



# 英文美丽

Beautiful English

找对自己的位置，是一门学问，更是一门艺术。它决定你的命运，影响你的前途。  
如何找对自己的位置，并在位置上给自己准确的定位，是件不容易的事情，它决定了人生的成败。

## 找对 自己的位置

*How to Find Proper Position*

方雪梅 编译

人生活的好坏、成败与否，取决于我们所处的位置和所扮演的角色，不同的角色会有不同的价值。所以，位置决定角色，角色体现价值。我们只有在合适的位置上，才能演好自己的角色，才能创造出最大的价值。本书精选了50余篇有关人生价值的哲理美文，对如何选对位置，体现人生价值，做了深入浅出的论述。

◎美丽英文◎

# 找对自己的位置

How to Find Proper Position

方雪梅 编译



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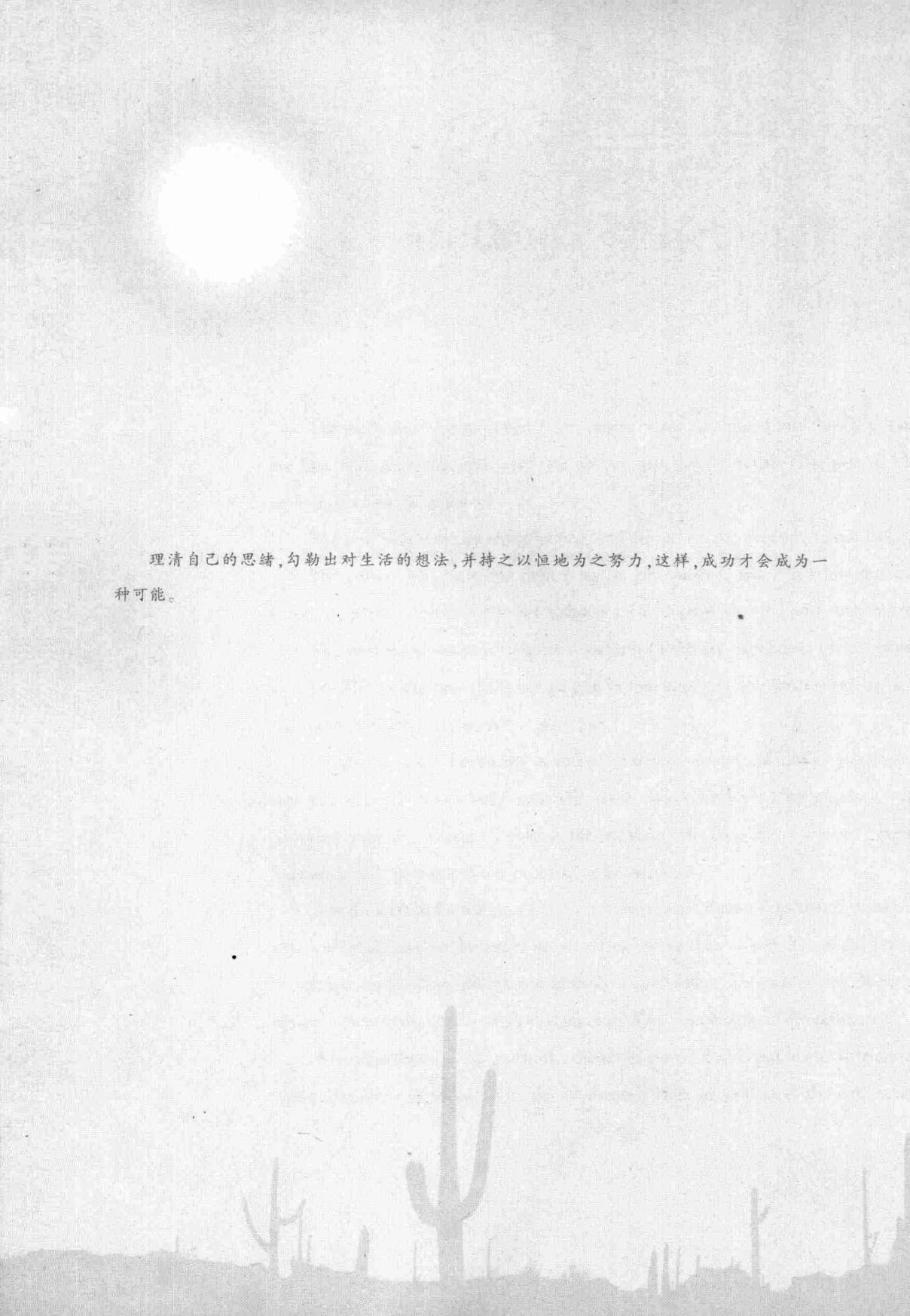
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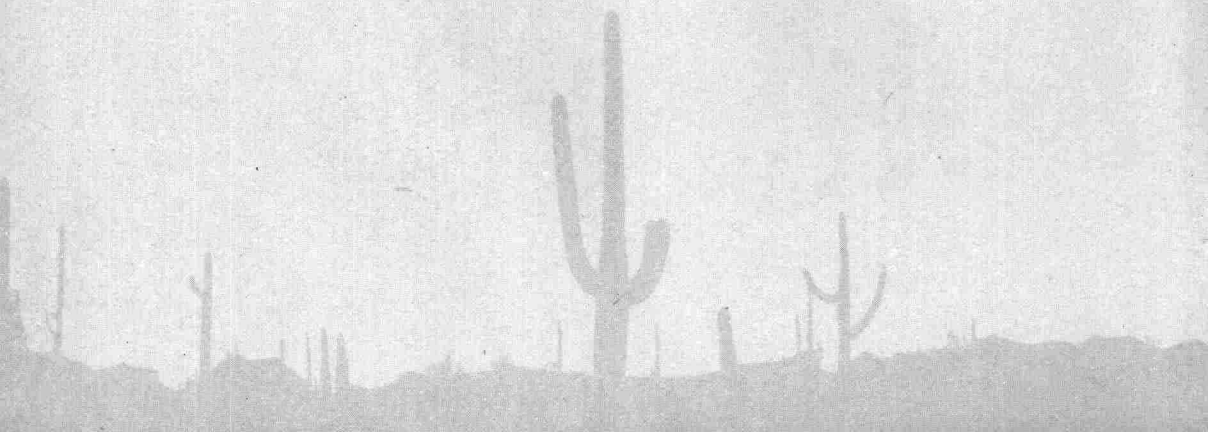
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理清自己的思绪,勾勒出对生活的想法,并持之以恒地为之努力,这样,成功才会成为一种可能。

