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Loneliness, a feeling may be unbearable to many people. However, loneliness is a inevitable emotion in our lives. Fortunately, we can actually learn to live in harmony with loneliness, but without being tortured by it. When I was a high school second grader, my family moved to other city due to their work. Since then, I often have to be alone after school and during the weekends. Sometimes, I feel stressed and swamped by anxiety when encountering catastrophe. What distressed me more is that I find no one to confide to. You may think it'll be easy

背面可繼續作答

for me to eliminate loneliness by a simple phonecall to my family. Nevertheless, In the short phonecall, I will only fill the precious time with joyful laughter rather than the difficulties I am faced with at school. No sooner had loneliness devoured me than I hanged off the phone. Without their companionship, I'm just like a phantom with vacuum soul.

To cope with the problem, I started to try writing a diary. I found writing a very good outlet for my negative emotions. When I convert my abstract feeling into words, diary seems to become another person patiently sitting beside me, and listen to everything I said. With my diary, I perceive that loneliness isn't so unbearable. Time being alone become an important part in my life since only when I am alone, I'm allowed to hear my voice deep in my core. Furthermore, via writing, any challenge in front of me is no longer difficult to tackle. In the past two years, I learn to live with loneliness instead of avoiding it. Diary is to me what candle is to a person in the darkness. It illuminates my life in loneliness and grants me encouragement to face any forthcoming challenge.