

与家人并肩阅读的那些夜晚

如果说我对阅读的态度曾经是被动的，那么家庭阅读活动就是点亮我读书兴趣的火柴。过去的我喜欢刷手机远胜于翻开一本书，理由也很简单：轻松、省力、不需要思考。而当父母提出要一起打造“家庭阅读时光”时，我起初抱着怀疑甚至有些敷衍的态度。

但有趣的是，第一次共读的氛围彻底改变了我对阅读的印象。那天晚上，家里关掉了电视和其他噪音，我们各自挑了一本书坐在客厅，我原本以为会很无聊，可当我听到旁边父亲轻轻翻页的声音、看到母亲认真记录笔记的样子，我竟莫名被带动起来。阅读不再是一个人的孤独行为，而是一种被共同坚持的生活方式。

为了让共读持续下去，我们制定了简单但明确的阅读目标：每天至少阅读二十分钟，每周一次家庭分享。我起初只是为了完成任务，但听着家人交流自己的心得，我发现每个人的理解方式都不同，同样一句话在父母口中却能延伸出新的含义。慢慢地，我也开始愿意思考书里的内容，并尝试提出自己的观点，甚至会为了准备分享而读得更仔细。

随着阅读量的增加，我对生活的一些细节也有了新的看法。例如书中提到的“延迟满足”让我意识到，很多计划坚持不下去，并不是因为太难，而是因为我太急于看到结果。而阅读这个习惯从不会立刻给你回报，它是在一点点累积中，让你某一天突然发现自己的变化。

这段家庭共读的经历也让我意识到一个问题：如果阅读只是个人兴趣，它的生命力有限，而一旦变成家庭氛围，它就更容易坚持。我们之间因为阅读产生了更深的交流，不再只是讨论学习、成绩和日常琐事，而是能谈论面对问题的态度、对未来的看法、对生活的理解。

当然，我们的家庭阅读仍有优化空间。例如书目的选择偏向轻松类，缺少挑战性；有时因为忙碌，我们会跳过分享环节；而我自己也常常在遇到难懂的段落时选择略读。未来我希望我们能尝试一起制定“主题阅读计划”，或者在分享时加入小活动，如角色扮演、观点辩论，让阅读更有参与感。

那些与家人并肩阅读的夜晚，在不知不觉中改变了我。它不仅让我重新认识了阅读，也让我重新认识了自己。原来成长并不总是轰轰烈烈的，它可能就藏在每一天翻过的一页纸里。

Those Evenings Spent Reading Side by Side with My Family

If I once approached reading passively, then family reading was the match that lit my interest. In the past, I preferred scrolling on my phone rather than opening a book—simple, effortless, and thought-free. So when my parents suggested creating a nightly family reading time, I was skeptical and unenthusiastic.

But the atmosphere of our first shared reading night changed everything. The TV was off, the house quiet, and each of us sat with a book in hand. I thought it would be boring, yet the sound of pages turning and my mother quietly taking notes made reading unexpectedly comforting. It no longer felt like a lonely activity but a shared commitment.

We set a small reading goal: at least twenty minutes a day and a family sharing session once a week. At first, I only participated because I felt obligated, but as I listened to my parents share their insights, I realized how differently people interpret the same text. Gradually, I began contributing my own thoughts and reading more carefully to prepare for these discussions.

As my reading increased, I gained new perspectives on everyday life. Books discussing delayed gratification made me realize that most plans fail not because they are too difficult but because I expect results too quickly. Reading does not reward you instantly; its impact unfolds slowly, until one day you notice a change in yourself.

This experience also taught me that reading has more vitality when it becomes part of family culture rather than an individual hobby. Conversations became richer, shifting from daily routines to deeper topics—mindset, future plans, and interpretations of life.

We still have areas to improve, such as diversifying our reading lists or ensuring we do not skip sharing sessions when busy. I also hope we can try themed reading or small interactive activities to make discussions livelier.

The evenings spent reading beside my family changed me quietly. They helped me rediscover reading and rediscover myself. Growth is not always loud—it is often hidden in every page we turn.