影片激发我思考什么是灵魂伴侣的问题？有很多共同点就是灵魂伴侣吗？

* **洋葱理论**

洋葱理论将人际交往分为两个维度，一个是人际交往的广度，一个是人际交往的深度。如果关系只是洋葱的广度扩张，自我揭露就较少，对于对方内核的认知就较少，因此对于双方之间最根本的差异理解得就少。如果两人谈论的话题越具体，越渗透至核心层，自我揭露越多，与对方的亲密感就更强，对对方的内核和双方的差异就理解地更具体。

从洋葱理论的角度看男女主走散的原因，我认为在于他们的关系只停留在表层爱好的有共同话题的朋友，而不是认知到对方真正的内核，并具备处理差异能力的灵魂伴侣。

* **灵魂伴侣**

内心最美好品质的相吸才是灵魂伴侣，这需要的是三观的一致，需要的是恋爱中对双方差异的理解和妥善处理，而不是表面上的爱好、习惯等等浅显的共性。三观一致，理解差异，在差异中共存才有共同携手的契合和相守。一起做快乐的事情大家都能接受和快乐，但是面对茶米油盐、鸡毛蒜皮时仍有的稳定的爱情内核更难能可贵。

否则，就像花束般的恋爱，只有两人的快乐相伴，外在美丽，但当生活的重压来临之时，男女主没有妥善处理好双方的差异，一个不懂对方为生活妥协的付出，一个不懂对方坚持自己的自由，导致两人的分别，花束便转瞬即逝如镜花水月。

总而言之，并不是有广泛的共同话题共同爱好这种表层的快乐就是灵魂伴侣。灵魂伴侣是能看到并珍惜对方最内核的品质与观念，在共同中靠近，在差异中超越。

SPEECH NOTES：

The film made me think about the question of what is a soul mate? Does a relationship count as a soul mate if two people have a lot in common？

* **Onion Theory**

There is an onion theory that divides interpersonal communication into two dimensions, one is the breadth of interpersonal communication, and the other is the depth of interpersonal communication. If the relationship is just a broadening of the onion, there is less self-disclosure, less awareness of the other's core, and therefore less understanding of the most fundamental differences between the two parties. If two people talk about the topic more specific, the more penetrated to the core layer, the more self-disclosure, the stronger the intimacy with each other.

From the perspective of onion theory, the reason why hero and heroine are separated is that they are just friends who stay on the surface and have common topics and hobbies, rather than soul mates who recognize the real core of each other and have the ability to deal with differences.

* **Soul mate**

For my perspective, the attraction of the best quality in the heart is the soul mate, which requires the consistency of the three views, and the understanding and proper handling of the differences between the two sides in love, rather than the superficial commonality of hobbies, habits and so on. The three views are consistent, understand the difference, and coexist in the difference to have a joint hand in hand. Everyone can accept and be happy to do happy things together, but the stable love core still in the face of trifles and the mandace aspects of life is more valuable.

Otherwise, just like a bouquet of love, only two happy companions, external beauty, but when the pressure of life comes, the hero and heroine do not properly deal with the differences between the two sides.One does not understand each other's compromise for life, one does not understand each other adhere to their freedom, resulting in two people's differences, the bouquet will be just the moon in the water,and flowers in mirror.

Generally speaking , it's not about having a wide range of common topics, common interests, and superficial pleasures that are soul mates. A soul mate is someone who can see and cherish the core qualities and concepts of the other person, who approaches in common and surpasses in differences.