

紧箍咒两次响过之后：阿旺的自律练习单

被金箍疼过两次以后，阿旺做了一件花果山从来没人做过的事：他捡来一片大芭蕉叶，用树枝在上面刻了一张单子，贴在洞口。单子的标题是——不靠疼的四个步骤。谁也不监督他，他自己照着做。

第一步：手伸出去之前，先数三下。一、二、三。数数的工夫，冲动最猛的那股劲就过去了一半。阿旺发现，很多错误不是想好了才犯的，是手比脑子快。数三下，就是给脑子争取三秒钟。

第二步：问自己第一个问题——我做了这个，谁会疼？不是问会不会被抓，而是问谁会疼。果园的猴叔会疼，被抢萝卜的小兔子会疼。这个问题问出来的不是恐惧，是心疼。

第三步：问自己第二个问题——如果我不做，有没有别的办法？想要桃子，可以问猴叔要一个，或者帮猴叔挑水换一个。阿旺慢慢发现，绝大多数想要的东西，都有不疼的拿法。

第四步：每天睡前记一笔。不是记今天犯了什么错，而是记今天忍住了什么。忍住了几次，就在芭蕉叶上画几个圈。有一回阿旺数了数，叶子上密密麻麻画了十七个圈，那天晚上他睡得特别香。

三藏法师看见这张单子，没有添一个字，也没有删一个字。有人问他为什么不指点，法师说：我念的咒是替他把规矩放在外面，他自己刻的单子，才是把规矩搬回心里。搬进去的东西，谁也念不掉。

这张练习单对孩子同样管用：数三下、问谁会疼、找不疼的办法、记下忍住的每一次。它不要求孩子完美，只要求每天多画一个圈。规矩教育的终点，从来不是孩子怕疼，而是孩子有一天自己刻出这样一张单子——到那时，头上的金箍就可以摘了。

After the Fillet Rang Twice: Awang's Self-Control Checklist

After the fillet hurt him twice, Awang did something no one at Flower Fruit Mountain had ever done: he found a large plantain leaf, carved a list on it with a twig, and hung it at the cave entrance. The title read - four steps without needing pain. No one supervised him; he followed it himself.

Step one: before your hand reaches out, count to three. One, two, three. By the time you finish counting, half of the impulse has already passed. Awang noticed that most mistakes were not decided - the hand was faster than the head. Counting to three buys the head three seconds.

Step two: ask the first question - if I do this, who will hurt? Not will I get caught, but who will feel pain. Uncle Monkey in the orchard will hurt; the little rabbit robbed of her carrot will hurt. This question grows not fear but care.

Step three: ask the second question – if I do not do this, is there another way? Want a peach? Ask Uncle Monkey for one, or carry water for him and trade. Awang slowly found that almost everything he wanted could be had without hurting anyone.

Step four: keep a nightly record. Not the mistakes made, but the temptations resisted. Each one resisted earns a circle on the leaf. Once Awang counted seventeen circles on the leaf, and that night he slept better than ever.

When the monk Sanzang saw the list, he added nothing and crossed nothing out. Asked why he did not guide the boy, he said: my spell placed the rules outside him; the list he carved himself moves the rules back inside. And what lives inside can never be chanted away.

The same checklist works for children: count to three, ask who would hurt, find the painless way, record every time you held back. It does not demand perfection – only one more circle each day. The finish line of rule education is never a child who fears pain, but a child who one day carves such a list alone. When that happens, the golden fillet can come off.