

写作中的自信重建

进入初中后，我的自信心受到了很大的挑战。班里同学成绩优异，言谈举止都很自信，而我总觉得自己平凡无奇，缺乏闪光点。每次上台演讲，我的手心总是出汗，声音也会发抖，生怕同学们的目光中充满了嘲笑。我开始对自己产生怀疑，觉得自己不够好。

一天，语文老师布置了一篇作文作业，让我们写‘我心中的梦想’。当我坐在书桌前，思绪纷乱，心中充满紧张和不安。然而，我还是鼓起勇气，把自己对梦想的憧憬、对未来的期待，以及在追梦过程中遇到的挫折一一写下来。随着一段段文字的记录，我发现自己的心情逐渐平静下来，文字仿佛成了心灵的出口。

写作让我有机会审视自己。通过笔尖表达情感，我发现自己其实有很多优点，只是平时没有留意。每当我完成一篇作文，我都会对自己说：“我其实可以做到。”这种自我肯定慢慢积累，让我感受到一种前所未有的力量。

我开始坚持写作，不仅写作文，也写生活感悟、内心独白甚至小小的故事。每一次写作，都是一次与自己对话的过程，也是一种自我鼓励。我发现，通过写作，我能更清楚地认识自己，找到自己的长处，也更愿意在班级活动中主动参与。

不久，我鼓起勇气在班级分享了一篇作文，没想到同学们都给予了热烈的掌声和肯定。那一刻，我感到前所未有的自信，心里明白：写作不仅是表达，更是自信的培养和积累。它让我从害怕被评价，到敢于展示自我，这种变化让我十分欣喜。

现在的我，已经不再因为害怕失败而退缩。写作成为我表达自我、整理思绪的重要方式，也让我学会了如何从内心建立自信。每一次写下的文字，都是我自信成长的见证。通过写作，我学会了相信自己，也学会了勇敢面对生活中的挑战。

重拾自信的道路可能曲折，但写作让我一步步迈向勇敢与自信。它不仅是一种学习工具，更是心灵的陪伴，让我在字里行间找回自我，坚定地走向未来。

Rebuilding Confidence Through Writing

After entering junior high, my confidence was greatly challenged. My classmates were excellent academically and spoke confidently, while I always felt ordinary and lacking sparkle. Every time I gave a speech, my palms would sweat, my voice trembled, and I feared that my classmates' eyes were filled with ridicule. I began to doubt myself, feeling that I was not good enough.

One day, our Chinese teacher assigned an essay titled 'The Dream in My Heart.' Sitting at my desk, my thoughts were chaotic, full of tension and unease. However, I gathered courage and wrote down my dreams, my expectations for the future, and the setbacks I faced while pursuing them. As I recorded my words, I felt my mood gradually calm, and writing became an outlet for my soul.

Writing gave me the chance to examine myself. Through expressing my feelings with my pen, I realized that I actually had many strengths that I had never noticed. Every time I completed an essay, I would tell myself, 'I can do this.' This self-affirmation gradually accumulated, giving me a sense of unprecedented strength.

I began to write regularly, not just essays, but reflections on life, inner monologues, and even short stories. Each writing session was a conversation with myself and a form of self-encouragement. I discovered that through writing, I could understand myself better, recognize my strengths, and be more willing to participate actively in class activities.

Before long, I gathered courage to share an essay with the class. To my surprise, my classmates gave warm applause and recognition. At that moment, I felt an unprecedented confidence and realized that writing is not only a form of expression but also a way to cultivate and build confidence. It transformed me from fearing evaluation to daring to show myself, and I was genuinely happy about this change.

Now, I no longer shrink away from failure. Writing has become an important way for me to express myself and organize my thoughts, helping me build confidence from within. Every word I write witnesses my growth in confidence. Through writing, I have learned to believe in myself and face life's challenges bravely.

The road to regaining confidence may be winding, but writing has helped me take steps toward courage and self-assurance. It is not just a learning tool but a companion for the soul, allowing me to rediscover myself and move confidently into the future through the words I write.