

英语四级写作：美国人写的精彩作文(33) PDF转换可能丢失
图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/496/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c83_496454.htm Interfering Lessons Of Reflection

When we care about people, we want to save them from pain by offering them the benefit of our experience. Sometimes we feel like we know what is best for them. Sometimes, like when their safety is involved, we need to step in, but those times are rare. More often we find ourselves becoming frustrated when our close friends or family members do not use our relationship insights or follow our dietary advice, and this is where we find our challenge. We may even find ourselves becoming angry when they choose another path. This strength of feeling is usually a sign that our motivations go beyond merely helping another to indicate that there is a lesson there for us. First, we need to keep in mind that each of us is on our own path and that we all learn differently. When we trust the universe, we know that there is a higher power at work that knows what is best for our loved one. Since we do not want to deny them experiences of deep feeling that are essential steps in the growth of their spirit, we can instead offer them our counsel. After we have given our gift, it is time to release it, along with our expectations of them and their choices, with love. Once that is done, we can remind ourselves that our relationships are mirrors that allow us to see ourselves more clearly in the reflection. That is why it is easier for us to see solutions to other people ' s problems than to see answers for our own. We can also learn from these experiences when we ask ourselves if we ever do the

same thing. Maybe we do not share experiences with relationships, but we do with our finances or our food choices. In being willing to look at ourselves and see why we are being irritated by what other people choose to do with their lives, we can be like an oyster and make irritations into pearls. With these pearls of wisdom, we learn to release the desire for control over others and instead enrich their lives as we enrich our own. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com