Memoir Writing: Your Life Story

回忆录写作：我的人生故事

A Self-Study Course in 8 Lessons

8 节自学课程



全球银龄学院 / Global Academy of Lifelong Learning

Welcome / 欢迎

Welcome to Memoir Writing: Your Life Story! You have lived a life full of moments worth remembering — childhood mornings, hard-won lessons, people who changed you, places that shaped you. This course will help you write those moments down, one small piece at a time, so your family can keep them and you can enjoy looking back.

欢迎来到《回忆录写作：我的人生故事》！您的人生充满了值得铭记的时刻——童年的清晨、来之不易的教训、改变您的人、塑造您的地方。本课程将帮助您把这些时刻一点一点写下来，让家人能够珍藏，也让您乐于回望。

How to use this course / 如何使用本课程： Work through the lessons in order, at your own pace. Each lesson takes about 60 minutes. You do not need any writing experience — only a pen, some paper, and your memories. At the end of every lesson you will find a short self-graded quiz ("Check yourself") and an answer key at the back of the book, so you can check your own progress. There are no exams and no grades from anyone else.

如何使用本课程：请按顺序学习，按自己的节奏进行。每节课大约需要 60 分钟。您不需要任何写作经验——只需要一支笔、一些纸和您的回忆。每节课结束时都有一个简短的自测小测验（“自我检查”），书后附有答案，您可以自

己检查学习进度。没有考试，也没有别人给您打分。

Your story, your choice / 您的故事，您做主： You choose what to write about and what to keep private. Some memories are for sharing with family; some are only for you. Both choices are good. When you write about people who are still living, be kind and fair, and keep private family matters private unless everyone involved agrees to share them.

您的故事，您做主：写什么、保留什么，都由您自己决定。有些回忆适合与家人分享；有些只属于您自己。两种选择都很好。当您写到仍然在世的人时，请善意而公正地书写；除非相关的人都同意分享，否则请把私人的家庭事务保留下来。

Lesson 1: Why Your Story Matters — A Life Worth Writing Down

第一课：为什么您的故事重要——值得写下来的一生

Goal: Understand why ordinary lives make the best memoirs, and begin your own story. / 目标：了解为什么平凡的人生能写出最好的回忆录，并开始您自己的故事。

Ordinary Lives, Extraordinary Stories / 平凡的人生，非凡的故事

Many people think, "My life is not interesting enough to write about." That is almost never true. A memoir is not a history of famous deeds. It is a record of what one person saw, felt, and learned. Your grandchildren may one day wonder what your childhood home smelled like, what you ate on festival days, how you met your best friend. Only you can tell them.

许多人会想：“我的人生不够有趣，不值得写。”这几乎从来都不是真的。回忆录不是伟大事迹的历史，而是记录一个人所见、所感、所学。您的孙辈有一天可能会想知道：您童年的家是什么气味？节日里您吃什么？您是怎样认识最好的朋友的？只有您能告诉他们。

A memoir is different from a diary and different from a history book. A diary records what happened each day. A memoir chooses the

moments that mattered and tells why they mattered. You do not need to remember every date. You need to remember what a moment felt like.

回忆录不同于日记，也不同于历史书。日记记录每天发生的事；回忆录挑选那些重要的时刻，并讲述它们为什么重要。您不需要记住每一个日期，您需要记住那一刻的感觉。

Writing Steps / 写作步骤

1. Think of three moments from your life that you still think about. They can be happy, sad, funny, or quiet. / 想想您人生中三个至今仍常常想起的时刻。它们可以是快乐的、悲伤的、有趣的，或是安静的。
2. For each moment, write one sentence about what happened and one sentence about how it felt. / 对每个时刻，写一句话讲发生了什么，再写一句话讲当时的感受。
3. Circle the moment that feels warmest or strongest to you. That is a good place to begin your memoir. / 圈出让您感觉最温暖或最强烈的那个时刻。那就是开始写回忆录的好地方。
4. Write a paragraph — just five or six sentences — about that moment, as if you were telling a friend. / 写一段话——只需五六句——来讲这个时刻，就像讲给一位朋友听。
5. Give your memoir a working title, even a simple one like "My Life

Story." You can change it later. / 给您的回忆录起一个暂定的题目，哪怕是简单的《我的人生故事》也可以。以后还可以再改。

Try this / 试一试

Write a short "letter to the future." Begin with: "Dear family, I want you to know..." and write for ten minutes without stopping. Do not worry about spelling or beautiful sentences. Just let the memories come.

