寂寞	<b>Isolated</b> 孤立
<b>Amused</b> 逗笑	<b>Cheerful</b> 興高采烈			<b>Depressed</b> 憂鬱	<b>Inferior</b> 自慚形穢
<b>Playful</b> 有趣	<b>Creative</b> 創意			<b>Ashamed</b> 羞愧	<b>Stupid</b> 愚蠢
<b>Optimistic</b> 樂觀	<b>Hopeful</b> 充滿希望			<b>Guilty</b> 內疚	<b>Remorseful</b> 懊悔
<b>Suprised</b> 驚喜	<b>Aware</b> 覺察	<b>POWERFUL</b> 充滿力量	<b>MAD</b> 怒氣	<b>Hurt</b> 受傷	<b>Distance</b> 疏遠
<b>Successful</b> 成功	<b>Proud</b> 得意			<b>Hostile</b> 敵意	<b>Sarcastic</b> 嘲諷
<b>Worthwhile</b> 值得	<b>Respected</b> 被尊重			<b>Angry</b> 憤怒	<b>Frustrated</b> 受挫
<b>Valueable</b> 有價值	<b>Appreciated</b> 被感謝			<b>Selfish</b> 自私	<b>Jealous</b> 嫉妒
<b>Discerning</b> 有眼光	<b>Important</b> 重要			<b>Hateful</b> 怨恨	<b>Irritated</b> 惱怒
<b>Confident</b> 充滿信心	<b>Faithful</b> 信任感			<b>Critical</b> 苛責	<b>Skeptical</b> 多疑
<b>Thankful</b> 感恩	<b>Nurturing</b> 培育養育	<b>PEACEFUL</b> 平靜	<b>SCARED</b> 害怕	<b>Confused</b> 迷惑	<b>Bewildered</b> 困惑
<b>Secure</b> 安全	<b>Trusting</b> 信賴			<b>Rejected</b> 被拒絕	<b>Discouraged</b> 沮喪洩氣
<b>Serene</b> 安詳	<b>Loving</b> 愛心			<b>Helpless</b> 無助	<b>Insignificant</b> 地位低微
<b>Reponsive</b> 即時反應	<b>Intimated</b> 親密			<b>Submissive</b> 順服	<b>Inadequate</b> 不夠格
<b>Pensive</b> 深思	<b>Thoughtful</b> 體貼			<b>Insecure</b> 不安全感	<b>Embarrassed</b> 尷尬
<b>Relaxed</b> 放鬆	<b>Content</b> 滿足			<b>Anxious</b> 焦慮	<b>Overwhelmed</b> 不知所措

在3分鐘或更短的時間內，分享以下3件事：

1. 我的想法是：“我正在想的是……”
2. 我的感覺(負面情緒)：“我對此的感覺是..”
3. 我想要做的改變：“之後，我將會……”或“我希望你可以考慮……”
4. 神如何與我對話有關這個情況？

In 3 minutes or less, share the following 3 things:

1. My thought is: "What I'm thinking about is..."
2. My feeling (negative emotion) is: "I feel..."
3. The change I want to make is: "Moving forward, I will..." or "I hope you can consider..."
4. How God talk to you about this situation?

## 2. 接接受你的負面情緒

### ACCEPT YOUR NEGATIVE EMOTIONS

a. 請找一個舒適的姿勢並放鬆身心，請聖靈提醒您過去曾經發生的任何不舒服的負面情緒。 Please get into a comfortable position, relax, and invite the Holy Spirit to bring to your awareness any uncomfortable negative emotions that may have occurred in the past.

b. 這種感覺很不舒服，但我可以接受他們

The feeling are uncomfortable but i can accept them

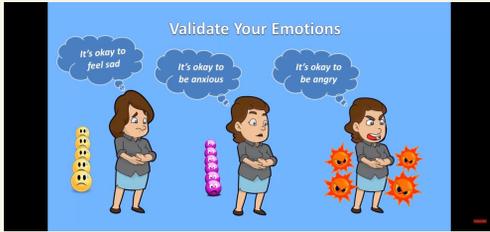


### C. 說出並承認你的情緒

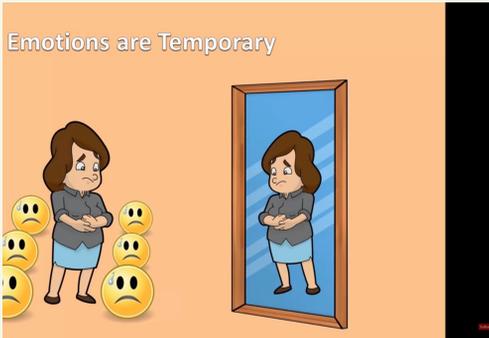
Name and acknowledge your emotions.



