

在书香中寻找自我成长的坐标

在我们家开始推行“书香家庭建设”前，我对读书的印象总是有些功利——为了完成老师布置的任务、为了写心得或考试。很少有人告诉我，读书也可以是为了认识自己。直到某一次家庭阅读计划的开展，我才真正体会到阅读的亲密感。

最开始我并不适应家庭共读。大家安静地坐在一起，看似气氛和谐，可我却觉得拘束。然而随着时间推移，我开始慢慢融入这种节奏。我们会在晚饭后选一个舒服的位置，打开书，灯光柔和，心也随之安静下来。

为了保持稳定的阅读习惯，我们特地制定了家庭阅读目标。父母坚持不用“读多少页”作为硬性标准，而是强调“每天坚持一点点”。这种松而不散的方式反而让我在阅读时更没有压力，更愿意沉下心来。每当我们交流心得时，我才发现读书原来可以如此立体：同一个情节，父亲看到了责任，母亲看到了情感，而我则看到了成长的隐喻。

通过不断的阅读，我的思维也有了新的变化。书中的故事、人物和观点不断提醒我，要多从不同角度去观察问题。过去我遇到挫折常常心态崩得很快，但阅读让我知道，每个难关背后都有理解的出口，只是我愿不愿意寻找。有时读到某些句子，我甚至会产生被击中般的感觉，那是一种被深深理解、又被轻轻推动的力量。

阅读对我生活的影响也逐渐显现。例如我开始习惯在学习前做计划，把具体任务拆分成小段，灵感来自书中的时间管理法；在情绪不佳时，我也会翻看一些让我平静的段落，让自己的心回到稳定状态。渐渐地，我发现阅读已不只是习惯，而是一种陪伴。

当然，反思之后我也意识到家庭阅读仍有改进空间。我们有时太依赖固定书单，缺少挑战性的内容；有时分享流于形式，讨论不够深入；而我自己也常常在忙碌时牺牲掉阅读。未来我希望我们能尝试更多元的阅读形式，例如主题共读、书影结合，或者亲自写小小的读书札记，让阅读真正内化为生活的一部分。

在书香的陪伴下，我逐渐找到了自己的成长坐标。阅读让我看到生活的更多可能，也让我在混乱和迷茫中找到一个能反复回去的地方。我想，这就是书带来的真正改变。

Finding My Coordinates of Growth in a Home of Books

Before my family started building a reading-friendly home, my understanding of reading was mostly utilitarian—something required by teachers or exams. No one had told me that reading could also be a way to understand myself. It wasn't until we began a family reading plan that I started feeling the intimacy of reading.

At first, I was uncomfortable with the idea of reading together. The room was quiet and peaceful, but I felt restrained. Over time, however, I grew into the rhythm. After dinner, we would sit together in a cozy spot, turn on a warm light, and read silently. My mind gradually settled.

We set gentle family reading goals—not strict page counts, but a simple expectation: read a little every day. This flexible approach made reading feel less like a burden and more like a natural part of life. During our sharing sessions, I realized how multi-dimensional reading could be. From the same chapter, my father found responsibility, my mother found emotion, and I saw metaphors for growth.

Reading gradually reshaped my thinking. Stories and ideas encouraged me to observe problems from multiple angles. I used to feel overwhelmed by setbacks, but reading taught me that every difficulty has an explanation if I am willing to look deeper. Certain lines struck me profoundly, giving me a sense of being understood and gently pushed forward.

Its influence spilled into my daily life. I now plan my tasks before studying, inspired by time-management ideas from books. When I'm emotional, I return to comforting paragraphs to regain calm. Reading has become less of a habit and more of a companion.

Still, we have room to improve: our book choices need more variety, our discussions can go deeper, and I sometimes skip reading when busy. I hope we can explore themed reading, film-and-book combinations, or writing short reading journals to internalize reading further.

In the warmth of books, I've gradually found my coordinates of growth. Reading has shown me possibilities and given me a place to return to whenever I feel lost. That, I believe, is its true power.