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We don’t always give ourselves the credit we deserve. When we accomplish success, we don’t necessarily accept it as an aspect of our lives that we created ourselves. Our brains tend to attribute it to luck, to mere coincidence, to nearly any other outside forces not correlated with our own capabilities. We are hesitant to embrace our public images, or to be more exact, hesitant to embrace our very own achievements portrayed through these reputations. It is usually our hard work and determination that catapult us to success, but sometimes we discredit our efforts and as a result, diminish our self-worth and confidence. This subconscious thinking has harmful effects on one’s mental health in that it defines the individual’s own perception of themselves in a negative light. This can be summed up with the term "imposter syndrome," which describes feelings of not being good enough, and is especially prevalent amidst overachieving individuals.

I have felt hints of imposter syndrome throughout my time at Stuyvesant High School, most prominently in my need to constantly ask friends for their test scores. It’s a risky game I play: if I did poorly on the test and my friend did just as badly, my pride is spared. I am relieved because, without realizing, I place the blame of the low grade upon my teacher, the structures of the test, the unreasonable time limit, or I accept the test as something everyone found way too challenging. Inwardly, I let myself believe the results of the test weren’t entirely my fault. But on the other hand, if I did poorly and my friend got an exceptionally high score on the same test, my self-esteem plummets. I start questioning my intelligence as a sense of inferiority festers in the back of my mind. Insecurity and self-doubt easily manifest themselves to the point where I dismiss good test scores as only flukes in the grading system. In doing this, I also dismiss my own capabilities and intellect as fleeting aspects of my life.

I have found peers that share similar feelings about imposter syndrome, and surprisingly, most people in my school have experienced it in one form or the other. My computer science teacher once pointed out its prevalence within Stuyvesant and he created a post for discussion. One girl’s comment caught my attention: "Never have I met so many talented and smart individuals all in one setting, each brewing with potential. Never have I felt so intimidated, so competitive, and worn out." I feel like this is an extremely real and spot-on description of
Stuyvesant, a highly competitive school in which everyone got in because they scored the top tier scores for an exam.

Transitioning into my freshman year, I also felt overwhelmed by the extreme rigor and demands within the unfamiliar environment. That year, the year for taking time to adjust to the new standards, I constantly felt like I was behind. I felt like I always struggled to catch up to everyone around me, because everyone else seemed to understand exactly what was going on while I always lagged just a step behind them. I justified it by saying these people were simply too smart for me. But that made me wonder: Am I dumb, then? Am I so far from their standards that I don't deserve to even be in this school? These thoughts latched onto me, and the negativity only spread. I would compare myself to others and feel horribly. There was always someone better than me at something, someone smarter, someone with better grades, someone who ran faster, someone who talked with more passion, someone with a prettier smile, someone who could draw better, someone who could sing better, dance better, write better, study better, think better. There would always be that someone who surpassed me in some way, and I felt like I lost my individuality because I wasn't particularly good at any one thing.

However, a lot of people think this way - that there’s always someone better. And that is okay. It’s okay to not be the best at something, or anything for that matter. It’s okay to not stand out from the rest. But what’s not okay is not giving it your best effort and refusing to be the best possible version of yourself. Happiness and success in life can only be defined by you, so it is useless to always look at what others have accomplished. Just think about what you alone have done, along with all the qualities that make you special. Over the years, I’ve still grown as a person, developing my voice and talents. Imposter syndrome, however, makes us forget our inner strengths and compare ourselves to others before judging our individual successes. To combat that, let’s instead try to evaluate our achievements based on our own standards, free from the never-ending battle against better individuals and imposter syndrome. In the end, we are in control of our own minds and we can build ourselves to accept our flaws and successes equally.
LOVE
YOURSELF
BY KATHY LIN

In today's society, body image is a major concern among young people. A lot of people do not feel confident in their own bodies; they feel like they need to lose weight and need to look better. Many people have negative thoughts about their own bodies, and this isn't healthy -- physically or mentally. Social media and advertisements have contributed to this issue in society.

