

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。台上传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.