

## 三. 英文作文

Everyone feels lonely from time to time, and I am no exception. I feel lonely particularly when the uncertainty of my future makes me overwhelmed, and no one seems to understand what I'm dealing with. The loneliness mainly comes from the knowledge that explaining why I'm feeling so helpless to anyone is impossible, for I don't even understand it myself. Usually, when I get to talk to a friend or family member about my bad moods, the grim emotions goes away immediately. But when I feel that I have so little control over my future, the loneliness makes me want to withdraw from the crowd. Because of that, I don't usually have the chance to talk to anyone

### 背面可繼續作答

about this kind of loneliness, which makes me feel even more lonesome. It is indeed a downward spiral.

When the unbearable loneliness strikes, the best solution for me is to read a book. Reading is like escaping into another world. By doing this, I can transfer my attention from my annoying worries to the stories of other people's lives. After doing so, I often find my own troubles trivial and that my life is still full of brightness. Furthermore, if the book I pick is about courage and adventure, I can always come back to the reality with a more positive and courageous attitude. Reading makes me calm and more rational about my current situations. It gives me strength to fight loneliness. I can even find friends that can totally understand my thoughts in books, and these "friends" accompany me until the loneliness is gone. Reading is my salvation. Whenever I'm down because of loneliness stemmed from worries about the future, I know that as long as I pick up a book, it will sweep away my bad moods and help me face the reality afterwards.