Every time we go on Instagram or open up a magazine, we see pictures of someone with a "perfect" body. We think we want to look like people on social media. We think everyone should look like Victoria's Secret or Calvin Klein models, but in reality, nobody is "perfect." We end up wanting to look like them because we think they represent the types of body we need to fit into society. However, we need to realize that some models starve themselves every day to look the way they do, and that isn't healthy at all. Moreover, the pictures we see on social media or magazines are often heavily edited by professional photographers.

Other people's opinions also affect how we feel about our bodies. From a very early age, around 6th grade, I was considered overweight for my age and height. I loved eating, especially sweets such as ice cream and cookies. For many years in school, others made fun of me for the way I looked, and called me fat or short. Even my family members told me I needed to lose weight. I felt very insecure about my body, but I didn't do anything to change my diet. All together, these negative comments did not feel good; they made me feel unconfident and insecure. It is best to ignore these comments, but of course that isn't so easy.

As I grew older, I felt the need to change my body and try to look better. Towards the end of high school I joined a gym. Although I played basketball from 6th grade until 12th grade, the gym was something new to me. There were a lot of people who were older and had more experience than me. I saw people on the cardio machines, people taking dance classes, and people lifting weights. I started to learn how to work out, and I felt I was becoming more fit. I also learned to eat healthier through Internet resources. Instagram grew more popular around the same time, and the fitness models who shared on the app motivated me as well. However, even though I was so dedicated to the gym, I still couldn't look like them.

In college I took many health and fitness classes because that was what I was interested in. I should have known that starving my body wasn't healthy, but I wanted to lose weight. Throughout the past few years, there have been many times where I lost weight by starving myself and by eating a lot of salads. I would then gain the weight back by binge eating. I felt guilty every day, but the cycle of me losing a few pounds and gaining it back would repeat. I wasn't happy with what I put myself through.

Though I felt insecure about my body, and sometimes still do, I began to realize I needed to find a balance in my life. I learned to eat things I liked, but in smaller portions. I still eat ice cream and cookies, but, instead of the whole container or whole box, I eat a small portion each day. If I go out to eat in the evening, I make myself a healthy meal the day after. I work out consistently, and have been trying my best to accept the way my body is.

My experiences led to me finding my passion within health and fitness. My mission is to become a physical education teacher so I can teach younger kids to become better athletes and healthier people. I also want to be a personal trainer to help people of all ages improve their health and reach their personal goals.

Although I am still not as skinny as I once wanted to be, I am now more happy and comfortable being myself.
Everyone will have some kind of stress throughout their life, whether it’s eustress or distress. Eustress is "good" stress that gives you the motivation to do better, while distress is the "bad" stress that can hurt you mentally or physically. One of my friends told me she feels stressed out every day because of college. Another friend of mine told me that she sometimes feels so lost, as if she has no future ahead of her. I feel the same way. As a junior in high school, I need to balance my social life, schoolwork, my job, and my family. There are times I daydream and forget about all the sadness I’ve felt during these years; somehow, I’ve had to drag myself back to reality. I wish I could have 50 hours in one day but, as we all know, that’s not going to happen. The feelings of despair and not being able to deal with life can lead to depression. Depression can have many physical, mental, and emotional effects on people and can lead to suicide.

Depression is a mental disorder that causes persistent sadness. Many people think depression is something that can be controlled; however, that is not true because people with depression cannot simply "snap out" of it. Being depressed and being sad are totally different. Symptoms of depression include insomnia, lowered socializing, irritability, apathy, suicidal thoughts, and finding little enjoyment in things people usually enjoy. There are many different types of depression, one of them is Seasonal Affective Disorder (SAD), also known as the "winter blues." SAD is a type of depression that is related to the seasons; it often starts in the fall and continues into the winter. I, myself, have experienced the "winter blues." As my sophomore year started, my mood started to grow worse. I became irritable and started to hate life and school; I even stopped communicating with my parents. I didn’t know what was going on, so I started to blame it on my family. I felt like it was their fault for making me feel stressed and miserable. Even worse, I wished I hadn’t even been born. Not only did my relationship with my family get worse, my grades also went downhill.