写一封简短的“给未来的信”。以“亲爱的家人，我想让你们知道……”开头，不停地写十分钟。不要担心拼写或句子是否优美，只管让回忆流淌出来。

Check yourself / 自我检查

1. What is a memoir, in your own words? / 用您自己的话说，什么是回忆录?

2. True or false: A memoir must be about famous deeds. / 判断正误：回忆录必须讲述伟大的事迹。

3. What is the difference between a diary and a memoir? / 日记和回忆录有什么区别?

4. Name one thing only you can tell your grandchildren

about your life. / 说出一件只有您能告诉孙辈的关于您人生的事。

5.Why is it a good idea to start with a moment that feels warm or strong? / 为什么从让您感觉温暖或强烈的时刻开始是个好主意?

Lesson 2: Starting with Small Moments — One Memory at a Time

第二课：从小事开始——一次一个回忆

Goal: Learn to write one small, clear memory instead of trying to tell your whole life at once. / 目标：学会一次写清楚一个小小的回忆，而不是一下子讲述整个人生。

Small Moments Hold Big Feelings / 小事里藏着大情感

Beginners often try to write "my childhood" in one sitting and feel lost. The secret is to go small. Do not write about your whole childhood. Write about one morning: the sound of rain on the roof, your mother's hands kneading dough, the walk to school past the old tree. One small moment, told well, opens a whole world.

初学者常常想一次写完“我的童年”，结果感到无从下手。秘诀就是从小处着手。不要写整个童年，写一个清晨：雨声打在屋顶上、母亲揉面的双手、上学路上经过的那棵老树。一个讲好的小时刻，能打开整个世界。

Good memoir writing uses the senses: what you saw, heard, smelled, tasted, and touched. Readers remember a scene they can sense. When you describe the smell of fresh bread or the cold of a winter morning, your reader is suddenly standing beside you.

好的回忆录写作会运用感官：您看到的、听到的、闻到的、尝到的、触摸到的。读者会记住他们能感受到的场景。当您描述新鲜面包的香味或冬日清晨的寒冷时，读者仿佛一下子站到了您的身边。

Writing Steps / 写作步骤

1. Choose one small moment — no longer than an hour of your life. / 选择一个小小的时刻——不超过您人生中的一个小时。
2. Write down five sense details: something you saw, heard, smelled, tasted, and touched. / 写下五个感官细节：您看到的、听到的、闻到的、尝到的、触摸到的各一样。
3. Write the moment in order: where you were, what happened first, what happened next, how it ended. / 按顺序写这个时刻：您在哪里，先发生了什么，接着发生了什么，最后怎样结束。
4. End with one sentence about why this moment stayed with you. / 最后用一句话写明这个时刻为什么一直留在您的记忆里。
5. Read it aloud to yourself. If a sentence sounds stiff, say it the way you would tell a friend, and write that down instead. / 大声读给自己听。如果某句话听起来生硬，就改成您讲给朋友听时会说的话，再写下来。

Try this / 试一试

Write about a meal from your past — a family dinner, a festival dish, a simple lunch. Describe the food, the room, the people at the table, and one thing someone said. Aim for one page.

写一写过去的一顿饭——一顿家庭晚餐、一道节日菜肴，或一顿简单的午餐。描述食物、房间、桌边的人，以及某人说过的一句话。目标是写满一页。

Check yourself / 自我检查

1. Why is it better to write about one small moment than about your whole childhood at once? / 为什么写一个小时刻比一次写整个童年更好?

2. Name the five senses a memoir writer can use. / 说出回忆录作者可以运用的五种感官。

3. True or false: You need to remember exact dates to write a good memoir scene. / 判断正误：要写好回忆录场景，必须记住准确的日期。

4. What should the last sentence of a small-moment piece do? / 一篇小时刻短文的最后一句应该起什么作用?

5.Why is reading your writing aloud helpful? / 为什么大声读出自己写的东西有帮助?

