# **11.30-LXR-UC-Q3-V1-素材补充**

1. Self reflection

In the midst of my struggle, self-reflection became a beacon of hope. Recognizing the mismatch between external expectations and my true desires, I embarked on a journey inward. I began acknowledging my feelings of detachment from imposed pursuits and accepted that it's alright not to fit into pre-set molds. This introspection led to a newfound acceptance of myself, flaws included. By embracing my vulnerabilities, I discovered strength.

2. Communicating with my parents and friends

As the weight of expectations grew heavier, seeking support became essential. Engaging with friends, confiding in family, or seeking guidance from mentors opened doors to understanding. Conversations became a lifeline, allowing me to articulate emotions that once felt overwhelming. The act of sharing provided perspective, offering clarity in moments of confusion. Through these interactions, I realized the power of collective wisdom in navigating difficult times.

3. Redefying goals

Adversity often prompts a reevaluation of ambitions. In my case, the pressure to excel in a prescribed field waned, giving way to exploration. I rediscovered passions buried beneath the surface, redefining success beyond conventional metrics. This shift ignited a renewed drive, fueled by personal aspirations rather than external pressures. It became about finding purpose aligned with my own values and interests.

4. Maintain a positive mentality

Amidst the shadows, I sought solace in activities nurturing my soul. Whether through mindfulness practices, physical exertion, artistic endeavors, or creative expression, I found healing. These pursuits became my sanctuary, fostering resilience and fostering a positive outlook. Each step was a brushstroke painting a brighter mental landscape, fostering inner peace and renewed enthusiasm.