As things became worse, I thought about suicide. Suicide is the fourth leading cause of death among teenagers. Suicide was a very random thought that popped into my mind. Like many others, I wondered how it would feel to be stress free. However, for others thinking about this: before taking any action, think about your family and friends. How would they feel if you committed suicide? In order to prevent suicide, you can find other ways to relieve stress.

There are many ways you can relieve your stress. One of them is watching dramas. Watching dramas is probably one of my favorite things to do because I forget everything as I laugh, or cry. You can also exercise! I am not talking about going to the gym and working out. You can simply stay home and do some light yoga. Another option is to take a nap! Sleep is the cure to everything. In my opinion, the easiest way to de-stress is just to find someone to talk to. It helps a lot because your social network is one of your best tools for handling stress. Sometimes your friends can provide you with new perspectives on things. Talking to others can also help build relationships. That’s how my friends and I relieve stress. We hang out on Fridays, eat some yummy food, shop around, and just talk.

There are also many resources available to teens. You can talk to your doctor or pediatricians at the Charles B. Wang Community Health Center for help. They can help you prevent and treat depression.
FOLLOW YOUR HEART, NOT OTHERS

BY KAYLA CHIU

Have you ever had to choose between yourself and your friends? Who do you think is more important to listen to? Many people, from young to old, have experienced this situation. Listening and going along with your friends while betraying your own heart is not pleasant. It can lead to depression and lack of confidence. Your own needs are more important than your friends. Don’t always follow your friends just because you don’t want to lose them; you’re only hurting yourself in the end.

"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

- Audre Lorde
I have experienced this many times and still often do. I can never say "no" to my friends when they tell me to do something. For example, one experience that affected me greatly was being forced to go to my friend's place. My friend forced me to go there every day after school and I couldn’t choose where I wanted to go. My own free will faded away.

One time, on my birthday, I was forced to go to her place, or else she wouldn't buy me a birthday gift. This blackmail really affected me because I always got her expensive birthday gifts and I wanted her to return the favor. She didn’t give me a birthday gift until a week later, and the gift was something I had told her I didn’t want. I always doubted whether I should continue to be her friend, but we had known each other since we were two years old, so breaking our strong bond was hard. Our parents are old friends and I am closer to her than anyone else, since I am always with her. However, I've always been her dog, being controlled, unable to break away and say the two letter word "no."

Later on, I learned to say “no,” but my friend was very persistent and didn’t listen. My life was a mess because of her, but there were many other friends who did the same, and some did even worse. The pains and doubts I felt in my middle school years will never leave my heart, but I’ve learned how to deal with the accompanying depression and lack of self-esteem. After experiencing many betrayals, I grew stronger and decided to become a new person in high school.

If you don’t know how to say "no" to your family or friends, you need to have a serious talk with them so they understand how you feel about what they’re doing to you. If you don’t, the problem will only get worse and will lower your self-esteem until you’re at your limit. I know it’s very hard to say "no" because friends are very precious to us and we don’t want to lose them, but it is because they are your friends that they have to know what you are going through. If your friend thinks you’re joking, make sure you tell your friend that you are serious and they can’t just do whatever they want. Hope your friend acknowledges this, and if it gets out of hand, tell your parents what you’re going through. They can also communicate to your friend’s parents if the situation gets worse.

Your bonds with other people can be the happiest parts of your life or the worst. You need to cherish the bonds and friendships you have and speak up if something bothers you or makes you uncomfortable. Never betray yourself because you are the most important person, not your friends. Listen to yourself and what you want to do because problems will always get worse if you don't have the courage to talk about them. Always be strong and confident. Follow your heart, not others.

