

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.