# DontSweattheSmallStuff(不必庸人自扰)

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*don\'t sweat the small stuff　　often we allow ourselves to get all worked up about things that, upon closer examination,...*

　　don\'t sweat the small stuff

　　often we allow ourselves to get all worked up about things that, upon closer examination, aren\'t really that big a deal. we focus on little problems and concerns and blow them way out of proportion. a stranger, for example, might cut in front of us in traffic. rather than let it go, and go

　　on with our day, we convince ourselves that we are justified in our anger. we play out an imaginary confrontation in our mind. many of us might even tell someone else about the incident later on rather than simply let it go. why not instead simply allow the driver to have his accident somewhere else? try to have compassion for the person and remember how painful it is to be in such an enormous hurry. this way, we can maintain our own sense of well-being and avoid taking other people\'s problems personally. there are many similar, \'small stuff\' examples that occur every day in our lives. whether we had to wait in line, listen to an unfair criticism, or do the lion\'s share of the work, it pays enormous pidends if we learn not to worry about little things. so many people spend so much of their life energy \'sweating the small stuff\' that they completely lose touch with the magic and beauty of life. when you commit to working toward this goal you will find that you will have far more energy to be kinder and gentler.

　　不必庸人自扰

　　我们常常为一些事情把自己搞得非常激动，可仔细想想，事情并非真有那么重大。我们把注意力集中在一些小事上和无所谓的担忧上，并把它们夸大渲染一番。比方说，一位陌生人在驾驶时，突然把车开到我们前面。于是我们觉得我们就该愤怒，而不是一笑了之，继续我们的一天。我们的脑海中浮现出一种想象的冲突。我们中的许多人事后

　　会对别人讲述这件小事而不是束之高阁。为什么不让该司机在别处出现交通事故呢?试着怜悯那个人，记住这样行色匆匆结果是多么痛苦。这样，我们能保持自己的幸福感，

　　避免以一已之私看待别人的问题。在我们的一生中，每天都有许多类似的“琐事”发生。不管我们必须排队等候，聆听不公正的批评，还是做大部分的工作，如果我们学会不为琐事所困扰，我们就会大受裨益，收获甚丰。  因此，许多人为琐事花费大量精力，庸人自扰，以致于他们无法感受到生活的神奇与荚丽。  当你下决心朝不计较琐事这一目标努力时，你就会发觉你有更多的精力使自己变得更加温柔可亲。

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