

# 从失败中站起

上次数学考试，我得了一个令我沮丧的分数。作为班级里一直算是中等偏上的学生，这次的成绩让我感觉自己仿佛跌进了一个无底洞。回到家，我独自坐在书桌前，脑海中反复浮现老师的批评和同学的议论，我开始怀疑自己的能力，甚至觉得自己不适合学数学。

然而，经过一晚的沉思，我意识到，自责并不能改变过去的成绩。第二天，我决定做出改变。我先总结了考试中错误的题目，找出知识漏洞；然后每天坚持半小时的数学练习，并向老师请教不懂的问题。起初，我依然容易紧张，但每解决一个难题，我的内心就增加一份信心。

经过几周的努力，我在下次数学测试中取得了进步。虽然不是第一名，但我看到自己真正成长的痕迹。那一刻，我明白了自信并不是与生俱来的，而是通过努力积累的。自信让学习不再是负担，而是一种享受挑战的过程。

通过这次经历，我学会了面对挫折时不逃避，而是主动寻找解决方案。自信不仅改变了我看待数学的态度，也让我在其他学习和生活中更加坚定。成长，就是在一次次跌倒与站起中慢慢获得力量。

## Rising from Failure

In the last math exam, I got a score that left me deeply frustrated. As a student who was usually above average in class, this result made me feel like I had fallen into a bottomless pit. Back home, I sat alone at my desk, repeatedly recalling my teacher's criticism and my classmates' comments, and began to doubt my abilities, even feeling that I was not suited for math.

However, after a night of reflection, I realized that blaming myself would not change my past scores. The next day, I decided to make a change. I first reviewed the mistakes I made on the exam to identify gaps in my knowledge, then spent half an hour each day practicing math, asking the teacher for help whenever I didn't understand something. At first, I still felt nervous, but every time I solved a problem, my confidence grew.

After several weeks of effort, I made progress in the next math test. Although I was not first in the class, I saw real signs of my growth. At that moment, I understood that confidence is not innate but accumulated through effort. Confidence made learning no longer a burden but an enjoyable challenge.

This experience taught me not to avoid setbacks but to actively find solutions. Confidence not only changed my attitude toward math but also made me more determined in other areas of study and life. Growth is about gaining strength through falling and standing up again and again.

# 勇敢面对舞台

班级里举行了一次朗诵比赛，我本来很期待，但想到要在全班同学面前表演，我的心就开始扑通扑通直跳。前一天晚上，我几乎无法入睡，脑海中不断浮现自己出错的画面。那种害怕被嘲笑的感觉，让我几乎想要放弃。

第二天，看到同学们自信的神情，我告诉自己必须尝试。我在心里默念台词，并深呼吸来缓解紧张。上台时，我的声音最初有些颤抖，但随着朗诵的进行，我渐渐进入状态。台下列来的掌声让我感到前所未有的鼓舞，我开始相信自己可以做到。

比赛结束后，我不仅获得了不错的成绩，更重要的是，我找回了面对陌生环境的自信。此后，无论是班级演讲还是小组汇报，我都能更加从容不迫地表达自己。自信，就像一盏灯，照亮了我前行的路，也让我明白：勇敢迈出第一步，比结果更重要。

通过这次经历，我懂得了每一次胆怯的面对都是一次成长。重建自信不是一蹴而就的，而是在一次次尝试中慢慢积累。只要敢于迈出第一步，勇气和自信就会像阳光一样照进生活的每个角落。

## Bravely Facing the Stage

Our class held a recitation competition. I was looking forward to it, but the thought of performing in front of all my classmates made my heart race. The night before, I could hardly sleep, constantly imagining myself making mistakes. The fear of being laughed at almost made me want to give up.

The next day, seeing my classmates' confident expressions, I told myself I had to try. I silently repeated my lines in my mind and took deep breaths to calm down. When I went on stage, my voice trembled at first, but as I continued reciting, I gradually got into the flow. The applause from the audience encouraged me like never before, and I began to believe I could do it.

After the competition, I not only received a good result but, more importantly, regained the confidence to face unfamiliar situations. Since then, whether it's class speeches or group presentations, I can express myself more calmly. Confidence is like a light that illuminates my path and reminds me that taking the first step bravely is more important than the outcome.

This experience taught me that facing fear is part of growth. Rebuilding confidence does not happen overnight; it is accumulated through repeated attempts. As long as you dare to take the first step, courage and confidence will shine into every corner of your life like sunlight.

# 体育赛场的勇气

上一次学校运动会上，我报名参加了800米长跑。训练期间，我总觉得自己跑不够快，容易落后，看到同学们轻松超越，我开始怀疑自己的能力，甚至有些想退赛。那种自卑感让我心里很难受，每次训练都充满压力。

在老师和队友的鼓励下，我决定坚持下去。我制定了每天的训练计划，注意饮食和休息，同时用积极的话语鼓励自己：“我可以做到。”一开始，我跑得依旧很吃力，但慢慢地，我发现自己的体力和速度都有所提升。

比赛当天，我紧张得手心都出汗，但想到自己坚持了这么多天，我告诉自己不要放弃。比赛开始，我尽力保持节奏，一步步超越前面的同学。当我冲过终点线的那一刻，虽然没有获得第一名，但那份成就感让我无比自豪。我终于明白，自信不是因为别人看好你，而是自己努力过的证明。

从那以后，我在面对困难和挑战时都更加坚定。无论是学习还是生活，只要肯付出努力，自信就会慢慢建立。成长的过程，就是一次次用努力和勇气战胜自我怀疑的旅程。

## Courage on the Sports Field

In the last school sports meeting, I signed up for the 800-meter race. During training, I always felt I wasn't fast enough and often lagged behind. Seeing my classmates easily surpass me, I began to doubt my abilities and even considered quitting. This sense of inferiority weighed heavily on me, making every training session stressful.