d. 承認這個情緒是有價值的  
Validate Your Emotions



e. 情緒是暫時的  
Emotions are temporary



### 3.寫你的日記 WRITE YOUR JOURNAL

撰寫日記來處理負面情緒的好處包括：

**傾訴情感：**寫日記提供了一個私密、安全的空間，讓您能夠盡情傾訴和表達負面情緒，不用擔心被他人評判或打斷。

**釋放情緒：**透過書寫將負面情緒表達出來，有助於釋放情緒。將情感轉化為文字可以減輕內心的壓力和緊張感，讓您感到輕鬆和解脫。

**自我探索：**透過寫日記，您可以更深入地了解自己的情緒和思緒。這有助於您觀察和分析負面情緒的起因、模式和影響，從而更好地認識自己並尋找解決方案。

**解決問題：**寫日記可以幫助您思考和探索解決負面情緒的方法。通過記錄和回顧負面情緒的體驗，您可以發現一些觸發因素或有效的對策，從而改善自己的情緒狀態。

**情感成長：**持續寫日記有助於記錄個人的情感成長和進步。您可以追蹤自己在應對負面情緒方面的發展，以及實施積極行動所帶來的改變和成就感。

總的來說，寫日記是一個自我療癒的過程，通過將負面情緒轉化為文字並探索解決方案，您可以提升情緒調節能力，增強內在的情感穩定和積極性。

The benefits of writing a journal to deal with negative emotions include:

**Emotional expression:** Writing a journal provides a private and safe space for you to fully express and articulate negative emotions without the fear of judgment or interruption.

**Emotional release:** By expressing negative emotions through writing, it can help in releasing those emotions. Converting emotions into words can alleviate inner stress and tension, bringing a sense of relaxation and relief.

**Self-exploration:** Through journaling, you can gain deeper insights into your emotions and thoughts. This allows you to observe and analyze the triggers, patterns, and impacts of negative emotions, leading to better self-understanding and the discovery of potential solutions.

**Problem-solving:** Journaling can assist in thinking through and exploring ways to address negative emotions. By documenting and reflecting on the experiences of negative emotions, you can identify triggering factors and effective strategies to improve your emotional state.

**Emotional growth:** Consistently journaling enables you to track personal emotional growth and progress. You can monitor your development in coping with negative emotions and recognize the positive changes and achievements that come from implementing proactive actions.

Overall, writing a journal is a self-healing process. By transforming negative emotions into written words and exploring potential solutions, it enhances your emotional regulation skills and strengthens inner emotional stability and positivity.

# 更新體驗 2

## MISMATCHING EXPERIENCE 2

Do a loss inventory. 做損失清單。

### 行動 Action

#### 1.有意義的哀傷 (Productive Grief)

辨識：辨認並承認情緒或感受的存在。

評估影響：評估情緒或感受對您的福祉和日常生活的影響。

允許悲傷的情感和眼淚：給予自己許可，讓悲傷的情感和眼淚成為哀傷過程中自然的一部分。

學習教訓：反思經驗，從情境或情感中獲得任何有價值的洞察、智慧或教訓。

Identify: Recognize and acknowledge the presence of the emotion or feeling.

Assess the impact: Evaluate the effect or influence of the emotion or feeling on your well-being and daily life.

Allow sad feelings and tears: Give yourself permission to experience and express sadness and tears as a natural part of the grieving process.

Learn the lesson: Reflect on the experience and extract any valuable insights, wisdom, or lessons that can be gained from the situation or emotion.

