

一个拥抱带来的和解

今天晚上的那一幕，我会记很久。不是因为发生了什么大事，而是因为那一瞬间让我第一次真正感受到“亲人之间也需要被理解”。

放学回家后，我心情特别差。作业多，考试近，整个人像被压得喘不过气。回到家才发现自己忘了把早上的垃圾带下楼，妈妈看到时脸色一下就沉了。她说我最近完全心不在焉，连最简单的事都做不好。

我当时已经很烦了，她那句话像一把钩子，把我的情绪瞬间扯破。我不耐烦地回她：“我又不是故意的，你能不能别一直说我？”

妈妈也被我气到了，说我现在动不动就顶嘴。然后我们就开始了毫无意义的争吵，声音越来越大。我甚至在气头上说：“那我以后什么都不做总行了吧！”

说完我就冲进房间，把门关上。那一刻我觉得自己像只乱飞的麻雀，找不到方向。

十几分钟后，我听见脚步声停在门口。妈妈没有敲门，也没有说什么。我原本以为她会继续骂我，可她只是轻轻推开门，坐在我床边。

我背对着她，但能感觉到她在看我。过了一会儿，她叹气说：“我知道你最近累，可我也会担心你。你一句话不说，我也不知道你怎么了。”

不知道为什么，那句话比任何责备都让我更难受。我转过身，看到她的眼神里没有生气，只剩心疼。她伸出手的时候，我愣了一下，但下一秒就被她抱住了。

那是一个很紧，但又很温柔的拥抱。像是在告诉我，她不是要我完美，只是想让我别把所有压力藏起来。

我在她怀里小声说了句：“对不起。”她摸了摸我的头，说：“我也有做得不好的地方。我们两个都学着慢慢来，好不好？”

我们就那样抱了一会儿，谁也没再说话，可我心里的那些乱糟糟的东西竟然慢慢安静了。

写下这些的时候，我突然意识到，亲人之间的误会，大多不是因为不爱，而是因为都太疲惫、又都不愿意先说一句“我难过了”。

原来有时候，一个拥抱就够了解开很多结。

A Hug That Changed the Day

Tonight, something happened that I think I'll remember for a long time—not because it was dramatic, but because it made me understand how much communication matters with the people closest to me. After school, I was already exhausted and stressed from exams and homework. When I got home, my mom found out I had forgotten to take out the trash in the morning. She said I had been careless lately. I snapped back,

and we ended up arguing loudly. I stormed into my room afterward, feeling miserable. A while later, Mom quietly came in and sat beside me. She wasn't angry anymore. She just said, "I know you're tired, but I worry about you too. If you don't tell me what's going on, I don't know how to help." Her voice wasn't blaming me—it was full of worry. She opened her arms, and before I knew it, she pulled me into a hug. It was warm and steady, like she was telling me I didn't have to pretend to be strong. I whispered, "I'm sorry." She gently touched my head and said, "I'm not perfect either. Let's both learn slowly, okay?" We didn't speak much after that, but everything inside me gradually calmed down. I realized something tonight: misunderstandings between family members don't come from not caring—they come from being too tired and not knowing how to say, "I'm struggling." Sometimes, a hug really is enough to untie a knot inside your heart.