

从阅读习惯的萌芽到家庭共读的温度

这一两年里，我逐渐意识到自己在学习上遇到的瓶颈，很多时候并不是知识本身的难度，而是内在动力的薄弱。真正让我产生改变契机的，是我们家开始尝试营造“书香家庭”的那段日子。那时我对于读书的态度其实算不上积极，总觉得阅读是任务，是完成作业之外额外的负担。所以最初听说家里要一起制定阅读计划时，我心里还有些排斥。

真正进入共读的过程后，我的心态却有了慢慢变化。我们家选的第一本书并不厚，但每晚固定的阅读时间、读完之后围坐一起聊几句感受，竟然让阅读多了一种仪式感。以前我总以为读书是个人的事情，可当我听见父母分享他们在工作或生活中因为一本书得到的启发，我突然意识到阅读是可以在家庭里流动的，它不仅提供知识，也拉近了我们彼此的距离。

读书带给我的最大变化之一，是思维方式的转弯。以前遇到问题我喜欢凭感觉判断，急着做出反应，而某些书里提到的结构化思考方法让我试着将问题拆解、比较、再小心定夺。渐渐的，我开始愿意把书里的内容应用到学习和生活里。例如做课程笔记时，我开始尝试用书中的思考框架来整理重点，效率比以前高了不少。

家庭共读让我更深刻意识到“目标”的价值。一开始我们制定的阅读目标很简单：每周读完多少页、每周至少交流一次心得。但正因为目标具体、可执行，我们的坚持并没有想象中困难。有时我还会主动查找书中的相关背景资料，在交流时提出自己的疑问和看法，那种被倾听的感觉，让我逐渐从被动阅读变为主动探索。

当然，反思之后我也看到我们家庭阅读的不足，例如阅读内容仍偏向兴趣类，缺乏跨领域的延展；交流时间有时因为忙碌而被压缩；而我自己在阅读深度上仍有提升空间。未来我希望我们能尝试“主题式阅读”，例如围绕历史、心理或科技各选一本书进行比较讨论，让阅读不再只是知识输入，而是观点碰撞。

回看这些改变，我才明白一本书的力量从来不在于封面和厚度，而在于它如何悄悄改变我们看待自己和世界的方式。书香家庭建设对我而言并不是一句口号，而是一条让我持续成长的路径。

From the Birth of a Reading Habit to the Warmth of Family Reading

Over the past two years, I gradually realized that the bottlenecks I encountered in learning were not caused by the difficulty of knowledge itself, but by my lack of internal motivation. The turning point came when my family started building a reading-friendly home. At first, I was not enthusiastic about reading. I saw it as a task, something extra beyond homework. So when my family suggested creating a reading plan, I resisted a little.

But as we entered the routine of reading together, my mindset slowly changed. The first book we chose was not long, yet the fixed reading time every evening and the short sharing after finishing each section gave reading a sense of ritual. I used to

think reading was purely personal, but when I heard my parents share the inspirations they gained from books in their daily work or life, I realized that reading can flow within a family. It provides knowledge but also strengthens emotional connection.

Reading shifted the way I think. I used to judge problems based on intuition and quickly react, but the structured thinking methods mentioned in some books taught me to break problems down and evaluate them calmly. I began applying these ideas to my study habits, and my efficiency noticeably improved.

Family reading also taught me the value of setting goals. Our goals were simple at first: read a certain number of pages weekly and share once a week. Because they were concrete and practical, sticking to them became easier. Sometimes I even searched for background information about the book and raised questions during discussions, turning myself from a passive reader into an active explorer.

Still, we have room to improve. Our reading choices are mostly interest-based and lack cross-disciplinary depth; discussion time is sometimes squeezed by busy schedules; and my personal reading depth can improve further. In the future, I hope we can try themed reading—selecting books around topics like history, psychology, or technology—to make reading a process of idea exchange instead of one-way input.

Looking back, I realize the power of a book does not lie in its cover or thickness but in how it quietly changes the way we see ourselves and the world. Building a reading family is not a slogan but a path that continues to shape me.