

## 读后感里五个最常见的毛病：对照这篇范文一条条改

拿《怕水的我也能游起来》这篇400字读后感当对照，可以把平时最容易犯的五个毛病一条条摆出来。每个毛病先看自己常怎么写，再看范文怎么写，改的时候照着换句式就行。

毛病一：开头抄题目。常见写法是今天我读了我学会了游泳这篇文章，受益匪浅。范文的开头直接进画面：最让我停下来的是文中父亲下水的那一幕，作者抱着池边哭，父亲脱鞋走进水池。一句话带过文章名，马上落到具体场景，读者立刻知道你要写哪一段。改法：把受益匪浅删掉，换成一个你停下来的瞬间。

毛病二：感人细节复述太长。有人把作者从怕水到学会的全过程写了两百字，自己的话只剩两行。范文只留一个瞬间：大手托腰、别怕我托着你、睁眼发现游出三米，前后不到一百字。改法：数一数细节段里写了几个动作，超过三个就砍，只留最打动你的那一个，再补上文中人物的一句原话。

毛病三：自己的经历只有一句。常见写法是我也学过游泳，特别有同感。这句话没有画面，谁写都一样。范文写了自己的一个月：第一节课抱池边哭、教练的手垫在腿下、第二周身子变轻游出五米、抬头看见教练站在对面。时间、地点、身体感觉都在。改法：给经历段加三样东西——一个具体日子，一个身体感觉，一个结果。

毛病四：感悟喊口号。坚持就是胜利、失败是成功之母，这类句子放在任何一篇文章后面都成立，等于没写。范文的感悟是：托着你的那只手会在你不知不觉时松开，等你发现时你已经游出去一段了。这句话只配得上这篇讲学游泳的文章。改法：问自己这句感悟能不能原样搬到别篇文章后面，能搬就重写，重写时从故事里挑一个动作当开头，比如松手、蹬腿、吐泡泡。

毛病五：结尾喊空话。今后我一定要向作者学习，学习她不怕困难的精神，是最空的结尾。范文的结尾落在一句对自己说的话上：怕什么都不要紧，把腿接着蹬下去，总有一天你会发现自己能游了。改法：结尾用第二人称或第一人称对自己说话，带上正文里出现过的动作，让首尾扣在一起。

写完对照五条打勾：开头有没有画面；细节是不是只留了一个瞬间；经历有没有日子、感觉和结果；感悟是不是只配得上这一篇；结尾有没有对自己说话。五条全过，这篇读后感就不会差。

## The Five Most Common Flaws in a Reading Response: Fix Them Against This Sample

Using the 400-word sample *The Afraid-of-Water Me Can Swim Too* as a reference, the five most common flaws can be laid out one by one. For each flaw, first look at how you usually write, then at how the sample writes, and swap in the better pattern when revising.

Flaw one: the opening copies the title. The usual version reads: today I read the article I Learned to Swim and benefited greatly. The sample opens straight into a

scene: the moment that stopped me was the father entering the pool – the author crying at the edge, the father taking off his shoes and walking in. One clause names the article, then the writing lands on a concrete scene, and the reader knows at once which part you are writing about. The fix: delete benefited greatly and replace it with a moment that made you stop.

Flaw two: the touching detail turns into a long retelling. Some writers spend two hundred characters on the author's whole journey from fear to skill, leaving two lines for themselves. The sample keeps a single moment: the big hand at her waist, the words don't be afraid, I've got you, and opening her eyes to find she has swum three meters – under one hundred characters. The fix: count the actions in your detail paragraph; if there are more than three, cut down to the one that moved you most, then add one line of direct speech from a character in the article.

Flaw three: your own experience is a single sentence. The usual line is I also learned to swim, so I really relate. It has no picture and looks the same in everyone's hands. The sample writes a whole month: crying at the pool edge in the first lesson, the coach's hand cushioning under my legs, the body feeling light in week two as I swam five meters, looking up to find the coach waiting on the far side. Time, place and body sensation are all present. The fix: add three things to the experience paragraph – one specific day, one body sensation, one result.

Flaw four: the insight shouts slogans. Lines like persistence is victory or failure is the mother of success fit any article, which means they say nothing. The sample's insight is: the hand holding you up lets go while you are unaware, and by the time you notice you have already swum some distance. That sentence suits only this essay about learning to swim. The fix: ask whether your insight could be moved word for word after another article. If it can, rewrite it – start from an action in the story, such as letting go, kicking, or blowing bubbles.

Flaw five: the closing shouts empty words. I must learn from the author's fearless spirit is the emptiest ending there is. The sample ends with a sentence said to oneself: being afraid of anything is not a disaster – keep kicking, and one day you will find you can already swim. The fix: let the ending speak to yourself in the first or second person, and bring back an action from the body of the essay so the ending and opening lock together.

After writing, tick the five checks: does the opening hold a picture; is the detail a single moment; does the experience carry a day, a sensation and a result; does the insight suit only this article; does the ending speak to yourself. Pass all five and the reading response will not be bad.