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Advice for pushy friends

- Be more considerate towards your friends if they mean a lot to you.
- Cherish them.
- Listen to your friends' feelings and never make fun of them.
- Let your friends say "no," because there is always a reason why they can’t do what you tell them to do. They have their own lives and are their own people.
- Don’t control them as if they were your property.
- Accept their decisions.
The mission of the Teen Resource Center (TRC) is to provide a safe space for Asian American and other minority youth to learn new skills, develop confidence, build support networks, and serve as community health advocates. Our staff serve as mentors and educators working to improve adolescent biopsychosocial health. TRC was established as an integral part of the Pediatric Department of the Charles B. Wang Community Health Center in 2003. The pediatrics team provides clinical services to patients, from newborns to age 21. Call us at (212) 226-3888.

Facebook: @TRCWalkerSt
Instagram: @teenresourcecenter
Website: trc.cbwchc.org

125 Walker Street, 2nd Floor
New York, NY 10013
Monday - Friday 3PM - 7PM
Saturday - Sunday 2PM - 6PM
青少年資源中心的使命是為美國亞裔及其他少數族裔的青少年提供一個安全的環境，以便他們學習新技能，增強信心，建立援助網絡，以及為社區醫療爭取權益。我們的職員作爲導師和教育員，致力於改善青少年的身心健康。青少年資源中心成立於2003年，是王嘉廉社區醫療中心兒科部的一部分。兒科部的團隊為新生嬰兒至21歲的就診者提供醫療服務。欲預約看診，請致電212-226-3888。

Facebook: @TRCWalkerSt
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125 Walker Street, 2nd Floor
New York, NY 10013
星期一至星期五: 下午3時至7時
星期六、日: 下午2時至6時

Charles B. Wang
Community Health Center
王嘉廉社區醫療中心
當我敢於強大，敢於用我的力量去達到我的目標時，我是否害怕就變得越來越不重要了。

- 奧黛麗·羅得

你曾經在朋友和自己的想法之間作出抉擇嗎？你覺得聽從誰的意見比較重要呢？無論年紀大小，許多人都經歷過這樣的情況。聽從和跟隨朋友的想法而違背自己的意願會使人不愉快。這樣可能會導致你憂鬱症和缺乏自信。你自己的需要比你朋友的想法更重要。如果你只是為了不想失去你的朋友而一直按照他們的想法去做事，那麼最終你只會傷害到自己。

跟隨你的心，不是他人的想法

作者：趙子君
我曾多次遇到這種事情，到現在仍會遇到。當我的朋友叫我去做某些事情，我從來都不會向我的朋友說「不」。例如，一個影響我很深的經歷就是被強迫去我朋友的家。我的朋友逼著我每天放學後都去她家，我卻不能選擇我想去的地方。我失去了自由。有一次，在我生日那天，我被逼去她家，否則她就不買禮物給我。這樣的要脅真的影響了我，因為我總是送給她昂貴的生日禮物並且希望她也能這樣回禮。但過了一個星期以後，她才送我生日禮物，一份我曾經告訴她我不想要的禮物。我一直懷疑我是否應該繼續和她做朋友，但是我們兩歲起就認識對方，我和她的關係比其他人更親密。然而，我一直像她的隨從一樣，被她控制，無法擺脫和說「不」。

後來，我學會說「不」，但是我的那個朋友很固執和不聽我的話。因爲她，我的生活一片混亂，但是，有很多其他的朋友都做同樣的事，有些朋友甚至做得更過分。在念初中時，我感受到的痛苦及我心中的懷疑一直揮之不去，但我學會如何應對隨之而至的憂鬱和缺乏自信。在經歷多次背叛之後，我變得更堅強並且決定在高中變成一個新的人。

如果你不知道如何對你的家人或朋友說「不」，你需要和他們進行一次嚴肅的對話，以便他們能理解你對他們所做的事情的感受。如果你不說，問題會變得更嚴重並且你的自信心會下降，降到你的極限。我知道說「不」很困難，因為朋友對我們很珍貴而且我們不想失去他們。但是因為他們是你的朋友，所以他們必須知道你的經歷。如果你的朋友覺得你在開玩笑，你務必告訴他們，你是認真的並且他們不能任意妄為。希望你的朋友能認識到這點，但是，如果情況變得無法控制，告訴你的父母你所經歷的事。若情況繼續惡化，他們也可以與你朋友的父母溝通。