Lesson 3: Finding Your Voice — Writing the Way You Talk

第三课：找到您的声音——像说话一样写作

Goal: Write in your own natural voice instead of trying to sound like a textbook. / 目标：用您自己自然的声音写作，而不是模仿教科书的腔调。

Your Voice Is Already Yours / 您的声音本来就属于您

Every person has a voice — a way of telling things that is theirs alone. Your voice is in the words you choose, the jokes you make, the things you notice. When you write the way you talk, your family will hear you in every page. That is the greatest gift a memoir can give.

每个人都有自己的声音——一种独属于自己的讲述方式。您的声音藏在您选择的词语、您讲的笑话、您注意到的事物里。当您像说话一样写作时，家人会在每一页中听到您的声音。这是回忆录能给予的最珍贵的礼物。

Many beginners try to sound formal and important, and their writing becomes stiff. Do not worry about sounding clever. Short sentences are fine. Simple words are fine. If you would say it that way to a friend over tea, write it that way.

许多初学者试图写得正式而重要，结果文字变得生硬。不要担心自己听起来是

否聪明。短句子很好，简单的词语也很好。如果您和朋友喝茶时会这样说，那就这样写下来。

Writing Steps / 写作步骤

1. Tell a memory aloud to a friend, a family member, or even to an empty room. Notice the words you naturally use. / 把一段回忆讲给朋友、家人听，甚至讲给空房间听。留意您自然而然使用的词语。
2. Write the same memory down quickly, keeping your spoken words as much as possible. / 把同样的回忆快速写下来，尽量保留您口头说的话。
3. Underline three sentences that sound most like you. Those are your voice. / 画出三句最像您自己说话的句子。那就是您的声音。
4. Rewrite one stiff sentence from an earlier piece in your speaking voice. / 把以前写的一句生硬的句子，改成您说话时的语气。
5. Keep a list of your favourite expressions — the phrases you love to say. Use them in your memoir. / 列一张您喜欢的表达方式清单——那些您爱说的话。在回忆录里使用它们。

Try this / 试一试

Write a one-page story about a funny misunderstanding from your life. Funny stories are wonderful for finding your voice, because

humour sounds most natural when it is your own.

写一页关于您人生中一次有趣误会的故事。有趣的故事最能帮助您找到自己的声音，因为幽默用您自己的方式讲出来时最自然。

Check yourself / 自我检查

1. What is a writer's "voice"? / 作者的“声音”是什么意思?

2. True or false: Simple words and short sentences are fine in a memoir. / 判断正误：回忆录里用简单的词语和短句子是可以的。

3. What is one good way to discover your natural voice? / 发现自己自然声音的一个好方法是什么?

4. Why does writing the way you talk help your family? / 为什么像说话一样写作对您的家人有帮助?

5. What should you do with a sentence that sounds stiff and formal? / 遇到听起来生硬正式的句子，您应该怎么做?

Lesson 4: People in Your Story — Family, Friends, and Teachers

第四课：故事里的人——家人、朋友与老师

Goal: Bring the important people in your life onto the page with warmth and honesty. / 目标：带着温暖与诚实，把您生命中重要的人写进故事里。

People Make a Life / 人构成了一生

A life story is really a story of people: parents who raised you, friends who laughed with you, teachers who opened a door, a spouse, children, neighbours. Readers remember people more than events. One well-drawn person — your grandmother's patience, your father's laugh — can carry a whole chapter.

人生故事其实是关于人的故事：养育您的父母、与您一起欢笑的朋友、为您打开一扇门的老师、伴侣、孩子、邻居。读者记住人，胜过记住事件。一个写得生动的人——祖母的耐心、父亲的笑声——就能撑起整整一章。

To bring a person to life, show them doing something. Do not only write "my mother was kind." Write about the time she stayed up all night sewing your school uniform, or the way she saved the sweetest fruit for you. Small actions show character better than big claims.

要让一个人活起来，就写他做的一件事。不要只写“我母亲很善良”，要写她熬夜为您缝制校服的那个夜晚，或她把最甜的水果留给您的样子。具体的行动比空泛的赞美更能展现一个人的品格。

> **A note on kindness and privacy / 关于善意与隐私的提醒：**
> When you write about people who are still living, be kind and fair. Tell your own memories, not other people's secrets. Keep private family matters private unless everyone involved agrees to share them. If you are unsure about a passage, you can always leave it out or keep it in a private copy only for yourself.

