

# 成长路上的温暖港湾

每个人的成长过程中都会遇到低谷和迷茫，而在这些时刻，亲人常常是最坚实的依靠。对我来说，妈妈就是那个在风雨中始终为我撑伞的人。记得小学五年级时，我参加了一次数学竞赛。由于准备不充分，我在比赛中失利，心情跌入谷底。回到家后，我一言不发地把试卷放在桌上，眼泪在眼眶里打转。妈妈看着我，没有批评，也没有责怪，而是轻轻地握住我的手，说：“失败并不可怕，可怕的是你不去总结经验。只要你愿意努力，下次一定会更好。”

妈妈的话如同冬日里的阳光，温暖而有力。我开始重新整理错题，总结不足，并制定学习计划。每天晚自习结束后，妈妈都会陪我一起复习，有时为我讲解难题，有时仅仅是在一旁默默陪伴。她的耐心和鼓励，让我逐渐找回自信，也让我明白，成长本身就是一个不断尝试、不断失败、不断进步的过程。

不仅在学习上，在生活中，妈妈也总是给予我巨大的支持。记得有一次，我和同学因为小事发生争执，心里十分委屈。妈妈没有直接替我出面，而是耐心听我倾诉，帮我分析问题的原因，让我学会理解他人，也学会正确表达自己的情绪。那一刻，我感受到亲情带来的安全感，它让我敢于面对困难，也让我相信，无论前路多么曲折，总有人在身后默默守护。

亲情的力量，常常不在轰轰烈烈的言语，而在日复一日的陪伴与理解中。正是这种温暖与力量，支撑着我一步步走向成熟，让我在迷茫时找到方向，在挫折中重新振作。如今，每当回想起那段经历，我总会心中充满感激，也更加坚定前行的信心。成长的路上，有亲人作伴，便不会孤单。

## A Warm Harbor on the Road to Growth

Everyone encounters setbacks and confusion during their growth, and at those moments, family often becomes the strongest support. For me, my mother has always been the one holding an umbrella for me in the storm. I remember when I was in fifth grade, I participated in a math competition. Because I was unprepared, I failed, and my mood sank to the bottom. When I got home, I silently placed my exam paper on the table, tears welling up in my eyes. My mother looked at me without criticizing or blaming, gently held my hand, and said, "Failure is not terrible; what's terrible is not learning from it. As long as you are willing to work hard, you'll do better next time."

Her words were like winter sunlight, warm and powerful. I began to review my mistakes, summarize my shortcomings, and make a study plan. Every evening after study time, my mother would accompany me in reviewing, sometimes explaining difficult problems, sometimes quietly just being there. Her patience and encouragement gradually restored my confidence and made me realize that growth itself is a process of trying, failing, and improving.

Not only in studies, but in life, my mother has always given me great support. I remember once having a conflict with a classmate over a trivial matter, feeling very wronged. My mother didn't step in to solve it but patiently listened to me, helped me analyze the reason, teaching me to understand others and express my emotions properly. At that moment, I felt the safety brought by family, which made me brave to face difficulties and believe that no matter how winding the road ahead, someone will always silently protect me.

The power of family often lies not in grand words, but in daily companionship and understanding. It is this warmth and strength that supports me step by step toward maturity, helping me find direction when confused and regain strength in setbacks. Now, whenever I recall that period, my heart is full of gratitude and my confidence in moving forward is firmer. With family by your side on the road of growth, you are never alone.

## 亲情中的力量与勇气

成长的道路上，总会遇到挫折和困惑，让人感到无助。而在这些时刻，家人的理解和鼓励往往能给予我们前行的力量。记得那次期中考试，我的成绩比预期低很多，心里满是沮丧和自责。回到家，父亲看着我一脸落寞，没有责备，而是静静地坐在我身旁，缓缓开口：“每一次失败都是一次学习的机会，你需要做的不是自责，而是思考下一步怎么走。”

父亲的话如同一盏灯，照亮了我迷茫的心。随后，他帮我分析试卷上的错误，指出知识漏洞，并建议我制定新的学习计划。在接下来的几周里，父亲每天都抽时间和我一起复习，有时陪我做练习题，有时提醒我注意调整心态。他没有用高压和批评，而是用耐心和信任，让我重新找到自信。

不仅如此，父亲也教会了我如何面对挫折和压力。他常说：“生活不会总是一帆风顺，但重要的是你的态度和努力。”这句话深深刻在我的心里，每当遇到困难，我都会想起父亲的教导，告诉自己不要轻易放弃。

这段经历让我明白，亲情不仅是一种陪伴，更是一种力量。当你感到孤单或迷茫时，家人无声的支持和理解，会让你获得勇气，敢于面对挑战。正是这种力量，让我在成长中逐渐坚强，也让我学会了如何用温暖去面对他人和世界。

现在，每当我回忆起那次考试失利，内心更多的是感激而非遗憾。感谢父亲用耐心和信任为我撑起一片天空，让我在挫折中看到希望，也让我明白，亲情的力量能让人无畏前行。

# Strength and Courage in Family Love

On the road of growth, we always encounter setbacks and confusion, leaving us feeling helpless. At such times, family understanding and encouragement often provide the strength to move forward. I remember that midterm exam when my grades were far below my expectations, and I felt frustrated and guilty. When I got home, my father looked at me without scolding, quietly sat beside me, and slowly said, "Every failure is a learning opportunity. What you need to do is not blame yourself, but think about the next step."