With encouragement from teachers and teammates, I decided to persist. I made a daily training plan, paid attention to diet and rest, and encouraged myself with positive words: 'I can do this.' At first, running was still exhausting, but gradually, I noticed improvements in my stamina and speed.

On the day of the race, I was so nervous that my palms were sweaty. But remembering all the days I had trained, I told myself not to give up. As the race started, I focused on maintaining my pace, gradually overtaking the students ahead. When I crossed the finish line, although I didn't get first place, the sense of accomplishment filled me with pride. I finally understood that confidence is not about others' approval but proof of one's own efforts.

Since then, I have become more determined when facing difficulties and challenges. Whether in study or life, as long as one is willing to put in effort, confidence will gradually build. Growth is a journey of overcoming self-doubt through effort and courage.

# 从自卑到自信的绘画之路

我一直喜欢画画，但看到同学们的作品总是觉得自己画得很差。一次班级美术展示，我的画被放在角落，几乎没人注意，这让我感到非常自卑。我开始怀疑自己是否真的适合画画，甚至想放弃这项兴趣。

在父母的鼓励下，我决定继续坚持。我每天抽出时间练习，从基础的素描到色彩运用，我都一点点努力改进。同时，我向老师请教技巧，参加课外绘画班，慢慢地，我的作品有了明显进步。每完成一幅满意的画，我的自信心就增加一分。

几个月后，我的作品在学校的艺术展上受到了大家的认可，那种被肯定的感觉让我无比欣慰。我明白了，自信并不是别人给予的，而是通过不断努力和积累获得的。绘画不仅让我表达自己的情感，也让我学会了坚持和勇敢。

这段经历让我体会到，成长的过程就是学会在自卑中找到前进的动力。只要不断尝试、不断进步，自信就会在努力中悄然萌芽，照亮我们前行的道路。

## From Inferiority to Confidence: My Journey in Painting

I have always loved painting, but seeing my classmates' works made me feel that my own were inferior. During a class art exhibition, my painting was placed in a corner and barely noticed, which made me feel very self-conscious. I began to doubt whether I was really suited for painting and even considered giving up this hobby.

Encouraged by my parents, I decided to persist. I set aside time each day to practice, from basic sketching to color techniques, improving bit by bit. I also asked my teacher for guidance and attended extracurricular painting classes. Gradually, my works improved noticeably. Each time I completed a painting I was proud of, my confidence grew a little more.

After a few months, my work was recognized in the school art exhibition, and the feeling of affirmation was incredibly gratifying. I realized that confidence is not given by others but earned through continuous effort and accumulation. Painting allowed me to express my emotions and also taught me perseverance and courage.

This experience showed me that growth is about finding motivation in moments of self-doubt. As long as we keep trying and improving, confidence quietly blossoms through effort, illuminating the path ahead.

# 学会相信自己

科学实验比赛即将开始，我负责的实验是制作简易电路。刚开始，我总担心自己会失败，看到其他同学操作熟练，我的心情越来越紧张。第一次试验中，电路总是接不上，实验无法成功，我感到非常沮丧，甚至想放弃。

在老师的指导下，我学会分析失败的原因，并调整步骤。我仔细查阅资料，尝试不同的方法，每一次小的成功都让我感到欣慰，也慢慢积累了信心。每天放学后，我都坚持反复练习，把电路搭建得越来越熟练。

比赛当天，我顺利完成实验，并向评委清楚讲解了步骤和原理。看到评委满意的表情，我心里充满了自豪和喜悦。通过这个过程，我深刻体会到，只有相信自己，才能不断突破困难。

从那以后，无论遇到什么挑战，我都会先告诉自己：“我能做到。”自信不仅帮助我在学习中更积极，也让我在生活中更加勇敢。成长，就是一次次在挑战中学会相信自己，从而变得更强大。

## Learning to Believe in Myself

The science experiment competition was approaching, and I was responsible for making a simple circuit. At first, I constantly worried about failure. Seeing other students handle it skillfully made me more nervous. In my first attempt, the circuit would not connect properly, and the experiment failed, leaving me very frustrated and tempted to give up.

With the teacher's guidance, I learned to analyze the reasons for failure and adjust my steps. I carefully researched, tried different methods, and every small success brought me satisfaction and gradually built my confidence. After school every day, I practiced repeatedly, becoming more proficient in building circuits.

On the day of the competition, I successfully completed the experiment and clearly explained the steps and principles to the judges. Seeing their satisfied expressions filled me with pride and joy. Through this experience, I realized that only by believing in oneself can we continuously overcome difficulties.

Since then, no matter what challenges I face, I tell myself: 'I can do it.' Confidence not only helps me stay positive in learning but also makes me braver in life. Growth is about learning to believe in yourself through each challenge, becoming stronger in the process.

