

那句话一直陪着我

每个人的成长过程中，总会有一些话，像种子一样埋在心里，慢慢生根发芽。我心中那句话，是我最亲的人在我十六岁那年对我说的：‘不要怕慢，只怕停下来。’

那时候，我正处在人生最迷茫的时期。学业压力巨大，朋友关系复杂，我甚至开始怀疑自己是否有能力面对未来。每晚躺在床上，我总会反复想着自己的失败与不足。她走进房间，轻轻坐在床边，没有说太多，只是看着我，然后缓缓说道那句话。简单，却像一盏灯，点亮了我心底的黑暗。

从那以后，每当遇到挫折，我都会在心里重复这句话。它提醒我，生活不是一场短跑，而是一段旅程。慢慢来没关系，但停下脚步，就会错过无数美好的风景。正是这句话，让我在无数困境中保持希望和耐心。

后来，我明白了，这不仅仅是一句鼓励的话，更是一种生活哲学。人生的路上，可能会迷路、可能会跌倒，但只要不停止前行，所有的坎坷都会成为风景。她用简单的语言教会我坚韧和温柔，也让我学会在困境中寻找光亮。

现在，每当我回想起她的模样，那句‘不要怕慢，只怕停下来’就像轻柔的风，吹散了心中的焦虑。它让我明白，无论世界如何喧嚣，内心保持坚定与从容，比任何成就都重要。

我想，把这句话写下来，不仅是为了纪念她，更是为了提醒自己和身边的人：生活有时候需要慢一些，也许慢得有点痛，但只要不放弃，总能走到想去的地方。那句话，一直陪着我，也会陪着我未来的岁月。

That Sentence Always Stays With Me

In everyone's growth, there are words that plant seeds in the heart and slowly take root. For me, that sentence came from the person closest to me when I was sixteen: 'Don't be afraid of going slow, just don't stop.'

At that time, I was in the most confusing period of my life. The pressure of studies, complicated friendships, and doubts about my abilities weighed heavily on me. Every night, lying in bed, I kept thinking about my failures and shortcomings. She walked into the room, quietly sat beside me, and slowly said that sentence. Simple, yet like a light illuminating the darkness in my heart.

From then on, whenever I faced setbacks, I would repeat that sentence in my heart. It reminded me that life is not a sprint but a journey. Going slow is okay, but stopping means missing countless beautiful views. That sentence helped me maintain hope and patience through numerous difficulties.

Later, I realized that this was more than just encouragement—it was a philosophy of life. On the road of life, one may get lost or fall, but as long as you keep

moving forward, all obstacles become scenery. She taught me resilience and gentleness with simple words, and how to find light in adversity.

Now, whenever I think of her, 'Don' t be afraid of going slow, just don' t stop' feels like a gentle wind, dispelling the anxiety in my heart. It reminds me that maintaining inner calm and determination is more important than any achievement.

I want to write this sentence down, not only to remember her but to remind myself and those around me: life sometimes needs to go slowly, maybe painfully slow, but as long as you don' t give up, you will reach where you want to go. That sentence has always stayed with me and will continue to accompany my future years.