> **关于善意与隐私的提醒：**当您写到仍然在世的人时，请善意而公正。写您自己的回忆，而不是别人的秘密。除非相关的人都同意分享，否则请把私人的家庭事务保留下来。如果您对某段文字不确定，完全可以删掉它，或者只把它留在仅供自己看的私人版本里。

Writing Steps / 写作步骤

1. List five people who shaped your life, and one word for each that captures them. / 列出五位塑造了您人生的人，并为每人写一个能概括他的词。
2. Choose one person. Write down three small actions that show who they were. / 选择其中一个人，写下三件能展现他为人处世的小事。

3. Write a scene with that person: where you were, what they did, what was said. / 写一个有这个人的场景：您在哪里，他做了什么，说了什么。
4. Add one sentence about what you learned from this person. / 加上一句：您从这个人身上学到了什么。
5. Read the scene and ask: "Is this fair? Is this kind?" If not, soften it. / 读一读这个场景，问自己：“这公正吗？这善意吗？”如果不是，就把它写得温和一些。

Try this / 试一试

Write a one-page portrait of a teacher or mentor who changed your path. Begin with a specific moment — a sentence they said, a door they opened — and end with how your life was different afterwards.

写一页关于一位改变了您人生道路的老师或导师的肖像。从一个具体的时刻开始——他说过的一句话、他为您打开的一扇门——最后写您的生活因此有了怎样的不同。

Check yourself / 自我检查

1. Why do readers remember people more than events? / 为什么读者记住人胜过记住事件？

2.What works better than writing "my mother was kind" — and why? / 比写“我母亲很善良”更好的写法是什么？为什么？

3.True or false: You should share other people's private secrets in your memoir. / 判断正误：您应该在回忆录里分享别人的私人秘密。

4.What two questions should you ask yourself after writing about a living person? / 写完关于在世的人的段落后，您应该问自己哪两个问题？

5.If you are unsure about a passage, what can you do? / 如果您对某段文字不确定，可以怎么做？

Lesson 5: Hard Times, Honestly and Gently

第五课：艰难时光——诚实而温柔地书写

Goal: Write about difficult times with honesty, while taking care of yourself. / 目标：诚实地书写艰难时光，同时照顾好自己。

Hard Chapters Belong in a Life Story / 艰难的篇章也属于人生故事

Every life has hard chapters: illness, loss, separation, disappointment, years of struggle. Leaving them out would make the story untrue. But writing about them can stir up strong feelings. The rule is simple: be honest, be gentle — with yourself and with others — and go at your own pace.

每个人生都有艰难的篇章：疾病、失去、分离、失望、奋斗的岁月。把它们略去，故事就不真实了。但书写它们可能会激起强烈的情感。原则很简单：诚实，也温柔——对自己温柔，对他人也温柔——并且按自己的节奏来。

You do not have to write everything. You can write about a hard time in general terms: "Those were lean years, and we learned to help each other." You can write about what you learned, rather than every painful detail. And you can stop at any time. Put the pen down, rest, and come back another day — or never, if you prefer. Your memoir is yours.

您不必写出一切。您可以用概括的方式写艰难时光：“那是拮据的年月，我们学会了互相帮助。”您可以写自己学到了什么，而不必写每一个痛苦的细节。而且您可以随时停下来。放下笔，休息一下，改天再回来——或者如果您愿意，永远不再写它。您的回忆录属于您自己。

Writing Steps / 写作步骤

1. Choose a hard time you feel ready to write about. If a memory feels too raw, choose a gentler one first. / 选择一段您觉得已经准备好书写的艰难时光。如果某段回忆还太刺痛，就先选一段温和的。
2. Write three factual sentences: what happened, when, and who was involved. Facts first, feelings second. / 写三句事实性的句子：发生了什么、什么时候、涉及谁。先写事实，再写感受。
3. Write one sentence about how you coped — who helped you, what kept you going. / 写一句话讲您是怎样熬过来的——谁帮助了您，是什么支撑着您。
4. Write one sentence about what the experience taught you, or how it changed you. / 写一句话讲这段经历教会了您什么，或者它怎样改变了您。
5. Set a gentle limit: write for twenty minutes, then stop and do something pleasant. / 给自己定一个温和的限度：写二十分钟，然后停下来，做一件愉快的事。

Try this / 试一试

Write a short piece called "What Got Me Through." Describe one difficult period and focus on the help you received — a neighbour's soup, a friend's phone call, a song you sang to yourself. End with gratitude.

