

从胆怯到自信的蜕变

我一直是一个比较胆怯的人，不敢在课堂上发言，也不敢主动与同学交流。每当老师点到我，我都会紧张得说不出话来，生怕说错被嘲笑。自卑感像一堵墙，阻挡了我与世界的交流。

转折发生在一次班级演讲活动中。虽然我内心害怕，但班主任鼓励我尝试，并告诉我：“胆怯不是缺点，而是你可以努力改变的部分。”我鼓起勇气报名参加，开始准备演讲稿，每天练习站姿和发声。

起初，每次练习都让我心跳加速，手心出汗。但我告诉自己，只要迈出第一步，就比原来勇敢了一点点。慢慢地，我发现自己的表达能力在进步，紧张感也逐渐减少。每一次排练，都是在积累自信的力量。

演讲当天，我紧张但坚定地走上讲台。当我流畅地完成演讲，听到同学们热烈的掌声时，我感到前所未有的自豪和自信。我明白了，自信不是天生的，而是通过勇敢尝试和不断练习获得的。

从那以后，我不再害怕在课堂上发言，也主动参加学校组织的各种活动。每一次挑战，我都会告诉自己：只要敢于迈出第一步，就能慢慢克服胆怯，积累自信。生活中的每一次小小进步，都是自信蜕变的见证。

这段经历让我懂得了，重拾自信需要勇气，也需要坚持。胆怯并不可怕，可怕的是不去尝试。只要敢于面对自己，勇敢行动，就一定能迎来自信的蜕变。

The Transformation from Timidity to Confidence

I have always been a timid person, afraid to speak in class and reluctant to initiate conversations with classmates. Whenever the teacher called on me, I would get so nervous that I couldn't speak, afraid of making mistakes and being laughed at. Inferiority felt like a wall, blocking my communication with the world.

The turning point came during a class speech activity. Although I was afraid inside, the homeroom teacher encouraged me to try and said, "Timidity is not a flaw; it's something you can work to change." I mustered the courage to sign up, began preparing my speech, and practiced my posture and voice every day.

At first, every practice made my heart race and palms sweat. But I told myself that taking the first step made me a little braver than before. Gradually, I noticed my expression improving and my nervousness decreasing. Each rehearsal was building the strength of my confidence.

On the day of the speech, I was nervous but determined as I stepped onto the stage. When I completed my speech smoothly and heard the enthusiastic applause from classmates, I felt an unprecedented sense of pride and confidence. I realized that confidence is not innate; it is earned through brave attempts and continuous

practice.

Since then, I am no longer afraid to speak in class and actively participate in various school activities. For every challenge, I tell myself: as long as you take the first step, you can gradually overcome timidity and build confidence. Every small progress in life is a witness to the transformation of confidence.

This experience taught me that regaining confidence requires courage and persistence. Timidity is not frightening; what's frightening is not trying. As long as you face yourself bravely and act courageously, you will surely experience the transformation of confidence.