

比本领日记的写法清单：五个要点和两个常见翻车

要点一：配对要巧。七十二变配跳绳，都吃「身子灵活」；筋斗云配背课文，都吃「快」；火眼金睛配找错别字，都吃「眼力」。配对巧，比的过程自然有对照；硬配，比如七十二变配背课文，就写不出花样。

要点二：有输有赢。三局建议一赢一平一输。全赢像吹牛，全输像告状。输的那局留给结尾用，赢的那局负责童趣。

要点三：引用原著细节。每个本领带一个书里的具体场面：七十二变带「尾巴变旗杆」，火眼金睛带「白骨精变三次」，筋斗云带「十万八千里」。细节证明真读过书，也给了日记笑点。

要点四：心理活动写矛盾。「有点不服，又有点服气」这种矛盾句比「我很开心」有看相。矛盾句放在三局比完的位置，正好接结尾。

要点五：结尾从输局落到练。输在「快不等于准」，结尾就写「本领都得练」；输在别处，结尾就接别处。结尾和输局呼应，学本领才不突兀。

翻车一：全程比赢。跳绳赢、背书赢、看东西也赢，孙悟空被四年级学生完胜，日记变成吹牛大会，读的人只想笑。修正：至少留一局输，而且输得具体——错两个字、丢两个标点，数字越具体越可信。

翻车二：结尾硬拐。「我要向孙悟空学习，长大当科学家。」比本领比了半天，结尾突然当科学家，中间没有桥。修正：结尾只许从三局里长出来——比的是眼力就写继续练眼力，比的是跳绳就写明天再跳五十个，别跳题。

自查顺序：先看三局有没有输赢变化，再看每局有没有书里的细节，再看有没有一句矛盾心理，最后看结尾是不是从输局接出来的。四问都是「有」，这篇四百字的日记就立得住；哪一问是「没有」，就补哪一问。

A Checklist for the Skill-Contest Diary: Five Keys and Two Common Crashes

Key one: pair cleverly. Seventy-two transformations with jump rope — both run on nimble bodies; the cloud somersault with reciting — both run on speed; the fiery golden eyes with typo-hunting — both run on eyesight. Clever pairs make the contest write itself; forced pairs, like transformations with reciting, produce nothing.

Key two: mix wins and losses. Three rounds: one win, one draw, one loss. All wins is bragging; all losses is tattling. Save the lost round for the ending; let the won round carry the fun.

Key three: cite book details. Attach one concrete scene to each power: transformations get 'the tail becomes a flagpole', fiery eyes get 'the White Bone

Demon's three disguises', the somersault gets '108,000 li'. Details prove real reading and supply the jokes.

Key four: write contradictory feelings. 'A bit unconvinced, a bit convinced' beats 'I was very happy'. Put the contradiction after the three rounds, right where the ending attaches.

Key five: the ending grows from the lost round. Lose on 'fast is not accurate', and the ending writes 'every skill needs practice'; lose elsewhere, and the ending follows elsewhere. Ending echoing the loss keeps 'learn skills' from appearing out of nowhere.

Crash one: winning every round. Jump rope won, reciting won, eyesight won — Sun Wukong crushed by a fourth grader, the diary turned bragging show, and readers only laugh. Fix: keep at least one loss, and make it specific — two characters wrong, two punctuation marks lost; the more specific the numbers, the more credible.

Crash two: a forced ending. 'I will learn from Sun Wukong and become a scientist when I grow up.' After a contest of skills the ending suddenly turns to science with no bridge. Fix: the ending may only grow from the three rounds — if the contest was eyesight, write about training eyesight; if it was jump rope, write fifty more tomorrow; do not jump topics.

Self-check order: first check whether the three rounds mix wins and losses; then whether each round carries a book detail; then whether there is one contradictory feeling sentence; finally whether the ending follows from the lost round. Four 'yes' answers and this four-hundred-character diary stands; any 'no' is what to fix.