写一篇题为《是什么支撑我走过》的短文。描述一段困难时期，重点写您得到的帮助——邻居的一碗汤、朋友的一个电话、一首您唱给自己听的歌。最后以感恩收尾。

Check yourself / 自我检查

1. Why should hard chapters be part of a life story? / 为什么艰难的篇章应该成为人生故事的一部分?

2. True or false: You must write every painful detail of a hard time. / 判断正误：您必须写出艰难时光的每一个痛苦细节。

3. What is a good order for writing about a hard time — facts first or feelings first? / 书写艰难时光时，好的顺序是什么——先写事实还是先写感受?

4. What can you do if writing about a memory feels too

painful? / 如果书写某段回忆让您感到太痛苦，可以怎么做?

5.Why is it helpful to write about what helped you through a hard time? / 为什么写下是什么帮助您度过艰难时光是有益的？

Lesson 6: Places That Shaped You — Home, School, and Journeys

第六课：塑造您的地方——家、学校与旅程

Goal: Use places as anchors for memory, and write scenes set in the places that mattered. / 目标：把地方作为记忆的锚，写下发生在重要地方的场景。

We Remember in Places / 我们在地方里回忆

Memory lives in places. A kitchen doorway can bring back a whole childhood. A school gate, a village road, a train station, a first apartment — each place holds stories. When a memory feels vague, start with the place: picture the room, the street, the light. The story will follow.

记忆栖息在地方里。一扇厨房的门就能唤回整个童年。一座校门、一条村路、一个火车站、一间第一套公寓——每个地方都藏着故事。当某段回忆变得模糊时，就从地方开始：想象那个房间、那条街道、那道光。故事会随之而来。

Places also change, and that change is part of the story. The house you grew up in may be gone. The street may look different. Writing about what a place was — and what it became — shows the passage of time in a way readers can feel.

地方也会变化，而这种变化本身就是故事的一部分。您长大的房子可能已经不在了，街道可能变得不同。写下一个地方曾经的样子——以及它后来的样子——能让读者感受到时光的流逝。

Writing Steps / 写作步骤

1. List five places that matter in your life: a childhood home, a school, a workplace, a place of worship or gathering, and a place you travelled to. / 列出您生命中五个重要的地方：一处童年的家、一所学校、一个工作地点、一处礼拜或聚会的地方，以及一处您旅行去过的地方。
2. Choose one place. Close your eyes and picture it in detail: the colours, the sounds, the smells. / 选择其中一处。闭上眼睛，细细想象它：颜色、声音、气味。
3. Write a paragraph describing the place as if guiding a visitor through it. / 写一段话，像带领一位访客参观一样描述这个地方。
4. Write a scene that happened there, with at least one other person in it. / 写一个发生在那里的场景，其中至少有另外一个人。
5. Write one sentence about how the place has changed, or what it means to you now. / 写一句话讲这个地方发生了怎样的变化，或者它现在对您意味着什么。

Try this / 试一试

Write about a journey — a move to a new city, a trip abroad, a long train ride. Describe where you started, what surprised you along the way, and what was waiting at the end.

写一次旅程——搬到一座新城市、出国旅行、一次漫长的火车旅行。描述您从哪里出发、途中什么让您惊讶、终点有什么在等着您。

Check yourself / 自我检查

1. Why can starting with a place help when a memory feels vague? / 当回忆变得模糊时，为什么从地方开始会有帮助?

2. Name three kinds of places that can anchor memories. / 说出三种可以作为记忆锚的地方。

3. True or false: Writing about how a place changed shows the passage of time. / 判断正误：写下一个地方的变化能够展现时光的流逝。

4. What should you describe when guiding a reader through a place? / 带领读者参观一个地方时，您应该描述什么？

> 5.Why is it good to include another person in a place scene? / 为什么在地方场景中加入另外一个人是好的?

