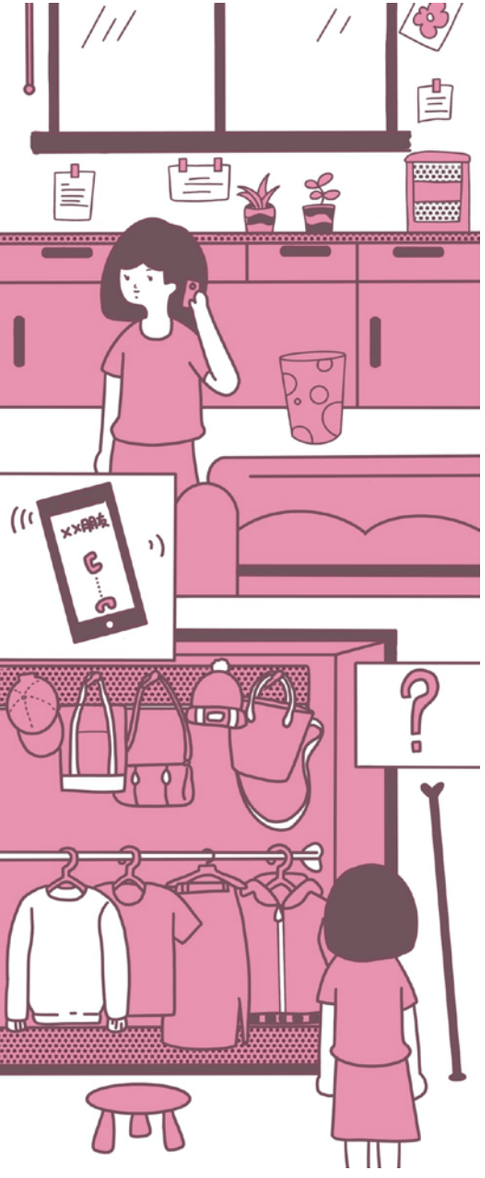
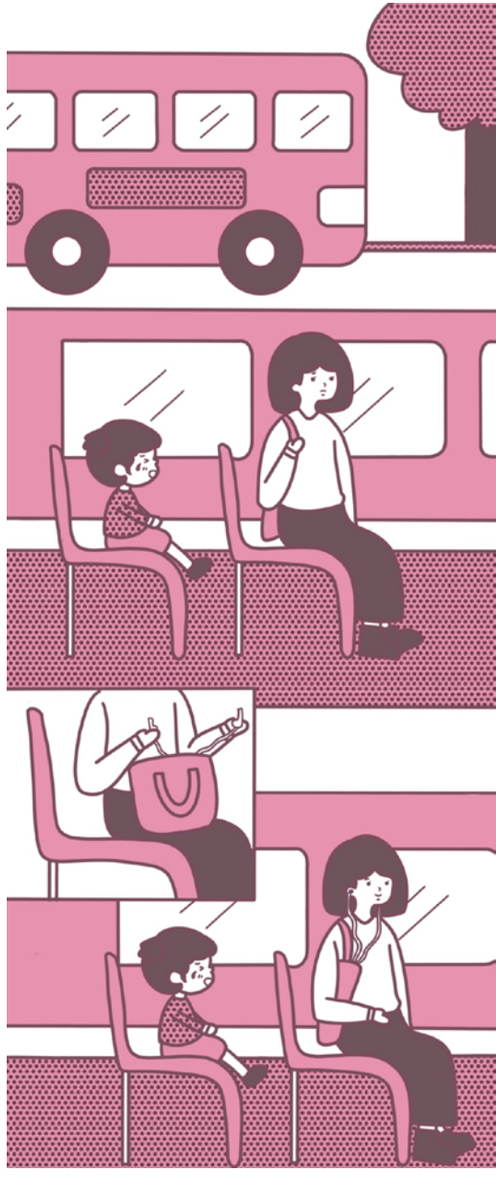
## 別再說我玻璃心了！
I'm not a little snowflake !

高敏感族群可能來自于基因，也可能來自於環境，就和許多性格的成因相同。幼年時期父母較差的教養風格有可能是高敏感的來源，因為在這個過程中不斷接收了負面刺激。這還蠻容易理解的，畢竟一個處在危機之中的人，得時時提高警覺，做出戰或逃的準備，自然而然也會變得比較敏感。

Hypersensitive groups may be genetic or environmental in origin, just as many personalities are. Poor parenting style in early childhood may be a source of hypersensitivity because of the constant negative stimuli received in the process. This is quite understandable; after all, as a person in crisis, you have to be alert and ready to fight or flight, so it is natural to become more sensitive.





