

# 正向心态与分段写作法

面对写作恐惧，心态调整是关键。很多学生在写作前就已经被心理压力击倒，认为自己一定会写不好，这种消极预期直接影响写作表现。因此，建立正向的心理暗示非常重要。每天写作前，可以对自己说：“我有能力写出自己的想法”“开头可以简单，重要的是表达清楚”。这些积极的话语能够在潜意识中减轻紧张情绪。

除了正向暗示，分段写作法也是克服写作恐惧的有效工具。具体方法是将文章分成若干小段，先从自己最有把握的部分入手，而不是盯着开头不放。例如，先写描写细节或表达观点的段落，然后再回到开头补充引入句，这样心理负担明显减轻，也有利于写作思路的流畅。

在实践中，分段写作法可以与时间管理结合使用。给每一段设置一个小目标，如15分钟完成一段，即可让学生在有限时间内集中注意力，减少拖延和焦虑。此外，开头句不必追求完美，可以先写一个概括性的简单句，再在后续修改中润色。这样既保证了写作进度，也培养了自信心。

心态调整和分段写作法的结合，能够让学生在开头就建立写作信心。重要的是理解：开头只是文章的起点，不必一开始就完美。通过不断尝试和练习，学生会发现写作恐惧逐渐减弱，写作变得更自然、更流畅。

日常写作习惯也不可忽视。每天进行5-10分钟的短文练习，记录生活或表达想法，不要求长度和形式，只求持续。长期坚持下来，学生会形成对文字的熟悉感和掌控感，从心理上减少写作恐惧，同时提升作文开头的自信。

## Positive Mindset and Segment Writing Method

Mental adjustment is key to overcoming writing anxiety. Many students are mentally defeated before they even start writing, believing they will write poorly. Such negative expectations directly affect performance. Therefore, establishing positive self-affirmations is crucial. Before writing, students can say: "I am capable of expressing my ideas" or "The opening can be simple, what matters is clarity." These positive statements help reduce subconscious tension.

In addition to self-affirmation, the segment writing method is an effective tool. The technique involves dividing the essay into smaller parts and starting with sections the student feels most confident about instead of obsessing over the opening. For example, write descriptive or opinion paragraphs first, then return to craft the introduction. This significantly reduces mental burden and enhances writing flow.

In practice, segment writing can be paired with time management. Assigning small goals for each paragraph, such as completing a paragraph in 15 minutes, helps students focus and reduces procrastination and anxiety. The opening sentence does not need to be perfect; a simple summary can be written first and polished later. This

ensures progress and builds confidence.

Combining mindset adjustment with segment writing allows students to gain confidence from the very beginning. It's important to understand that the opening is just a starting point and need not be perfect initially. With repeated practice, writing anxiety gradually diminishes, and writing becomes more natural and fluid.

Daily writing habits are also crucial. Practicing short writing exercises for 5-10 minutes a day, recording life experiences or thoughts without concern for length or form, helps develop familiarity and control over words. Over time, this reduces writing anxiety and improves confidence in starting essays.