## 2.做損失清單Do a loss inventory

### 辨識損失的技巧培養

高效表現的個體通常被訓練忽視或輕視他們在生活中所經歷的重大損失。儘管在失去後，我們都需要在某個時刻站起來、撥去灰塵，然後繼續前進，但代謝損失的過程對領導者的能量水平、專注力、創新能力和與他人的良好連結至關重要。在這個練習中，請在下面的表格中列出您生活中最重大的10個損失。在每個損失旁邊，寫下該損失的生活後果。

這可能包括以下內容：

重要關係的損失（死亡、疏遠、搬到其他地方等）

經濟損失

失去自己的一部分（相信他人的能力、面對、接受自己的能力）

您自己的失敗

健康損失

原始家庭環境的穩定性

職業損失

損失的名稱

損失的後果

損失的名稱

損失的後果

## 你如何被訓練處理損失

請寫下你學習處理失去的方式，可能不是最適合你的方式。以下是一些例子：

將它置於背後，不再深思熟慮

保持堅強，不要沮喪或悲傷

多考慮他人，因為悲傷是自私的

在悲傷時想些快樂的事情

解決問題並參與未來

你自己過去的「訓練經驗」

1.

2

3

4

## 技巧

「繼續前進」並不足夠。領導者需要關注他們的損失，以便從中恢復並吸取教訓。以下是在繼續前進之前必須具備的基本技巧：

- 1.以脆弱的方式建立連結：盡可能將你的損失帶入人際關係中。如果你把悲傷留給自己獨處的時間越多，恢復所需的時間就越長。給予更多的「與人交往時間」，就需要的時間就越少。
- 2.珍惜已經不存在的事物：不要忽視或貶低你所失去的事物（「那個人很有毒，離開了好事」）。如果你不完全處理它，你將永遠無法解脫。相反，也要珍惜其中的美好部分（「那個人很有毒，但美好的時光很愉快，我喜歡他的幽默和力量」）。
- 3.悲傷並告別：允許自己感受失去某人或某物的悲傷。說一聲再見，並真心認真。
- 4.原諒：取消債務。事件越不可原諒，你就越需要原諒。  
取而代之：不要把失去的人或事物神化。尋找那些能幫助你替代它所帶來貢獻的人。
- 5.學習：損失教會我們有關未來的東西。記下對你未來生活有幫助的所學。運用你的記憶庫。
- 6.適應：損失是現實。不要與現實爭論，適應它並學會過好生活。

# Loss Inventory

## Identifying and Skill Building with Losses

High performing individuals are often trained to ignore or minimize their significant life losses. While we are all responsible at some point to get up, dust ourselves off, and move on after a loss, the process of metabolizing the losses is critical to the leader's energy level, ability to focus, innovate and connect well with others. In this exercise, write down the 10 most significant losses in your life in the table below. Beside each, write the life consequences of that loss.

This can include the following:

Losses of significant relationships (death, alienation, a move to another location, etc)

Financial losses

Loss of a part of yourself (ability to trust others, confront, accept yourself)

Your own failures

Health losses

Stability in your original home environment

Career losses

**Name of Loss**

**Consequences**

**Name of Loss**

**Consequences**

## How You Were Trained to Deal with Loss

Write down how you have learned to handle loss that may not have been the best for you. Here are a few examples:

Put it behind me and don't dwell on it

Be strong and don't get down or sad

Think more about others because sadness is selfish

Think happy thoughts when sadness comes up

Solve the problem and get involved in the future

Your own past "Training Experiences"

- 1.
- 2.
- 3.
- 4.

## The Skills

“Moving on” is not enough. Leaders need to pay attention to their losses, in order to recover and learn from them.

Here are the essential skills that must occur before moving on:

1. **Connect in a vulnerable way:** As much as possible, bring your losses to relationship. The more you relegate grief to your alone time, the longer you it will take. The more “people time” you allow, the less time it will take.
2. **Value what is no more:** don’t dismiss or devalue what you lost (“that person was toxic, good riddance”). You will never fully work through it then. Instead, value the good parts as well (“that person was toxic, but the good times were fun, and I liked his sense of humor and strength”).
3. **Be sad and say goodbye:** Allow yourself to feel the sadness of losing someone or something. Say goodbye and mean it.
4. **Forgive:** cancel the debts. The more unforgivable the event, the more you need to forgive.
5. **Replace:** Don’t make an idol of the lost person or thing. Find those who will help you replace whatever contribution it brought you.
6. **Learn:** Losses teach us something about the future. Write down what you have learned that will help your life moving forward. Use your memory banks.
7. **Adapt:** Loss is a reality. Don’t argue with reality, adapt to it and learn to live well.

