

# 从跌倒到站起——我的成长故事

记得上次数学期中考试时，我满怀信心地走进考场，以为自己准备得很充分。然而，当试卷发下来的那一刻，我几乎傻住了。试卷上的题目不仅超出了我的预期，很多知识点我根本没有掌握。当成绩公布时，我居然只考了班级中下游的位置。这种挫败感像潮水一样涌来，我一度觉得自己很笨，甚至怀疑自己是否适合继续学习数学。

刚开始的几天，我一直沉浸在失落和自责中，甚至不敢面对老师和同学的目光。每天回家，我只是默默地坐在书桌前，却无法翻开书本。我开始反思自己为什么会失败，是不是方法不对，是不是学习不够努力。慢慢地，我意识到光是抱怨和逃避是没有用的，失败只是告诉我哪些地方需要改进。

于是，我鼓起勇气向老师请教，找出了自己知识薄弱的环节；同时，我也和同学一起讨论难题，互相分享解题技巧。在这个过程中，我发现原来学习不是一个人的战斗，团队的力量和互相支持可以让我更加勇敢面对困难。我开始制定合理的复习计划，每天坚持打基础、做练习题，并记录自己的进步。

几个月后，我再次迎来了期末考试。这一次，我不再紧张，而是平静地面对每一道题目。当成绩公布时，我发现自己不仅提高了名次，更重要的是，我找回了自信。那种从失败到重拾信心的经历，让我明白：失败并不可怕，可怕的是失去勇气。只要不断总结经验、积极改进，就一定能迎来属于自己的成长。

这次经历让我明白，自信不是与生俱来的，而是在挫折中慢慢培养的。失败是成长的催化剂，而勇气和坚持是通向成功的钥匙。从跌倒到站起，我学会了面对失败，也学会了相信自己，这将成为我人生中宝贵的财富。

## From Falling to Rising: My Story of Growth

I remember the last math midterm exam. I walked into the classroom full of confidence, thinking I was well prepared. However, when the paper was handed out, I was almost stunned. The questions were far beyond my expectations, and many concepts I hadn't fully mastered. When the results were released, I was ranked in the middle-lower part of the class. This sense of failure washed over me like a tide, and I began to feel dumb, even questioning whether I was suited to continue studying math.

In the first few days, I was immersed in disappointment and self-blame, avoiding facing teachers and classmates. Every day at home, I just sat at my desk silently, unable to open a book. I started reflecting on why I failed—was it my method, my effort, or my understanding? Gradually, I realized that complaining and avoiding the problem wouldn't help. Failure was simply telling me where I needed to improve.

So I gathered courage and sought help from my teacher, identifying my weak

points, and also discussed difficult problems with classmates, sharing problem-solving tips. I discovered that learning isn't a solo battle; teamwork and mutual support help me face challenges more bravely. I started creating a reasonable study plan, reviewing basics daily, doing exercises, and tracking my progress.

Months later, the final exam arrived. This time, I faced each question calmly, without panic. When the results were announced, I not only improved my ranking but, more importantly, regained my confidence. The journey from failure to restored self-confidence taught me that failure isn't frightening; losing courage is. As long as I continually learn from mistakes and improve, growth is inevitable.

This experience made me understand that confidence isn't innate; it's cultivated through setbacks. Failure is a catalyst for growth, while courage and persistence are keys to success. From falling to rising, I learned to face failure and believe in myself, which will be a precious asset in my life.

## 挫折的礼物——初中生的自我救赎

我一直以为自己是个运气不错的人，学习上也算中等偏上。可是那次数学竞赛却彻底打破了我的自信。当我看见公布的名单时，我的名字不在前十，也没有得到任何奖励。那一刻，我感到自己的努力全都白费了，心里充满了失落和自责。

回到家，我的心情沉重，甚至一度对自己失去信心。我开始反思，这次失败到底因为什么。是复习不够系统，还是考试技巧不够熟练？我在笔记本上写下了自己的不足，也尝试制定改进计划。然而，光靠自己，总觉得缺乏方向。于是，我决定向老师请教，并向成绩优秀的同学学习他们的经验。