透彻地了解自己,完全掌控自己生命,你就会发现生命中充满了色彩和芬芳。





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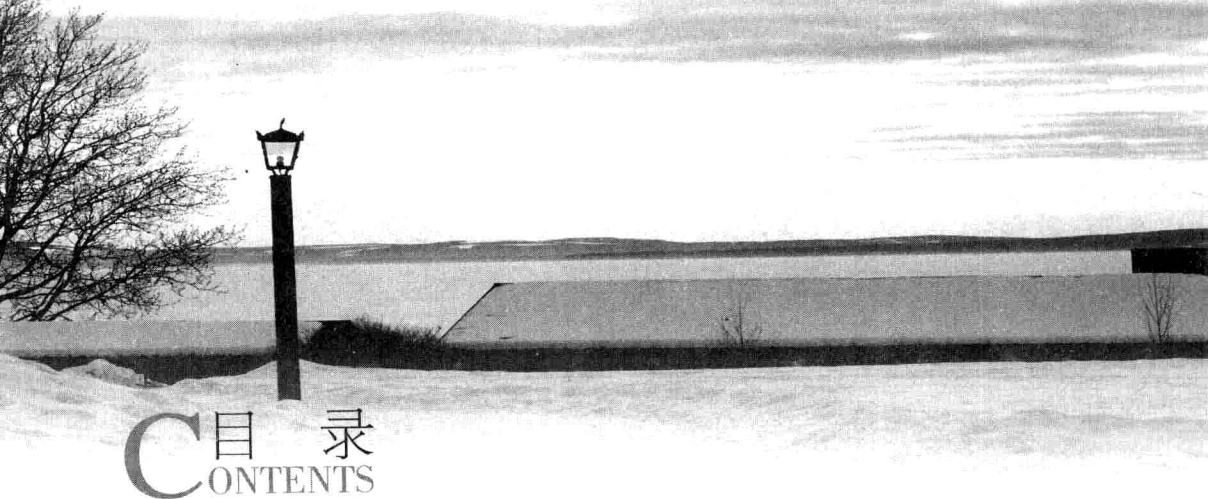
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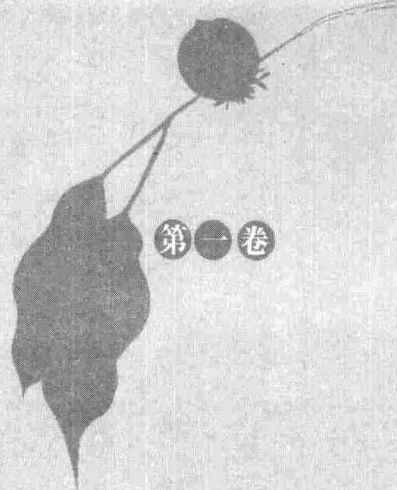
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## 正确评估自己