Lesson 7: Putting It Together — Organizing Chapters and Photos

第七课：把它们组合起来——整理章节与照片

Goal: Turn your separate pieces into an organized memoir with chapters and photographs. / 目标：把一篇篇独立的文章整理成结构清晰、配有照片的回忆录。

From Pieces to a Book / 从散篇到成书

By now you have several pieces: small moments, portraits of people, a hard chapter, a place scene. A memoir is simply these pieces arranged in an order that feels right. The most common order is the order of your life — childhood, youth, adult years, later life. But you can also group by theme: family, work, journeys, lessons learned. There is no single correct order. Choose the one that feels most natural to you.

到现在，您已经有了好几篇文章：小时刻、人像、艰难篇章、地方场景。回忆录就是把这些文章按一个感觉合适的顺序排列起来。最常见的顺序是人生的顺序——童年、青年、成年、晚年。但您也可以按主题分组：家庭、工作、旅程、学到的道理。没有唯一正确的顺序，选择让您感觉最自然的那一种。

Photographs make a memoir come alive. A photo of a young you, a family gathering, an old house — each one gives readers a face to

match the words. Write a short caption under each photo: who is in it, where it was taken, and roughly when. If a photo's date is uncertain, write "about" and your best guess. That is honest and perfectly fine.

照片能让回忆录生动起来。一张年轻时的您、一张家庭聚会、一座老房子——每一张都让读者把面孔和文字对应起来。在每张照片下面写一句简短的说明：照片里有谁、在哪里拍的、大约是什么时候。如果日期不确定，就写“大约”加上您的最佳推测。这样既诚实，也完全可以。

Writing Steps / 写作步骤

1. Gather all the pieces you have written so far and read through them once. / 把目前为止写的所有文章收集起来，通读一遍。
2. Sort them into piles: by time of life, or by theme — whichever feels natural. / 把它们分类：按人生阶段，或者按主题——哪种感觉自然就用哪种。
3. Give each pile a chapter title, such as "Childhood Days" or "Our Family Table." / 给每一类起一个章节题目，例如《童年时光》或《我们家的餐桌》。
4. Write a short introduction for each chapter — two or three sentences about what the chapter holds. / 为每章写一段简短的引言——两三句话，说明这一章包含什么。
5. Choose three to five photographs, write captions for them, and

mark where each one belongs in the book. / 挑选三到五张照片，为它们写说明，并标出每张照片在书中的位置。

Try this / 试一试

Make a simple table of contents for your memoir: chapter titles in order, with one line under each describing what it contains. You now have the skeleton of a book.

为您的回忆录做一份简单的目录：按顺序列出章节题目，每章下面用一句话说明它包含什么。您现在已经有了一本书的骨架。

Check yourself / 自我检查

1. What are two ways to organize memoir pieces into chapters? / 把回忆录文章整理成章节的两种方法是什么？

2. True or false: There is one single correct order for a memoir. / 判断正误：回忆录有唯一正确的顺序。

3. What should a photo caption include? / 照片说明应该包含什么？

4. If you are unsure of a photo's date, what should you write? / 如果您不确定一张照片的日期，应该怎么写？

> 5.What is a table of contents, and why is it useful? / 什么是目录？它有什么用？

Lesson 8: Sharing Your Memoir — Family Books, Readings, and Keepsakes

第八课：分享您的回忆录——家庭书册、朗读与纪念品

Goal: Choose how — and how widely — to share your finished memoir, and celebrate completing it. / 目标：选择如何分享写成的回忆录、分享给多广的范围，并庆祝它的完成。

Sharing Is a Choice, Not an Obligation / 分享是一种选择，不是义务

A finished memoir is an achievement, whether it is read by one person or one hundred. Some writers print a few copies for their children. Some read a favourite chapter aloud at a family gathering. Some keep the memoir private and simply enjoy knowing it exists. All of these are wonderful endings.

写成的回忆录就是一项成就，无论它被一个人读还是一百个人读。有的作者为子女打印几本，有的在家庭聚会上大声朗读最喜欢的一章，有的把回忆录私藏起来，只享受知道它存在的那份满足。这些结局都很美好。

If you do share, think about who should read it first. A trusted child, a close friend, or a sibling can read it gently and tell you what moved them. Their kind words will mean more than any praise. And remember: you can share some chapters and keep others private. The

memoir remains yours, even after others have read it.

