# 悲观与乐观(Being Optimistic or Pessimistic)

来源：网络 作者：落花无言 更新时间：2025-08-01

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　　being optimistic means being hopeful about the future and the success of something in particular. being pessimistic, on the other hand, means being sad about the future and always thinking that something bad is going to happen.

　　let\'s take the challenges in our everyday life as an example. faced with a challenge, a pessimistic person may feel gloomy, distressed, and even afraid of it. he considers himself powerless, and complains about it all day long, refusing even to have a try before giving it up in the end. an optimistic person, however, may adopt an entirely different approach. he may not regard the challenge as something bad, instead, he takes it as an excellent opportunity todisplay his abilities and talent. pressure simply adds to his enthusiasm to realize his dream.obviously, being optimistic and being pessimistic are two different attitudes towards life, which always mean the difference between failure and success. it is natural that we encounter

　　challenges of one kind or another in our life. if we are pessimistic whenever we are confronted with challenges we are destined to have one failure after another. if we are pessimistic, we are destined to fail, ending up accomplishing nothing. but if we approach the challenges in an optimistic way, we may go from victory to victory.

　　therefore, be optimistic, all the time.

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