*Evaluating Yourself Properly*

在浩渺的大千世界中，每个人仅有一次生存的机会。如果你真正懂得，衡量你的人生有意义与否的标准不是外在的成功，而是你对人生意义的独特理解和感悟。学会正确评估自己，接受自己的独特魅力，从而使个性绽放异彩。

bickering with their fa-  
s. I was looking to mine  
guidance. He knew more  
me than anyone, even  
self at times. He traveled  
work and so he'd be  
e. Most people assumed  
had a distant relationship  
use he was not home  
often. But we thrived  
this situation because  
talked every night by  
e, and he made his sup-  
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# 学会接受自己

佚名

自我怀疑并非天性,而是后天学来的。事实上,怀疑自己通常是被教化的结果。那些教化者往往正经历困惑和怀疑,他们善意地以为自己是出于保护和关爱,他们(通常是父母或其他重要的长辈)希望我们成为强壮、能干和自信的人。但不经意间,他们教导我们思考的方式却常常导致不良的后果。可喜的是,我们可以理解这种方式,并学习新的方式以更好地接受自我。认清以下有六种行为可以帮你增强自我认可度,你可能学过但并不一定完全理解。

## 说教式的自我评价

用说教的方式进行自我评价是令人自暴自弃的一种方式。人们经常耗费大量时间和精力用这样的形容词来评定自己:“差劲”“可恶”和“低劣”。如果你用这些词来形容自己,想要自我认可是非常困难的。有这样一种方式可以让你更欣赏自己,不是用说教式的自责,而是开始问自己一些这样的问题:“在这种情形下,我是在做自己真正想做的事吗?”“我要怎样消除误会呢?”换言之,你开始用有无成效来看待问题,而不是用好坏来评判。如果某事没有成效,你可以集中精神吸取教训,并尝试其他的方法以取得更大的成效。

## 以偏概全

导致你无法接受自己的另一种情况是,你对自己做过却并不喜欢的事“以偏概全”。比如说,如果某次考试不及格,你可能会说:“我真是个傻瓜。”你这样评价其实是对自己过去和未来的全盘否定,而不是针对时下的情况。相反,你应该先明确这



个科目的分数在这次考试中确实少得可怜,然后,再决定要怎么应对。以偏概全只会打消你的积极性,让你无法在下一一次考试中进步,同时会丧失对未来的信心。

### 不切实际的高标准

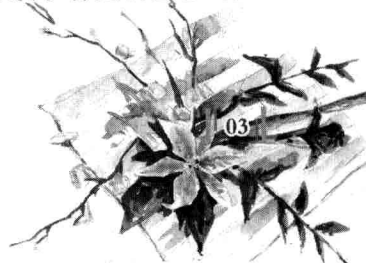
给自己设定不切实际的标准是第三种无法认可自我的原因。大多数人对自我的要求要比对别人严格,这不足为奇。但我们能容忍别人的失败:他们不一定总是完美,做过的事不一定总引以为豪——却很难接受自身人性的弱点。追求完美的渴望是导致自己感到失败、增强自我排斥的另一种原因。人人都会犯错误,我们应该认识到人性中固有的局限性。要学会自我欣赏,而不要一味渴望成为怎样的人。在莱纳斯一部流行的喜剧片中,有一个镇定并总是忧虑的角色,引用他的话说,“世界上最沉重的负担就是潜在的焦虑”。如果我们总是去做那些以为自己能做到的事情,岂不是会将自己完全吞没?没有人拥有那么多的时间和精力。我们必须有所选择地去追求,然后在某些条件(顺便说一句,不一定总是很理想)下付出最大的努力。

### 不能接受你能力有限的事实

我们以为只要努力奋斗就一定能达到目标,这是阻碍自我认可的另一个因素。你可能达到很多目标,并由此树立信心。可是,很多人却看不到成功,因为他们总是把注意力集中在失败上。特别是当我们付出艰辛、遭受磨难后仍然要面对多次失败时,所有的努力看起来都付之东流了。我们很难接受无法达到目标的事实,而这可能是由许多因素造成的,包括我们没有那方面的才干或技能。当然,也可能是其他一些操作上的问题使目标在那个时期落空——健康因素、经济问题、家庭困难、外在压力或其他单个或多个因素的综合作用。自我认可的真正诀窍在于要意识到这个目标是不可实现的,至少现在不能,然后把注意力集中到当时条件允许的、能达到的目标上。这可能包括评估你原来的目标,然后决定是否继续追求,也意味着你能从已达到的目标和学到的经验中树立信心。

