

诚信作文三步选材法：一件小事、一次犹豫、一个变化

第一步，选事。翻一遍记忆，只挑一件小事：打碎了东西有没有说、考试没考好有没有改分数、多找了零钱还不还。事件越小越好写，因为小事情节短，你能把每一步都写清楚。别选捡到巨款交失主这类大事，编不出细节，只会写成口号。选好后在草稿纸顶上写一句话：我写的是哪件事，我当时的选择是什么。

第二步，写犹豫。诚信作文最值钱的部分不是说老实话，而是说老实话之前的挣扎。把犹豫拆成三个瞬间：第一瞬间，事情发生了，比如试卷发下来，发现老师多加了五分。第二瞬间，心里冒出两个声音，一个说擦掉改回来，一个说就这样吧没人发现。第三瞬间，身体先动了，比如手把卷子翻过去扣在桌上。写犹豫不用形容词，写动作和心里想的句子，两句话就够。

第三步，写承认和变化。承认要写过程，不写结果一笔带过。假设写去找老师：走到讲台用了五步，每步都在想要不要回去；开口第一句是老师我有个题想问，第二句才是这五分不该是我的。承认之后写心里的变化，用身体感觉写：胸口那块堵着的地方松了，晚上作业写得特别快。变化写完了，结尾一句点题就够。

可套用的开头句式：那件事过去很久了，可每次想起它，我的手心还是会出汗。那是一次很小很小的事，小到大人都不当回事，但我记到现在。可套用的结尾句式：那天以后我明白，老实说出来的那几秒钟最难，也最轻松。分数可以改，心里那本账改不了。开头设悬念，结尾点道理，中间的犹豫和承认写具体，道理自然站得住。

三步之外还有一个检查动作：写完读一遍，用铅笔圈出所有我很诚实、我很感动、我明白了这类句子，数一数超过三个就删到三个以内。它们出现得越多，说明该写的动作和感觉越少。删掉后空出来的位置，补上当时的一个动作或一句心里话，文章立刻实在起来。这个圈句子检查花两分钟，比重写一遍省时间。

A Three-Step Material Method for Essays on Honesty: One Small Event, One Hesitation, One Change

Step one: choose the event. Search your memory and pick only one small thing: something you broke and whether you said so, a bad test score you were tempted to alter, or extra change you were handed and whether you returned it. The smaller the event, the easier it is to write, because small events are short and you can clarify every step. Do not pick big events like returning a huge sum of money; you cannot invent the details, and it turns into slogans. After choosing, write one line at the top of your draft: which event I am writing, and what I chose at the time.

Step two: write the hesitation. The most valuable part of an honesty essay is not telling the truth, but the struggle before telling it. Break the hesitation into three moments. First moment: the thing happens, the test comes back and you notice the teacher added five points by mistake. Second moment: two voices appear in your

head, one says cross it out and fix it, the other says leave it, nobody will notice. Third moment: your body moves first, for example your hand flips the paper face down on the desk. Do not use adjectives for hesitation; write the action and the sentence you thought, two sentences are enough.

Step three: write the confession and the change. Describe the confession as a process, not a one-line result. Suppose you go to the teacher: it takes five steps to reach the podium, and each step you consider turning back; your first sentence is Teacher, there is a question I want to ask, and the second is these five points should not be mine. After the confession, write the inner change through body feelings: the tight place in my chest loosened, and that night my homework went unusually fast. Once the change is written, one closing sentence makes the point.

Opening patterns you can borrow: That event is long past, yet every time I recall it my palms still sweat. It was a very, very small thing, too small for adults to notice, but I remember it to this day. Closing patterns: After that day I understood that the few seconds of telling the truth are the hardest and also the most relieving. Scores can be changed; the ledger in your heart cannot. Open with suspense, close with the lesson, write the hesitation and the confession concretely, and the lesson stands on its own.

Beyond the three steps there is one checking move: reread the draft and circle every sentence like I was honest, I was moved, I understood. If there are more than three, cut them down to three. The more they appear, the fewer actions and feelings were actually written. Fill the emptied space with one action or one inner thought from the moment, and the essay becomes solid at once. This circling check takes two minutes and saves far more than rewriting.