如果您选择分享，想一想谁应该最先读它。一位值得信赖的孩子、一位亲密的朋友，或一位兄弟姐妹，他们会温和地读它，并告诉您什么打动了他们。他们的善言胜过任何赞美。还要记住：您可以分享一些章节，同时保留另一些章节的私密性。即使别人读过，回忆录仍然属于您。

Writing Steps / 写作步骤

1. Read your memoir through once more, from beginning to end, and mark your favourite passage. / 把您的回忆录从头到尾再读一遍，标出您最喜欢的一段。
2. Decide who will read it first, and whether any chapters will stay private. / 决定谁最先读它，以及是否有章节保持私密。
3. Choose a sharing form: printed copies, a handwritten book, a read-aloud at a gathering, or a private keepsake. / 选择一种分享形式：打印成册、手写成书、在聚会上朗读，或者作为私人纪念品。
4. Write a short dedication page: who is this memoir for, and why? / 写一页简短的献词：这本回忆录是献给谁的，为什么?
5. Celebrate! Tell someone you finished, and give yourself a small reward. You have written your life story. / 庆祝吧！告诉某个人您完成了，并给自己一个小小的奖励。您已经写下了自己的人生故事。

Try this / 试一试

Choose your favourite passage and read it aloud — to a family member, a friend, or simply to yourself in a quiet room. Notice how it feels to hear your own story in your own voice. That feeling is the reward of memoir writing.

选出您最喜欢的一段，大声朗读出来——读给家人、朋友听，或者只是在安静的房间里读给自己听。留意听到自己的故事用自己的声音讲出来是什么感觉。这种感觉就是回忆录写作的回报。

Check yourself / 自我检查

1. True or false: A memoir is only a success if many people read it. / 判断正误：只有很多人读，回忆录才算成功。

2. Name three ways to share a finished memoir. / 说出三种分享写成的回忆录的方法。

3. Why is it a good idea to choose a trusted first reader? / 为什么选择一位值得信赖的首位读者是个好主意?

4. Can you share some chapters and keep others private? / 您可以分享一些章节同时保留另一些章节的私密性吗?

5.What is a dedication page? / 什么是献词页?

Answer Key / 答案

Check your quiz answers here. Give yourself one point for each correct answer. There are no grades — only your own progress.

在这里核对您的测验答案。每答对一题得一分。没有评分——只有您自己的进步。

Lesson 1 / 第一课

1. A memoir is a chosen record of what one person saw, felt, and learned in life. / 回忆录是一个人所见、所感、所学的人生精选记录。
2. False — ordinary lives make wonderful memoirs. / 错误——平凡的人生也能写出精彩的回忆录。
3. A diary records each day; a memoir chooses the moments that mattered and explains why. / 日记记录每一天；回忆录挑选重要的时刻并解释它们为什么重要。
4. Any personal detail only you know, such as what your childhood home smelled like. / 任何只有您知道的个人细节，例如您童年的家是什么气味。
5. Because strong feelings make the writing vivid and give you energy to continue. / 因为强烈的感受会让文字生动，并给您继续写下去的动力。

Lesson 2 / 第二课

1. One small moment can be told clearly and vividly; a whole childhood at once feels overwhelming. / 一个小时刻可以讲得清晰生动；一次写整个童年会让人感到无从下手。
2. Sight, hearing, smell, taste, and touch. / 视觉、听觉、嗅觉、味觉和触觉。
3. False — feelings and sense details matter more than exact dates. / 错误——感受和感官细节比准确的日期更重要。
4. It should say why the moment stayed with you. / 它应该说明这个时刻为什么一直留在您的记忆里。
5. It helps you hear stiff sentences and fix them in your speaking voice. / 它帮助您听出生硬的句子，并用说话的语气加以修正。

Lesson 3 / 第三课

1. A writer's voice is their unique way of telling things — their words, humour, and observations. / 作者的声音是其独特的讲述方式——用词、幽默和观察。
2. True — simple words and short sentences are fine. / 正确——简单的词语和短句子完全可以。
3. Tell a memory aloud first, then write it down keeping your spoken words. / 先大声讲出一段回忆，再把它写下来，尽量保留口头

