

写过程诗的三个误区：别把诗写成煮面说明书

写过程诗最容易出的毛病，是把诗写成煮面说明书或者流水账日记。列出三个常见误区，每个都给出改法。

误区一：按步骤报告，没有画面。先烧水，再下面，再放盐，再捞出来，这样写五行就是说明书。改法：给每个动作句自问它看起来什么样、听起来什么样，至少把三行改成视觉或听觉的画面。《一碗面的旅程》里气泡从锅底往上爬那行，就是这种改法的成品。

误区二：直白喊心情，句句抒情。我多紧张、我多快乐、我真的长大了，每隔一行喊一次，读者反而没感觉。改法：删掉直接形容心情的词，换成动作。紧张写成两只手扶着锅沿，指节发白；快乐写成端着碗在客厅绕一圈，让全家都看见那碗面。

误区三：结尾强行升华。最后两行突然变成我终于懂了父母的辛苦，做饭真不容易，读者立刻觉得被说教。改法：用一个具体瞬间收尾。爸爸把面吃得只剩最后一口汤，打了个小小的饱嗝，全家都笑了。意思留在笑声里，不用替读者说出来。

交稿前还有一份小清单可以核对：全诗有没有至少三个带动作和声音的画面？直接说心情的词是不是不超过五个？气泡、翻滚、端碗这三个指定画面是不是都出现了？结尾是不是一个瞬间而不是一句道理？四条都过，这首自己的《一碗面的旅程》就可以交了；哪条没过，就回头只补那一处。

Three Traps in Process Poems: Do Not Turn a Poem into a Noodle Manual

The easiest mistake in a process poem is turning it into a noodle manual or a running diary. Here are three common traps in poems like *A Bowl of Noodles*, and each trap comes with a repair you can try right away.

Trap one: step-by-step reporting with no images. First I boiled the water, then I added the noodles, then I added the salt, then I lifted them out. Five lines like this are a manual, not a poem. The repair: for every action line, ask what it looks like and what it sounds like, then rewrite at least three lines as a picture of sight or hearing. In *A Bowl of Noodles*, the line about bubbles climbing up from the bottom of the pot is exactly the finished product of this repair.

Trap two: loud slogans with direct feelings. Every other line says I am so nervous, I am so happy, I have really grown up, and the reader stops feeling anything. The repair: delete the adjectives that name feelings and replace them with actions. Nervous becomes both hands gripping the edge of the pot until the knuckles turn white. Happy becomes carrying the bowl in a wide circle around the living room so the whole family can see it.

Trap three: a forced lesson at the end. The last two lines suddenly say I finally understood how hard my parents work, and cooking is never easy, and readers feel preached at. The repair: end on a concrete moment instead. Dad finished the noodles down to the last drop of soup, let out a small burp, and the whole family laughed. The meaning lives inside the laugh, so you never have to state it for the reader.

Before you hand in the poem, run one more short list. Does the poem hold at least three pictures with movement and sound? Are there no more than five direct feeling words left? Do the three required pictures all appear, the boiling bubbles, the rolling noodles, and the careful bowl? Does the ending show a moment rather than a lesson? If all four lines of the list pass, your own A Bowl of Noodles is ready to go; if one fails, go back and fix only that spot, then check the list again.