His words were like a light illuminating my confused heart. Afterwards, he helped me analyze my mistakes, pointed out my knowledge gaps, and suggested a new study plan. In the following weeks, he would spend time reviewing with me, sometimes doing exercises together, sometimes reminding me to adjust my mindset. He didn't use pressure or criticism but patience and trust, helping me regain confidence.

Moreover, my father taught me how to face setbacks and pressure. He often said, "Life is not always smooth, but what matters is your attitude and effort." This sentence is deeply engraved in my heart. Whenever I face difficulties, I recall his teaching and remind myself not to give up easily.

This experience made me realize that family love is not only companionship but also strength. When you feel lonely or confused, the silent support and understanding of family give you courage to face challenges. It is this strength that gradually makes me strong in my growth and teaches me how to approach others and the world with warmth.

Now, whenever I think back to that exam failure, I feel more gratitude than regret. I am thankful to my father for supporting me with patience and trust, letting me see hope in setbacks, and showing me that the power of family allows one to move forward fearlessly.

## 迷茫时的坚实依靠

成长的路上，迷茫和挫折似乎不可避免。面对困难时，亲人的鼓励和理解往往成为我们前行的动力。我最亲的人——爷爷，在我心中就是那份坚实的依靠。记得初中一年级，我因为一次作文比赛失利而情绪低落。那天放学回家，我默默地坐在书桌前，心里充满了失落和自责。爷爷看见我如此郁闷，没有多问，只是轻轻拍了拍我的肩膀，说：“失败只是暂时的，重要的是你是否从中学到了东西。”

爷爷的话让我感到一股温暖的力量。他并没有要求我立刻振作，而是陪我回顾写作过程，分析文章不足，并与我分享他年轻时面对挫折的经历。他讲述的故事平凡却充满力量，让我明白每个人都会遇到挫折，而真正能让我们成长的是从失败中吸取经验并坚持努力。

在之后的日子里，爷爷每天都会抽出时间和我一起阅读、讨论写作技巧，耐心解答我提出的各种问题。他不急不躁，只是用行动告诉我，亲情不仅是情感的慰藉，更是一种坚定的支持。这种支持让我在学习和生活中变得更加自信，也让我懂得了责任和坚持的重要性。

亲情的力量，像一盏明灯，照亮我前行的道路。每当我遇到迷茫和挫折时，想到爷爷温暖的鼓励，内心就会充满勇气和力量。正是这种温暖和坚实的依靠，让我在成长的道路上不再孤单，勇敢面对未来的挑战。

如今，我更加珍惜与亲人相处的每一刻，也学会用同样的理解和鼓励去面对周围的人。成长的力量来源于亲情，它不仅让我们在困难中坚强，也让我们懂得关爱与回馈。迷茫时有亲人作伴，再大的风雨也能迎刃而解。

## A Solid Support in Times of Confusion

On the road of growth, confusion and setbacks seem inevitable. In the face of difficulties, the encouragement and understanding from family often become our driving force. My grandfather, the person closest to me, has always been that solid support in my heart. I remember when I was in the first year of middle school, I was very down because I failed a writing competition. That day, I quietly sat at my desk, filled with disappointment and self-blame. My grandfather saw my gloom, and without asking much, gently patted my shoulder and said, "Failure is temporary. What matters is whether you learn from it."

His words brought a warm strength to me. He didn't ask me to cheer up immediately but accompanied me in reviewing the writing process, analyzing the weaknesses, and sharing his own experiences of facing setbacks when he was young. His stories, ordinary yet powerful, made me realize that everyone encounters difficulties, and true growth comes from learning from failures and persevering.

In the following days, my grandfather would spend time reading with me, discussing writing techniques, patiently answering all my questions. He was calm and steady, showing me through actions that family love is not only emotional comfort but also steadfast support. This support made me more confident in studies and life and helped me understand the importance of responsibility and persistence.

The power of family is like a light, illuminating the road ahead. Whenever I encounter confusion and setbacks, recalling my grandfather's warm encouragement fills me with courage and strength. It is this warmth and solid support that makes me no

longer feel alone on the path of growth and brave to face future challenges.

Now, I cherish every moment with my family even more and have learned to face people around me with the same understanding and encouragement. The strength of growth comes from family; it not only makes us strong in difficulties but also teaches us care and reciprocity. With family by our side, even the heaviest storms can be overcome.