的话。

4. Your family will hear you in every page, which is the memoir's greatest gift. / 家人会在每一页中听到您的声音，这是回忆录最珍贵的礼物。
5. Rewrite it the way you would say it to a friend. / 把它改成您讲给朋友听时会说的话。

Lesson 4 / 第四课

1. People are easier to remember and care about than bare events. / 人比单纯的事件更容易被记住和牵挂。
2. Showing a small action, like staying up all night sewing a school uniform, because actions show character. / 展现一个小行动，例如熬夜缝制校服，因为行动能展现品格。
3. False — keep other people's secrets private. / 错误——要把别人的秘密保留下来。
4. "Is this fair? Is this kind?" / “这公正吗？这善意吗？”
5. Leave it out, or keep it in a private copy only for yourself. / 删掉它，或者只把它留在仅供自己看的私人版本里。

Lesson 5 / 第五课

1. Leaving them out would make the story untrue. / 略去它们，故事

就不真实了。

2. False — you can write in general terms and focus on what you learned. / 错误——您可以概括地写，重点写自己学到了什么。
3. Facts first, feelings second. / 先写事实，再写感受。
4. Choose a gentler memory first, write for a short time, or set the piece aside. / 先选一段温和的回忆、只写短时间，或者把文章搁置一边。
5. It turns a painful memory into a story of help and gratitude. / 它把痛苦的回忆变成一个关于帮助与感恩的故事。

Lesson 6 / 第六课

1. Places hold sense details that unlock the story around them. / 地方蕴含着感官细节，能唤醒与之相关的故事。
2. For example: a home, a school, and a place of travel. / 例如：家、学校和旅行去过的地方。
3. True — change in a place shows time passing. / 正确——地方的变化展现了时光的流逝。
4. Colours, sounds, smells, and the feeling of the place, as if guiding a visitor. / 颜色、声音、气味和地方的感觉，就像带领一位访客参观。
5. Another person makes the scene a lived moment rather than just

a description. / 另一个人让场景成为真实发生过的时刻，而不仅仅是一段描述。

Lesson 7 / 第七课

1. By time of life, or by theme. / 按人生阶段，或者按主题。
2. False — choose the order that feels most natural to you. / 错误——选择让您感觉最自然的顺序。
3. Who is in it, where it was taken, and roughly when. / 照片里有谁、在哪里拍的、大约是什么时候。
4. Write "about" and your best guess. / 写“大约”加上您的最佳推测。
5. A list of chapter titles in order; it gives you the skeleton of your book. / 按顺序排列的章节题目清单；它给您一本书的骨架。

Lesson 8 / 第八课

1. False — a memoir read by one person is already an achievement. / 错误——即使只有一个人读，回忆录也已经是一项成就。

2. For example: printed copies, a handwritten book, and a read-aloud at a gathering. / 例如：打印成册、手写成书、在聚会上朗读。
3. A trusted reader responds gently and tells you what moved them. / 值得信赖的读者会温和地回应，并告诉您什么打动了他们。

4. Yes — sharing some chapters and keeping others private is fine. / 可以——分享一些章节同时保留另一些章节的私密性完全可以。
5. A short page saying who the memoir is for, and why. / 一页简短的文字，说明这本回忆录是献给谁的，为什么。

Your Progress Checklist / 学习进度检查表

Tick each box as you finish. / 每完成一项，就打一个勾。

- ☐ Lesson 1: Why Your Story Matters / 第一课：为什么您的故事重要
- ☐ Lesson 2: Starting with Small Moments / 第二课：从小事开始
- ☐ Lesson 3: Finding Your Voice / 第三课：找到您的声音
- ☐ Lesson 4: People in Your Story / 第四课：故事里的人
- ☐ Lesson 5: Hard Times, Honestly and Gently / 第五课：艰难时光
- ☐ Lesson 6: Places That Shaped You / 第六课：塑造您的地方
- ☐ Lesson 7: Putting It Together / 第七课：把它们组合起来
- ☐ Lesson 8: Sharing Your Memoir / 第八课：分享您的回忆录
- ☐ I finished my memoir — congratulations! / 我完成了自己的回忆录——祝贺您！

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