你與其他人的聯繫可能是你生活中最快樂或者最糟糕的部分。你需要珍惜這種聯繫和友誼。此外，如果有些事情困擾你或令你不舒服，你要說出來。永遠不要違背你的意願，因為你才是最重要的人，而不是你的朋友。聽聽你自己的想法和你想要做的事，因為如果你沒有勇氣談論那些問題，那些問題只會變得更嚴重。永遠保持堅強和自信。跟隨你的心意而不是他人的想法。

你應該向那些固執己見的朋友分享以下的建議：

• 如果你的朋友對你很重要，你應該多為他們考慮。
• 你應該珍惜他們。
• 你應該聽取你朋友的想法，並且從不拿他們來玩笑。
• 讓你的朋友說「不」，因為他們一定是有自己的理由不能做你要他們做的事。他們也有自己的想法和生活式。
• 你不應該將他們當作你的財產一樣控制。
• 你應該接受他們的決定。
關愛自己
作者：林嘉嘉

在當今社會，年輕人之間都很注重形象。許多人對自己的身形缺乏自信。他們覺得自己需要減輕體重和身形更好看。許多人對自己的身形有消極的想法，並且這種想法使身心都不健康。社交媒體及廣告對這個社會問題都負有責任。

我們每次登錄Instagram或者翻開雜誌時，都會看到一些擁有「完美」體形的人的照片。我們想要自己看起來和那些社交媒體上的人一樣。我們覺得每個人都應該看起來像維多利亞的秘密(Victoria’s Secret)及卡爾文克萊恩(Calvin Klein)的模特一樣。但是在現實中，沒有人是「完美的」。我們總想讓自己看起來和他們一樣，因為我們認爲他們代表著我們能夠融入社會的那種身形。但是，我們需要認識到有些模特每天讓自己捱餓使自己看起來像照片那樣，那是不健康的。此外，我們在社交媒體或雜誌上看到的照片是經常被專業攝影師大幅度地修改。

其他人的意見也影響著我們對自己體形的感覺。在很小的時候，大概是在6年級，根據我的年齡和身高，我被認為是超重。我愛吃，特別是甜食，例如冰淇淋及曲奇餅。在學校那麼多年，其他人都取笑我的外形，並且說我肥或矮。甚至我的家人也要我減重。我對自己的身形毫無自信，但我沒有改變我的飲食。總體來說，這些負面的意見使我難受，使我缺乏自信及感到不安。最好的方法就是不管這些意見，但是這當然不容易。

當我長大些，我覺得需要改變自己的身形以及想要看起來更好看。到了高中畢業後，我加入了一個健身房。雖然我從6年級到12年級一直打籃球，但是我對健身房很陌生。健身房裏有許多年紀比我大且經歷比我更豐富的人。我看到有人在練器械、上舞蹈課以及舉重。我開始學習如何鍛煉，並覺得自己的身形變得更好。我還通過網絡的資源學習吃得更健康。在這個時期，Instagram開始變得流行起來，並且健身模特在應用程序上分享的內容也激勵了我。然而，儘管我在健身房很努力地鍛煉，但我看到仍然不像他們。

在大學，因為我感興趣，所以我上了許多健康及健身的課程。我應該早就知道讓自己捱餓是不健康的，但我卻很想減肥。在過去幾年，很多時候為了減肥，我讓自己捱餓和吃很多沙拉。但我也會由於放縱飲食而再次增加體重。每天我都感到內疚，而且一直在減重和增重之間徘徊。我為自己置身於其中而不高興。

雖然我曾經對自己的身形缺乏信心，到現在有時候仍然有這種感覺，我開始意識到我需要在生活中找到一個平衡點。我吃我喜歡的食物，但吃的份量會少一些。我仍然吃冰淇淋和曲奇餅，但不會整罐或整盒地吃，而會每天吃一點。如果我在傍晚外出吃飯，我會在第二天為自己做一份營養餐。我堅持鍛煉並且盡力接受自己的身形。

