

## 三个情节的感悟示范：三打白骨精、真假美猴王、取得真经

用三打白骨精、真假美猴王、取得真经三个情节做样子，看看读后感怎么从情节走到感悟。三段示范都遵守同一个比例：情节一句话，经历两三句，感悟一句话。

三打白骨精示范。情节这样带过：孙悟空三次打死白骨精变的村姑、老婆婆和老头，师父却念紧箍咒赶他走，他含泪拜别。感悟接自己的事：上学期我被同学指控拿了他的橡皮，我解释了好几遍都没人信，躲在楼道里哭，那一刻我忽然懂了孙悟空为什么临走还要回头三次。被误会是最难受的事，被误会过的人才懂忠诚的分量。

真假美猴王示范。情节：六耳猕猴变成另一个孙悟空，打到观音和如来面前才被识破。感悟接竞争：我和同桌争过同一个数学竞赛名额，比赛前我藏起他的报名表，结果输了，输的不是名额，是自己。六耳猕猴最后被如来当众揭穿，我心里那个想使小动作的自己，也需要被自己当众承认一次。

取得真经示范。情节：八十一难走完，过通天河时经书还被打湿破损。感悟接学琴：我练了两年琴，演出时还是弹错了两个音，可弹完全场鼓掌。真经不是不出错，是把八十一难一路走完。

三个示范的共同套路：情节只是钩子，读后感的主体是你自己的事。写的时候先挑一个情节，再找一段经历，最后写一条明白的道理，顺序不能反。

## Three Model Responses: The White Bone Demon, the Two Monkey Kings, the True Scriptures

Using three episodes as models, let us watch a reading response walk from plot to feeling: the White Bone Demon, the two monkey kings, and the true scriptures. All three demos follow the same ratio: one sentence of plot, two or three sentences of personal experience, one sentence of lesson.

The White Bone Demon demo. The plot passes in one line: Sun Wukong kills the demon three times as it appears as a village girl, an old woman, and an old man, yet his master chants the headband spell and drives him away, and he bows goodbye through tears. The feeling then turns to real life: last term a classmate accused me of taking his eraser, I explained again and again and nobody believed me, and I cried in the hallway, and in that moment I suddenly understood why Wukong looked back three times before leaving. Being misunderstood is the hardest feeling, and only those who have been misunderstood know the weight of loyalty.

The two monkey kings demo. Plot: the six-eared macaque becomes a second Sun Wukong, and they fight all the way to Guanyin and the Buddha before the impostor is exposed. Feeling: my deskmate and I once competed for one math contest place, and before the exam I hid his registration form, so I lost, and what I lost was not the place but myself. The Buddha exposed the macaque in front of everyone, and the part

of me that wanted to cheat also needs to be admitted in front of myself once.

The true scriptures demo. Plot: after all eighty-one trials, the scriptures are soaked and damaged while crossing the river. Feeling: I practiced piano for two years and still played two wrong notes at the recital, yet the whole hall applauded when I finished. The true scriptures are not about making no mistakes; they are about walking through all eighty-one trials.

The shared pattern of the three demos: the plot is only a hook, and the body of a reading response is your own story. When writing, pick one episode first, then find one experience, then write one lesson you understood, and never reverse that order.