

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.