我的經歷讓我找到對健康與健身的熱情。我的目標是成爲一名體育老師，那麼我可以教育年紀較輕的孩子成爲更優秀的運動員以及更健康的人。我也想成爲一名個人健身教練幫助不同年齡的人改善健康和達到他們的個人目標。

儘管我還不像以前所期望的那樣瘦，但是我現在能更愉快和更自在地做我自己。
在生活中，每個人都會有一些壓力，無論它是正面或負面。正面壓力是「好」的壓力，給你動力去做得更好。而負面壓力是「不好」的壓力，會對你的身心造成傷害。我的一個朋友告訴我，她由於大學的事情每天都感到壓力很大。我的另一個朋友告訴我，她有時候會為將來而感到迷失。我有相同的感受。作為高中三年級的學生，我需要在我的社交生活、學習、工作以及家庭間作出平衡。有時我會做白日夢以及忘記這些年所有令我傷心的事。但在某個程度，無論如何，我都必須將自己拉回到現實。我希望我一天能有50個小時，但是，我們都知道那是不會發生。悲傷的感覺和不能面對生活可能會導致憂鬱。憂鬱症對人在生理上、心理上及情緒上有許多影響並且可能會導致自殺。

憂鬱症是一種心理疾病，會導致持續的憂傷。許多人認為憂鬱症是可以控制的疾病。然而，那種想法是不對的，因為有憂鬱症的人不能輕易地「擺脫」它。感到憂鬱和感到憂傷是完全不一樣的。憂鬱的症狀包括失眠、減少社交、急躁、冷漠、有自殺傾向以及對人們平常喜歡做的事情幾乎找不到樂趣。憂鬱症有許多種，其中一種是季節性情緒失調(SAD)，也被稱作「冬季憂鬱」。季節性情緒失調是一個與季節相關的憂鬱症。它通常在秋季開始並且一直延續到冬季。我曾經親身經歷過「冬季憂鬱」。在我高中二年級開始時，我的心情開始變差。我變得很急躁，開始討厭生活和上學，甚至不再與父母溝通。我不知道發生了什麼事，所以我開始將其歸咎於我的家人。我覺得使我感到壓力大和不幸是他們的錯。更嚴重地，我希望我從來都沒有出生。不僅我和家人的關係變得更差，我的成績也一落千丈。

當事情變得更嚴重時，我想過自殺。在青年人群中，自殺是第四大的死因。自殺的念頭是在我腦海中的一種隨意的想法。像很多人一樣，我想知道沒有壓力是怎樣的感覺。可是，對於有這種想法的人，在你做出任何行動前，請想一想你的家人和朋友。如果你自殺了，他們會有怎樣的感受呢？為了防止自殺，你可以找到其它的方式緩解壓力。

你有很多方式可以緩解壓力。有一種能幫到我的方法就是看電視劇。看電視劇可能是我最喜歡的事情之一，因為當我笑或者哭時，我會忘記所有事情。你也可以做運動！我不是說去健身房和鍛煉。你可以待在家裏以及做一些輕鬆的瑜伽。另一種選擇是睡一覺！我也覺得睡眠可以解決所有事情。在我看來，減壓最簡單的方式就是找別人聊天。這有很大的幫助，因爲你的社交網絡是你應對壓力最好的工具。有時候，你的朋友可以為你提供一個新的角度去看事情。與其他人聊天也有助於建立關係，這都是我的朋友和我緩解壓力的方法。我們會在星期五一起外出，吃一些美味的食物，去購物和聊天。