重要的神學教義和聖經原則：

- 我們所有人的基本本性中都有罪惡。我們必須應對我們內在和世界中的負面現實，因為它們存在。
- 當我們在犯罪中時，上帝親近我們、愛我們、寬恕我們、救贖我們。
- 在他們犯罪的情況下，我們應該彼此相愛。我們應該彼此坦白我們的罪過，這樣我們可以體驗到在罪過和其他不完美中被愛的感覺。
- 羅馬書12章1節 - 我們作為上帝家中被愛的子女，不受定罪。
- 約翰一書4章18節 - 在愛中沒有恐懼，上帝和其他人會在我們犯罪或搞砸的時候親近我們。
- 約翰福音第4章，井旁的婦人。耶穌在她犯罪的時候親近她，幫助她體會到她可以在她的「壞部分」上被愛，並且人們會更加接近她。
- 路加福音第15章，浪子的比喻。父親接受了兒子所犯的所有罪惡和對父親的拒絕。
- 彼得的背主經歷。在第三次背主時，彼得與耶穌對視，他並沒有被譴責，反而體驗到耶穌對他的愛，即使他三次不認耶穌。耶穌沒有遺棄他或在復活後將他從計劃中剔除。他在教會中給予彼得一個重要的位置，並著重在天上使萬事合於天意。
- 亞伯拉罕、摩西、大衛、約拿等等，上帝所使用的所有領袖都犯下重大的罪過，但上帝仍然親近他們並繼續使用他們。
- 馬太福音第6章 - 在山上的講道中，耶穌強調我們不應該著重於向他人展示我們有多麼出色，這種隱藏了不完美的「虛假自我」。他以幫助有需要的人、禱告和禁食作為例子，說明法利賽人使用這些屬靈行為微妙地展示他們的表現，作為一種抵擋更深層羞愧和內疚感的方式。
- 馬太福音第7章1-5節 - 耶穌指出了投射的防禦機制，將我們的羞愧放在別人身上，以轉移我們將其融入自己內心的注意力。

基於證據的研究和重要理論家。

請翻譯為繁體中文。

## Key Theological Doctrines and Biblical Principles.

- We all have sin in our basic nature. We have to deal with negative realities in us and the world because they exist.
  - While we were in sin God drew close to us, loved us, forgave us, redeemed us.
  - We are to love one another in the midst of their sin. We are to confess our sins to one another so we can experience we can be loved with our sins and other imperfections.
  - Rom. 12:1 – There is no condemnation for us as we are beloved children in God’s family.
  - I John 4:18 – There is no fear in love, God and others will draw close to us in the midst of us sinning or messing up.
  - John 4, Woman at the Well. Jesus drew close to her in the midst of her sinning and it help her internalize that she could be loved and people draw closer to her with her “bad parts.”
  - Luke 15, Parable of the Prodigal Son. The father accepted the son with all the sin he had done and his rejection of the father.
  - Peter’s Denial. At the third denial, Peter caught Jesus’ eye and instead of being condemned, the experienced Jesus’ love for him even when he denied him three times. Jesus did not disown him or cut him out of the plan after the resurrection. He gave Peter a central part in the church and its focus on making things right on earth as it is in heaven.
  - All of the leaders God used from Abraham to Moses to David to Jonah, etc. had significant sins they committed but God drew close to them and continued to use them.
  - Matthew 6 – in the Sermon on the Mount, Jesus emphasized that you are not to focus on showing others how wonderful you are, the “false self” that hides the “real self” that has imperfections. He uses helping the needy, prayer and fasting as examples of the pharisees using these spiritual behaviors to subtly demonstrate their performance as a way to defend again the deeper shame and guilt.
  - Matthew 7:1-5 – Jesus points out the defense of projection which takes our shame and puts it in another as a way to distract us from integrating it within us.
- Evidenced Based Research and Key Theorists.

## Discuss 1

1.請描述您自己的生活故事，其中包括負面現實(破碎痛苦)和正面現實(美好經歷)。您能在正面現實中茁壯成長，同時也接納負面現實的挑戰嗎？

Please share your personal life story encompassing both negative and positive realities. Can you thrive in a positive reality while also embracing the challenges of the negative reality?

2. 您能分享一下您在生活中如何有效地應對正面和負面現實的個人經驗嗎？

Can you share your personal experience of effectively navigating both positive and negative realities in your life?

3.在一到十的評估尺度上，請您選擇一個數字，表示您的程度。其中，1代表絕對肯定，10代表絕對否定。

On a scale of 1 to 10, please indicate your level of agreement. Choose a number between 1 and 10, where 1 represents a definite "yes" and 10 represents a definite "no".

