

# 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.