

在家庭阅读中学会与自己对话

在过去很长一段时间里，我把阅读当成知识输入，却忽略了它与自我对话的力量。直到参与家庭阅读活动，我才真正体会到阅读并不是寻找答案，而是寻找自己。

刚开始加入家庭阅读计划时，我并不太适应。看到家里每个人都沉浸在书页中，我心里却漂浮着各种杂念：读书到底能带给我什么改变？我是不是只是在完成一项家庭任务？这种心态让我最初的阅读体验并不顺畅。

然而随着共读次数增加，我的阅读状态渐渐稳定下来。我开始在阅读前先想一想：今天我想从书里获得什么？是寻找一种情绪上的平静，还是思考一种新的知识？这种带着目的的阅读方式，让我更容易进入专注状态，也更愿意对书中的内容提出自己的理解。

家庭阅读中最有价值的部分，是与家人的交流。我们会在周末抽时间一起分享本周的阅读心得。父母的观点常常带给我不同的视角，而我的问题有时也能让他们意识到自己忽略的角度。这样的互相启发不仅让阅读变得有趣，也让我明白每个人的经验都会影响他们对内容的理解。

阅读让我开始认识到自己思维方式的不足。以前我习惯用情绪处理问题，很少真正分析原因。书中提到的一些案例让我意识到，问题背后往往有更深的结构，而不是表面看到的那样简单。我开始尝试在面对问题时冷静拆解，把难题转化为可操作的小步骤。这不仅改善了我的学习方式，也改善了我的情绪管理。

随着阅读变成习惯，我越来越感觉到文字的力量。它不像课堂那样直接告诉你该怎么做，而是让你在理解别人故事的时候照见自己的影子。我开始更愿意慢下来，反思自己的行为、计划、甚至某些固有观念。

不过，我也清楚家庭阅读并不是一切都完美。我们有时因为忙碌而无法坚持固定节奏，我也偶尔会陷入“为了完成任务”而读的状态。为了改善这些问题，我希望未来能尝试设定更灵活的阅读目标，比如每月选择一本主题书、一人主导一次分享，让阅读不再拘泥于形式，而是真正成为生活的一部分。

通过家庭阅读，我学会了与自己对话，也学会了更温柔地理解生活中的不完美。原来阅读不仅能改变知识结构，更能改变一个人的内心结构。

Learning to Dialogue with Myself Through Family Reading

For a long time, I treated reading purely as a way to absorb knowledge, overlooking its power to help me dialogue with myself. It wasn't until I joined my family's reading activities that I realized reading is less about finding answers and more about finding oneself.

When we first started family reading, I felt uneasy. While my family was fully engaged with their books, my thoughts wandered. I wondered whether reading would truly change me or whether I was simply completing a family assignment. This mindset

made reading difficult at the beginning.

But over time, I became more comfortable. I began asking myself what I hoped to gain from reading each day—emotional calm, new knowledge, or fresh perspectives. Reading with intention helped me focus and encouraged me to form my own understanding of the text.

The most valuable part of family reading was our weekly sharing. My parents often offered perspectives I had never considered, while my questions sometimes helped them uncover overlooked angles. This mutual inspiration made reading enjoyable and taught me that everyone interprets content differently based on their experiences.

Reading also highlighted my weaknesses in thinking. I used to rely heavily on emotions rather than analysis. Books taught me that problems often have deeper structures beneath their surface. Now I try to break problems into manageable steps, which has improved both my study habits and emotional control.

As reading became a habit, I felt the true power of words. They do not instruct you directly but mirror your inner world through others' stories. I learned to slow down and reflect on my actions, plans, and beliefs.

Still, our family reading has room to grow. We sometimes fall behind due to busy schedules, and I occasionally read just to check it off the list. I hope we can adopt more flexible goals in the future, such as monthly themed books or rotating sharing leaders, so reading becomes a natural part of life rather than a routine.

Through family reading, I learned to have conversations with myself and to embrace the imperfections in life more gently. Reading reshaped not only my knowledge but also my inner structure.