## Discuss 2

損失清單 Do a loss inventory

## 第二級 目標 LEVEL 2 Goal

對於環境中所經歷的關係拒絕有更顯著的悲傷和哀悼（或甚至是憤怒）。認識到彌補這種缺陷的自我防禦和人際應對方式。

Sadness and grieving more prominent (or even anger) towards self and rejecting relationships during his/her early environment. Recognizes defenses and interpersonal coping style that compensates for this deficit.

# 更新體驗 1

## MISMATCHING EXPERIENCE 1

開始去看你的軟弱、失敗、當你表現平庸的時候、當你被誘惑、有不好、負面的衝動（像是慾望、嫉妒、恨）。找一個可信賴的朋友來開始分享這些。這樣你可以開始體驗到即使你很糟糕別人也願意親近你。

Begin to see your weaknesses, failures, times where you are just mediocre, when you are tempted, have bad, negative impulses (like lust, jealousy, hate). Find a safe person to begin to share these. This way you begin to have experiences where people can draw close to you even when you mess up.

反思 Refleciton

## 更新體驗 2

## MISMATCHING EXPERIENCE 2

你有更多的意識到並且接受負面的情況而不只是全部正面，神會翻轉一切事情，從中帶出好的結果。

You are more aware and accepting of negative situations versus all positive, God will always work it out, bringing good out of it.

反思 Reflection

# 更新體驗 3

## MISMATCHING EXPERIENCE 3

認識到自己的極限，而不是認為自己很厲害或能幹。開始列出自己有的限制。

Recognize your limits instead of thinking you are all powerful or all competent. Start listing limits you have.

反思 Reflection

# 更新體驗 4

## MISMATCHING EXPERIENCE 4

不因自己能做得比別人好或有更好的主意而對別人有批判的態度。找出別人做得好的地方並且對此感到滿意。

Don't have such a critical attitude towards others on where you could do better or have the more superior idea. Find where they are doing good enough work and be okay with that.

反思 Reflection

# 更新體驗 5

## MISMATCHING EXPERIENCE 5

能更好的接受自己無法掌控所有事物或擁有所有權力。你正在從本來透過控制和權力所帶來的力量感變的更能與他人合作和互助。

Become more comfortable with not being in control or having all the power. You are moving from feeling strong because of control and power to being more collaborative and synergistic.

反思 Reflection

# 更新體驗 6

## MISMATCHING EXPERIENCE 6

做事情時做到“還不錯”就可以了而不是做到完美。

Do something that is good enough instead of making it perfect.

反思 Reflection

# 更新體驗 7

## MISMATCHING EXPERIENCE 7

與其所有事情都一定要是正向的，不如開始的尋找不在你負責的區域內的地方，這樣它就會反映在你身上，而不是其他人身上。

Instead of everything is always positive, turn over some rocks and start finding places where they aren't in the area that you have responsibility so that it reflects on you not someone else.

反思 Reflection

## 更新體驗 8

# MISMATCHING EXPERIENCE 8

與一個能信賴的朋友分享一件你從來沒和人分享過的事情，並讓他們透過這樣的分享來與你更親近。

Share with a safe person something that you have not shared with anyone and let them draw close to you in the midst of this.

反思 Reflection

# 更新體驗 9

## MISMATCHING EXPERIENCE 9

允許自己在某種情況下感到失控，而不是試圖重新獲得控制。要確保你是在很多支持下做這件事。這將會幫助你在即使無法控制事情的情況下仍然能變得好起來。

Allow yourself to feel out of control in a situation instead of trying to regain control. Make sure you are doing this with a lot of support. This will help you start being okay without having to control a situation.

反思 Reflection

## Discuss 1

請討論七種更新體驗並製定本週的計劃。

Please discuss the seven mismatching experiences and make your plan for this week.

## 家庭作業 Home Work 7/23-7/29

1. 損失清單 Do a loss inventory
2. 請本週完成九個的更新體驗計劃並與你的作業夥伴分享  
Please make a plan to do the nine mismatching experience in this week and share with your homework partner.

更新體驗 1

日期 Date

討論 Discussion

Mismatching Experience 1

更新體驗 2

Mismatching Experience 2

更新體驗 3

Mismatching Experience 3

更新體驗 4

Mismatching Experience 4

更新體驗 5

Mismatching Experience 5

更新體驗 6

Mismatching Experience 6

更新體驗 7

Mismatching Experience 7

更新體驗 8

Mismatching Experience 8

更新體驗 9

Mismatching Experience 9