青少年也有很多可以使用的資源。你可以諮詢你的醫生或者嘉嘉社區醫療中心的兒科醫生。他們能夠幫助你防治憂鬱症。
我們從不對自己的努力給予應有的肯定。當我們取得成功時，我們不一定認爲這是我們自己所創造的生活的一部分。我們的腦海往往只認爲這是運氣、僅僅是巧合及任何其他與自身能力毫不相關的外在因素。我們不願意接受我們的公衆形象，或者更準確地說，不願認同以這些榮譽來體現我們自己所取得的成績。我們一般會通過自己的努力和決心而取得成功，但是有時候會否定自己的努力成果，由此貶低了自我價值和削弱自信心。這種潛意識會對個人的心理健康帶來不良影響，因爲它是指個人對自身的負面評價。這可以概括為「冒充者綜合症」，形容認爲自己不夠好的感覺，在過於爭強好勝的人中很普遍。

當我在史岱文森高中學習時，我感受到一些「冒充者綜合症」的症狀，最明顯的表現就是我經常問朋友們的考試分數。這是我玩的危險遊戲。如果我和我的朋友都考不好，我就能保留一點自尊，也會放鬆點。因爲在無意間，我將低分的原因歸咎於老師、考試的形式、不合理的時間限制或者我與大家一樣認爲試題很難。在心底，我讓自己相信這樣的考試結果不完全是我的錯。但在另一方面，如果我考差了，而我的朋友在同樣的測驗中考的分數極高，我的自信心則崩潰。我開始懷疑自己的智力，並且自卑感在心中加劇。不安及自我懷疑很容易使我認爲優異的成績只是我僥幸獲得的。我還會低估自己的能力和智慧，認爲那是我生命的瞬間而已。

我發現同伴們都有著與「冒充者綜合症」相似的感受，而令人出乎意料地，我學校裏的大部分人都曾經經歷過「冒充者綜合症」這樣或那樣的症狀。我的電腦科學老師曾經指出這種現象在史岱文森高中很普遍。他還在網上發了帖子進行相關的討論。一個女孩的評論引起我的注意，「我從來沒在一間學校遇到過這麽多有才華和聰明的人，每個人都蘊含著潛力。我從來都沒有感到如此害怕、競爭如此激烈而...

不要只看著時鐘：要跟著它一起動。繼續前進。』
- 山姆·萊文森
且疲憊不堪。」我感覺這是對史岱文森高中最真實最精確的描述。這是一所競爭非常激烈的學校，每位能考進這所學校的學生都是因爲他們在考試中考到高分。

回想我入學的第一年，在陌生的環境中，我還被極度的嚴格和高要求所壓倒。那年，我花時間去適應新的標準，但我總覺得自己落後於其他人。我覺得自己不斷拼命地追趕身邊的人，因爲當大家似乎都能準確地理解學習的內容，我卻慢他們一步。我總覺得自己不斷拼命地追趕身邊的人，因爲當大家似乎都能準確地理解學習的內容，我卻慢他們一步。我辯稱他們就是比我聰明。但是那使我懷疑自己：「難道我太笨嗎？難道我離他們的水平這麼遠，不配在這間學校學習嗎？」這些想法纏繞著我並產生負面的影響。我將自己與其他人相比同時感到害怕。總有人在某些方面超越我，同時我覺得自己迷失了自我，因爲我沒有任何一方面特別出衆。

然而，很多人這樣想，「總是有人更優秀」。其實，那樣想是可以的。在某些方面或任何方面不能成爲最優秀沒關係。不能從衆人中脫穎而出也沒關係。但是不竭盡全力和不願意展現自己最好的一面則不行。生命中的快樂和成功只能靠你自己定義，所以一直關注別人取得成就是沒有用的。只需想想自己做過的事，以及所有令你獨具一格的魅力。過去幾年，我已經成長為一個獨立的人，練習了歌聲，也培養了才能。可是，「冒充者綜合症」使我們忘記自己內在的能力，並通過與其他人比較來衡量個人的成敗。要戰勝它，讓我們試以自己的標準來評價自己，不用無休止地與優秀的人和「冒充者綜合症」戰鬥。最終，我們能掌控自己的想法以及重拾信心使自己能平等地接受自身的缺點和成功。
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