

# 从自卑到自信的点滴积累

初中生活开始时，我一直觉得自己不如同学们聪明和外向。上课回答问题时，我总是紧张到声音发抖，和同学交流也总是害羞地低头。渐渐地，我变得越来越内向，甚至害怕参与集体活动。

然而，班主任的一次谈话让我有所触动。她说：“你不能总用别人的标准衡量自己，每个人都有自己的节奏和亮点。”这句话让我开始反思，我是否一直在否定自己，而没有看到自己的优点。

从那以后，我尝试给自己设定小目标：每天在课堂上至少举一次手回答问题，每天向至少一个同学打招呼。我还报名参加了绘画社团，因为这是我一直喜欢却从未尝试过的事情。起初，我依然紧张和不自信，但每完成一次作品，我都会感到微小的成就感。

慢慢地，我发现自己在班级中开始被注意到。老师会对我的回答点头认可，同学也会对我的绘画作品给予鼓励。我意识到，自信并不是一蹴而就的，而是通过一点一滴的积累形成的。

有一次，学校举办了一次绘画展，我的作品被选中展示。站在自己的作品前，我感到一种从未有过的自豪感。我知道，这不仅仅是因为绘画技能的提高，更是我在心理上逐渐建立自信的体现。

通过这些经历，我明白了自信来自于不断尝试和肯定自己。每一个小小的努力，都是重建自信的砖石。无论面对学习、活动还是人际关系，只要敢于迈出第一步，就能逐渐积累自信。

如今的我，比过去更加积极，也更加勇敢面对生活中的挑战。我学会了欣赏自己的努力，并明白每个人的成长都是独一无二的。自信，就是在不断尝试和积累中慢慢绽放的光。

## From Inferiority to Confidence: The Power of Small Steps

At the beginning of middle school, I always felt that I was not as smart or outgoing as my classmates. When answering questions in class, I would get so nervous that my voice trembled, and I was shy to communicate with classmates. Gradually, I became more introverted and even afraid to participate in group activities.

However, a conversation with my homeroom teacher made an impression on me. She said, "You cannot always measure yourself by others' standards; everyone has their own pace and strengths." This sentence made me reflect on whether I had been constantly denying myself without seeing my own merits.

Since then, I tried setting small goals: raise my hand at least once in class each day, greet at least one classmate daily. I also joined the art club, something I had always liked but never attempted. At first, I was still nervous and lacked confidence, but every time I completed a piece, I felt a small sense of achievement.

Gradually, I noticed that people in my class began to pay attention to me. Teachers would nod in recognition at my answers, and classmates would encourage my

artwork. I realized that confidence is not instant; it is built through gradual accumulation.

Once, the school held an art exhibition, and my work was selected to display. Standing in front of my own piece, I felt a pride I had never experienced before. I knew this was not just due to improved artistic skills, but a reflection of my gradually built self-confidence.

Through these experiences, I understood that confidence comes from continuous attempts and self-affirmation. Every small effort is a brick in rebuilding confidence. Whether facing study, activities, or social relationships, as long as one dares to take the first step, confidence can gradually accumulate.

Today, I am more proactive and braver in facing life's challenges. I have learned to appreciate my own efforts and understand that everyone's growth is unique. Confidence is the light that gradually blooms through constant attempts and accumulation.