

韩国作家崔仁哲：政治家的自我中心其实是被束缚在自己的“框架”中 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/240/2021_2022__E9_9F_A9_E5_9B_BD_E4_BD_9C_E5_c105_240849.htm

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#48373.#51648.#50506.#44620.요.? 《改变自己的心理学智慧框架》（音译，21世纪book）乍一看感觉像是最近普遍地不能在普遍的自我启发书。“只要更换看待世界的心灵之窗框架，就会变得幸福”的座右铭也比较平凡。但是越往下看，就会立即明白那只不过是先入为主的偏见而已。实际上，以心理学研究结果为基础，赤裸裸地展现出充满谬误、傲慢、偏见的我们心灵的界限，其手法非常不一般。斯坦福大学研究组的“最后通牒”游戏可以证明我们的内心是多么容易受到周围状况的影响。例如，参加者可以与其他参加者瓜分1万韩元。在进行实验之前，表明该游戏是“华尔街游戏”，结果以有利于自己的方式进行分配的参加者居多。当表明是“社区游戏”时，以公平的方式瓜分的参加者较多。就连文件夹和钢笔之类的平凡的事务都支配了“内心的框架”。在看到这种与商务相关物品后，多数参加者都给自己分了更多的钱。预计所有人都做过了在内心中哼着歌，用手指配合节奏的“手指演奏”。据耶鲁大学实验结果，在参加者中听众的50%确信听懂了自己的演奏，但是实际上听懂的只有2.5%。作者将此称为“自我框架”。即使在自身的框架是正确的，但是在其他人的框架中就会感到模糊。因此心理学家们说“自我”就是单方面地决定看世界的方式的“独裁政权”。该书作者是首尔大学心理学系教授崔仁哲（音译），他的演讲在2005年被本报介绍为首尔大学3大名讲之一，非常有名。目前崔仁哲作为交换教授停留在美国伯克利加利福尼亚大学，本报记者向他提问了撰写“自我启发书”的原因。“客观

的根据，作者个人的经验等写出的自我启发书非常多，对此感到非常焦虑。而在外国，有很多既是学术书，也是大众书，都是些高品格的自我启发书。我一直非常想写依据明确又有品格的书。”崔仁哲对于最近兴起的理财相关的书籍热潮提出了警告并表示：“如果单凭只是一味关注如何赚钱和管理的理财框架来看这个世界，那过于狭隘，我们的生活要远比那珍贵。”他尤其警戒了“自我框架”。“‘我非常了解你，可你却不懂我’，这种自我中心和错觉不仅表现在政治和劳资关系上，而且蔓延到了整个社会。”该书的特点在于能快速读下来，文笔通俗易懂。这是崔仁哲自己为了克服“自我框架”而付出努力的结果。他将原稿数次交给妻子看，妻子说“只关在你自己的框架中”，从而将难懂的文章改了又改。崔仁哲奉劝读者们选择“意义中心的框架”。“就是追求在自己身上所发生事情的意义和展望。即使是读一本书，也认为是进一步接近真理，在打扫的时候也赋予一种意义，比如让地球的一个角落变的干净，生活应该就会变得更加幸福。”100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com