

# 亲情给予我的力量

每当我想起“力量”这个词，脑海里出现的不是壮烈的场景，而是你安静的背影。你在我心中，是一种沉默却持久的力量，让我在面对生活时多了一份笃定。

一次冬天，我的学习压力大到喘不过气。那天我情绪崩溃，甚至觉得自己怎么努力都赶不上别人。你没有责备我，只是陪我在楼下的长椅坐了很久。寒风吹得人直打哆嗦，你却把自己的围巾取下来给我围上。你说：“路是你自己的，走慢一点也没关系。”那句话像在寒风里点了一盏灯，把我从自我否定里拉了出来。

你总是这样，用看似不起眼的方式影响我。你从不强硬，却有一种让人安心的力量。小时候我害怕黑，你就陪我坐在床边，告诉我“黑暗不可怕，因为我们就在这里”。长大后我害怕失败，你也用同样的姿态告诉我：“失败不可怕，因为你不是一个人。”

我常常想，如果没有你的陪伴，我的性格会不会变得敏感而脆弱？也许我不会有勇气在人生的重要节点做选择，也不会学会在跌倒后重新站起来。你并没有给我太多大道理，却在一次次的行动中教会我如何面对世界。

如今我已逐渐能独自承担责任，但你给我的力量仍在我生命里延续。它让我在困难面前保持平静，让我懂得在压力中找到自己的节奏，也让我学会在别人需要时伸出援手。因为我知道，当年你也是这样，无声却坚定地托着我。

你在我心中，是一种不会随着时间消散的力量。无论未来的道路有多曲折，我都愿意带着这份力量继续前行。亲情并不张扬，却能让人无所畏惧——而这，便是你给予我的最珍贵的礼物。

## The Strength Family Gives Me

Whenever I think of the word “strength,” what appears in my mind is not a heroic scene, but your quiet silhouette. You are, in my heart, a silent yet enduring force that gives me confidence whenever life feels overwhelming.

One winter, the pressure of schoolwork suffocated me. I broke down, convinced that no matter how hard I tried, I would never catch up. You didn't scold me. Instead, you sat with me on a bench downstairs. The cold wind was biting, yet you took off your own scarf and wrapped it around me. “It's your path,” you said. “It's okay to walk slowly.” That sentence lit a lamp in the freezing air and pulled me out of my self-doubt.

You always influence me in subtle ways. You're never forceful, yet your presence brings calm. When I was afraid of the dark as a child, you sat by my bed and told me, “Darkness isn't scary because we're here.” As I grew older and became afraid of failure, you comforted me the same way: “Failure isn't scary because you're not alone.”

I often wonder—without you, would my personality be more fragile? Would I lack the courage to make big decisions or to stand up after falling? You rarely spoke in grand theories, but your actions taught me how to face the world.

Now that I am slowly learning to carry my own responsibilities, the strength you gave me continues to shape my life. It helps me stay calm in difficulties, find my own rhythm under pressure, and extend a helping hand to others—because I remember how you once held me up, quietly and steadily.

You are, in my heart, a strength that time cannot erase. No matter how winding the future path may be, I will carry this strength with me. Family affection is quiet, yet it makes us fearless—and that is the greatest gift you have ever given me.