

作文让我找回自信

刚进入初中时，我总觉得自己不如别人聪明，也不如别人开朗。每次班级活动，我总是躲在角落里，不敢主动与同学交流。我的作文成绩也不理想，每次拿到批改后的试卷，我的心里都会涌起一股自卑感。那段时间，我对自己越来越没有信心，觉得无论怎么努力也无法赶上同学们。

一天，语文老师在课堂上提出，让我们写一篇关于‘我心中的勇气’的作文。起初，我感到十分头疼，不知道如何下笔。但在翻开笔记本的那一刻，我尝试写下自己对失败的感受，以及自己渴望改变的心情。随着一行行文字的落下，我渐渐感受到一种从未有过的轻松感。写作让我把心里的烦恼和自责一一倾诉出来，这种释放让我觉得自己不再孤单。

我开始每天坚持写作，不再拘泥于形式，只是随心所欲地记录自己的感受与经历。有时候是对一次考试的反思，有时候是对朋友间小争执的记录，每一次写作都像是在与自己对话。慢慢地，我发现自己对事情的分析能力增强了，表达能力也有所提升，内心的自卑感逐渐被文字带走。

在老师的鼓励下，我尝试将自己的作文分享给同学。令我意外的是，他们给予了我很多认可和肯定。这种正面的反馈让我逐渐建立了自信，也让我明白了努力是会被看见的。写作不仅让我学会表达，更让我在不断尝试中发现自己的价值和长处。

通过写作，我重新认识了自己，也学会了正视自己的不足。自信心不再只是遥远的梦想，而是可以通过每天一点点积累而获得。现在的我，敢于在课堂上发言，也愿意参加各种活动，因为我知道，只要努力表达自己，就能获得成长与认可。

回头看，当初那个总是怀疑自己的我已经不再存在。写作，让我学会了倾听自己的内心，也让我勇敢地面对生活中的挑战。作文不只是语文学习的一部分，更是我重拾自信的重要途径。它让我明白，自信源于努力，也源于对自己真诚的表达。

Writing Helped Me Regain Confidence

When I first entered junior high school, I always felt I was not as smart or as outgoing as others. During class activities, I would hide in the corner, afraid to interact with classmates. My essay scores were also disappointing, and every time I received a corrected paper, a wave of insecurity would rise in me. At that time, I lost confidence in myself, feeling that no matter how hard I tried, I could never catch up with my classmates.

One day, our Chinese teacher asked us to write an essay on 'The Courage in My Heart.' At first, I felt completely stuck and didn't know how to start. But as I opened my notebook, I tried to write about my feelings of failure and my desire to change. As the words flowed, I gradually felt an unprecedented sense of relief. Writing allowed me to vent my worries and self-blame, making me feel less alone.

I began writing daily, no longer worrying about structure, just recording my feelings and experiences freely. Sometimes I reflected on an exam, sometimes on a

small argument with a friend. Each time I wrote, it was like having a conversation with myself. Slowly, I noticed my analytical and expressive abilities improving, and the sense of inferiority was gradually lifted by the power of words.

Encouraged by my teacher, I tried sharing my essays with classmates. To my surprise, they gave me recognition and praise. This positive feedback gradually built my confidence and made me realize that effort does get noticed. Writing not only taught me expression but also helped me discover my own value and strengths through continuous practice.

Through writing, I rediscovered myself and learned to face my shortcomings. Confidence is no longer a distant dream; it can be built little by little every day. Now, I dare to speak in class and participate in activities, knowing that expressing myself can bring growth and recognition.

Looking back, the self-doubting version of me no longer exists. Writing taught me to listen to my inner voice and face life's challenges bravely. Essays are not just part of language learning; they are an essential way for me to regain confidence. They taught me that confidence comes from effort and from sincerely expressing oneself.