# 小雪花

小雪花成為2010年成年人的標籤，他們通常被認為脆弱、易怒和自戀、或者意味著一種抵制言論自由的身份政治——取決於你在哪裡看到這個詞彙。

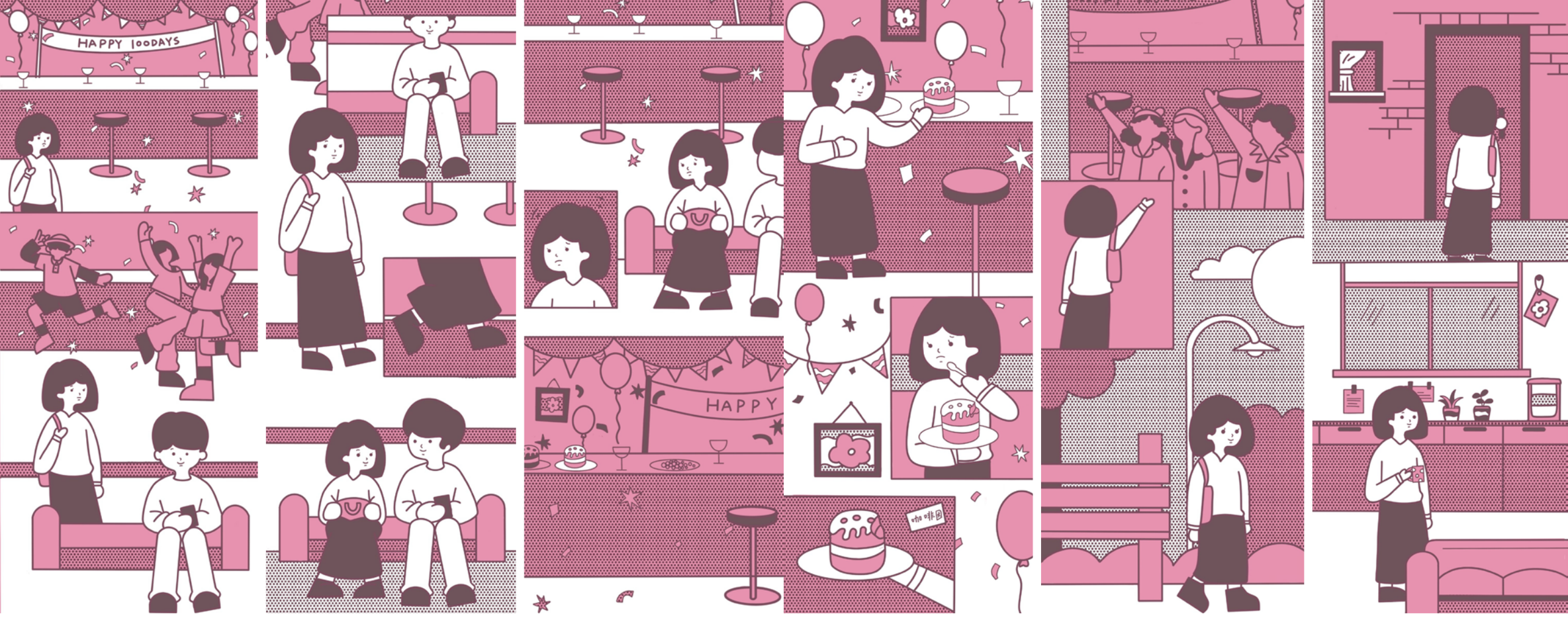
在亞洲地區裡，也有雪花一族，我們稱之為玻璃心。玻璃心其實就是「高敏感族」一詞。高敏感族很容易因為外在環境刺激而出現不適感，而且幾乎所有不舒服的感覺都會被放大。例如，他們待在太多刺激的環境中就想逃離、對於短時間內要應付很多事感到煩躁、很容易被別人的情緒影響、不喜歡犯錯、容易自責等等。

由於反應出來的行為較為纖細，也因此，常常會被周遭人說「想太多」「瞎操心」「太脆弱了吧」，因為現在的社會普遍喜愛活潑外向、樂觀進取的人。

Little snowflakes became a label for adults who are often perceived as fragile, irritable, and narcissistic, or as meaning a kind of identity politics that resists free speech - depending on where you see the term.

In Asia, there is also a group of snowflakes that we call glassy-hearted. Glassy-hearted is actually the term “hypersensitive.” Hypersensitive people are prone to discomfort due to external stimuli, and almost all uncomfortable feelings are magnified. For example, they want to escape if they stay in an environment with too much stimulation, feel irritated about having to deal with a lot of things in a short period of time, are easily affected by other people's emotions, do not like to make mistakes, easily blame themselves, and so on.

Because of their small reactions, they are often told by people around them that they think too much, worry too much, and are too fragile because society nowadays generally likes people who are lively and outgoing, optimistic and aggressive.




但，這是高敏感人的錯嗎？

我們透過遊戲卡牌的方式瞭解身邊友人是否隱藏高敏感的特質，設計在遊戲過程中讓玩家學習如何和高敏感族群相處。

But is this the fault of highly sensitive people?

We use the game cards to find out if people around us are hiding highly sensitive traits and designed the game to let players learn how to get along with highly sensitive people.

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