老师告诉我，失败不可怕，可怕的是不敢面对问题。每一次失败都是成长的机会，只要找准问题并坚持改进，就一定会进步。我开始每天按计划练习，不懂的题目及时请教，同时也尝试调整心态，不再过度焦虑。慢慢地，我发现自己不仅掌握了更多知识点，还学会了更冷静地分析问题。

再一次考试时，我取得了比以往更好的成绩，甚至在班级中名列前茅。更重要的是，我不再害怕失败，面对困难也能保持自信和从容。这段经历让我明白，挫折其实是一份礼物，它提醒我们成长的方向，教会我们勇敢与坚持。

从这次经历中，我深刻体会到，自信是从不断尝试和总结中建立起来的。无论遇到怎样的困难，只要不放弃努力，就一定能找到属于自己的光芒。失败并非终点，而是通向成熟和自信的桥梁。

# The Gift of Setbacks: A Middle Schooler's Self-Redemption

I always thought I was fairly lucky and my academic performance was above average. However, a math competition completely shattered my confidence. When I saw the list of winners, my name was not in the top ten and I didn't receive any award. At that moment, I felt all my efforts were in vain, filled with disappointment and self-blame.

Back home, I was heavy-hearted, even losing faith in myself for a while. I began to reflect: why did I fail this time? Was my review not systematic enough, or were my exam skills inadequate? I wrote down my weaknesses in a notebook and tried to make an improvement plan. But on my own, I felt directionless. So, I decided to ask my teacher for advice and learn from classmates who performed well.

My teacher told me that failure isn't scary; what's scary is avoiding the problem. Every failure is an opportunity for growth. As long as I identify the problem and keep improving, I will make progress. I started practicing according to a plan daily, asking for help when needed, and adjusting my mindset to avoid over-anxiety. Gradually, I found that I not only mastered more knowledge but also learned to analyze problems more calmly.

In the next exam, I achieved better results than ever, even ranking among the top in class. More importantly, I no longer feared failure and could face challenges with confidence and composure. This experience made me realize that setbacks are actually gifts, guiding our growth and teaching us courage and persistence.

From this experience, I deeply understood that confidence is built through continuous practice and reflection. No matter the difficulty, as long as we don't give up, we will find our own light. Failure is not the end, but a bridge to maturity and self-assurance.

## 从迷茫到坚定——我的自信蜕变

初二那年，我参加了一次英语口语比赛，满心以为自己可以取得好成绩。可结果却出乎意料，我不仅没有获奖，连进入决赛的机会都没有。面对老师和同学投来的关切目光，我感到无地自容，甚至一度怀疑自己的能力是否够格。

回想这次失败，我发现自己在准备过程中存在很多问题：练习不够充分，缺乏自我检验，也没有向有经验的人请教。我开始尝试改变自己的态度，先从接受失败开始。每天，我对着镜子练

习口语，录下自己的发音和表达，然后反复改进。我也向英语成绩好的同学请教技巧，学习他们如何应对比赛中的紧张情绪。

这个过程并不容易，我也曾想过放弃，但每一次看到自己的进步，我都能感受到自信在一点点积累。几个月后，又迎来一次校内口语比赛。这一次，我没有紧张，也不再盲目追求完美，而是尽力发挥自己的真实水平。结果，我获得了二等奖，这不仅是成绩的肯定，更让我明白努力与自信是紧密相连的。

通过这次经历，我认识到，自信不是凭空而来的，而是在不断面对挑战和调整中慢慢建立的。从迷茫到坚定，每一次失败都是成长的垫脚石。现在的我，不再害怕挫折，而是把它们当作自我提升的机会。未来的路上，我相信无论遇到什么困难，都能以积极的心态去迎接。

失败教会了我坚韧和耐心，也让我明白，自信是用行动和努力一点点积累起来的。只要坚持不懈，就没有什么困难是不可克服的。

## From Confusion to Determination: My Transformation in Confidence

In the second year of middle school, I participated in an English speaking competition, confident that I would do well. However, the result was unexpected; I didn't win any award and didn't even make it to the finals. Facing the concerned looks of teachers and classmates, I felt embarrassed and even questioned whether I was capable enough.