### 攀比

用他人达到的目标来评判自己,必定会降低你对自我的认可。你是否注意到,



你从不与看似不如你的人比较,而总是选择那些最优秀、最成功的人来比较。你跟你的朋友、兄弟、姐妹、父母或其他人一样好吗?试着做一个普通人会怎样(谁是或用什么来界定“普通人”呢)?你比别人好就真的很优秀吗?当我们把别人当作自己的尺码时,并没有想过自身的缺陷或才干。比如,某人的口才看上去比你好,你可能有两种反应:你可能变得不安和沮丧,告诉自己你也要有如那个人那般好的口才;或者,你能够认识到,可能有更多的人在特定的场合和时间口才很好,你能接受这个事实,觉得没什么,对你来说无关紧要。攀比会导向绝路,它可能会使你丧失自身的其他品质,如诚实、友善、怜悯、奉献等等。事实上,你的价值并不体现在多么像某个人,而在于你自身。

### 被动

被动的处世态度会让你更难接受自己。从事你所喜欢的活动有助于自我欣赏。回想那些最不能接受自己的时候,你在做什么?你是怎样度过的?接受和欣赏自己意味着对自己的生活很满意。如果没有自我认同感,你可能正在做自己不喜欢的事,或对生活不满意。增加自我认可度的一个方法是:更积极地面对生活。寻找那些更积极、更能给你带来快乐的关系——不一定是你能拥有的最大的快乐,但一定是从你当时的选择中能得到的最大快乐。尝试一些新的东西,也许,你总是想尝试更多,却总觉得做不到。那么,带着一种寻根问底的态度去试试吧,你可能会发现他们令你愉快,并想继续下去;可能发现他们很好,但不值得继续;也可能发现自己根本不喜欢,把他们删除会感觉更好。尝试并真正去经历,会让你的自我感觉更好,也会让你对自己的能力更有信心。



在浩渺的大千世界中,每个人仅有一次生存的机会。如果你真正懂得,衡量你的人生有意义与否的标准不是外在的成功,而是你对人生意义的独特理解和感悟。学会接受自己,接受自己的独特魅力,从而使个性绽放异彩。



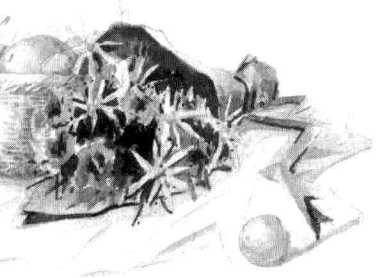
# Learning to Accept Yourself

Anonymous

We are not born doubting ourselves. We learn to do it. In fact, we are usually taught to doubt ourselves. Often we are taught to do so by otherwise well-meaning people who are passing along their own doubts and uncertainties and who believe they are being protective and caring. What these people (usually parents and other significant adults) want are strong, capable and self-confident people, but they often inadvertently teach us thought processes that lead to something else. That's the bad news. The good news is that we can understand some of these processes and learn new ways of coping that allow us to become more accepting of ourselves. Following are six behaviors you may have learned that can be unlearned and allow you to move toward greater self-acceptance.

## **Moralistic Self-judgment**

One way to really dislike yourself is to always judge yourself in a very moralistic way. People often spend a lot of time and energy labeling their behavior with moral adjectives such as "bad", "hateful" and "mean." When you apply these kinds of words to yourself you make liking yourself much more difficult. There is a more productive way of looking at yourself that will allow you to begin to like yourself more. Instead of evaluating yourself in this moralistic way, begin to ask questions like: "Did I do what I really wanted to do in this situation?" "How can I correct the misunderstanding that occurred?" In other words, you can start to view what you've done as productive or non-productive rather than as good or bad. If something is non-productive



tive, you can focus on what you have learned from it and try another approach that might be more productive.

### **Over-generalizing**

Another thing that might cause you not to accept yourself is over-generalizing about something you've done that you don't like. So, for example, if you fail a test you might generalize and say, "I'm really a stupid person." When you do this you are making a statement about all of you all of the time and not just about this one situation at this time. Instead, you might decide that your grade on this test in this subject at this time was indeed poor, and then go on to decide what you want to do about your poor grade, if anything. Getting stuck in over-generalizing discourages you from taking steps that might allow you to do better on the next exam and builds an expectation of future failure.

### **Impossibly High Standards**

Having standards that are impossibly high is a third way you can not accept yourself. It may not come as a surprise to you that most of us are more demanding of ourselves than we are of others. Somehow we can tolerate the fact that other people fail, that they aren't always kind, that they've done things they aren't proud of, but we have difficulty accepting those very human aspects of ourselves. The need to be perfect is another way to set yourself up for failure and enhance the feeling that you are not acceptable. We all make mistakes. Accepting less than perfection simply means recognizing the limitations inherent in being born a human being. Learn to value who you are rather than who you could become. To quote Linus, a sober and often worried character from a popular comic strip, "The world's heaviest burden is a great potential." Wouldn't it be overwhelming if we always had to do what we imagine we could do? Nobody has the time and energy to do all of that. We must make choices about what we will pursue and do them the best we can under the circumstances (which aren't always ideal, by the way).