Reflecting on this failure, I realized there were many problems in my preparation: insufficient practice, lack of self-assessment, and not seeking advice from experienced people. I decided to change my attitude, starting by accepting failure. Every day, I practiced speaking in front of a mirror, recording my pronunciation and expressions, and repeatedly improving. I also asked classmates with strong English skills for tips, learning how they managed nervousness during competitions.

The process was not easy, and I sometimes wanted to give up. But every time I saw progress, I could feel my confidence slowly building. A few months later, another school speaking competition arrived. This time, I was calm, no longer blindly pursuing perfection, and focused on performing to the best of my ability. I won second place, which not only affirmed my effort but also taught me that effort and confidence are closely linked.

Through this experience, I realized that confidence doesn't come from nowhere; it is gradually built through facing challenges and adjusting oneself. From confusion to determination, every failure is a stepping stone for growth. Now, I no longer fear

setbacks; I see them as opportunities for self-improvement. In the future, I believe that no matter the difficulty, I can face it with a positive mindset.

Failure taught me resilience and patience, and also showed that confidence is accumulated through actions and effort. With perseverance, no difficulty is insurmountable.

## 跌倒后的阳光——初中生自信成长记

那是初三的一次化学考试，我原以为自己复习得很充分，可试卷上几道计算题让我无从下手。考试结束后，我几乎不敢看成绩，当公布的分数出来时，我的心沉到了谷底。整整一天，我都情绪低落，甚至怀疑自己是不是不适合继续学理科。

回顾整个过程，我意识到问题不仅在于知识掌握不牢固，还在于平时缺乏总结和归纳。于是，我开始制定详细的复习计划，把每一次错误都记录下来，分析原因，并针对性地练习。同时，我也主动向同学请教解题思路，向老师请教难点知识。慢慢地，我发现自己的思维方式在变化，遇到问题不再慌乱，而是会先分析，再尝试解决。

几个月后的期末考试，我取得了明显进步，不仅分数提升了，答题速度和思路也更加清晰。这次经历让我明白，失败只是成长中的一部分，而自信则是在不断面对困难和解决问题中积累起来的。重要的不是一次考试的结果，而是从失败中学到的方法和心态的调整。

如今，我面对新的挑战时，心态更加平和，也更有信心去尝试不同的事情。我学会了接纳失败，把它视作人生的老师，而不是绊脚石。跌倒后的阳光总是温暖的，只要勇于站起，努力前行，每一次挫折都能成为成长的动力。

这段经历让我明白，成长不是一帆风顺的，自信也不是与生俱来的，而是在跌倒中逐渐培养的。只要敢于面对挫折，积极反思和努力实践，就一定能走出阴影，迎来属于自己的阳光。

## Sunshine After Falling: A Middle Schooler's Journey to Confidence

It was a chemistry exam in the third year of middle school. I thought I had reviewed thoroughly, but a few calculation problems on the paper left me helpless. After the exam, I almost didn't dare to check my grade. When the score was announced, my heart sank. I spent the entire day in a low mood, even questioning whether I was suited for science subjects.

Looking back, I realized the problem was not just insufficient knowledge, but

also a lack of review and summarization. So, I started making a detailed study plan, recording every mistake, analyzing the reasons, and practicing targeted exercises. I also actively asked classmates for problem-solving approaches and consulted teachers on difficult topics. Gradually, I noticed a change in my thinking; I no longer panicked when faced with problems but analyzed first and then tried to solve them.

Months later, in the final exam, I made significant progress. Not only did my score improve, but my speed and clarity in answering questions also increased. This experience taught me that failure is just a part of growth, while confidence is built through facing challenges and solving problems. The important thing is not the result of one exam, but the methods learned and the adjustment of mindset from failure.

Now, when facing new challenges, I remain calm and more confident in trying new things. I have learned to accept failure and see it as a teacher rather than an obstacle. Sunshine always follows a fall; as long as you stand up courageously and keep moving forward, every setback can become a driving force for growth.

This experience taught me that growth is not smooth, and confidence is not innate but cultivated through setbacks. By facing challenges bravely, reflecting, and practicing diligently, one can emerge from shadows and embrace their own sunshine.