

# 从阴影走向阳光的自信之旅

在初中的校园里，我一直是那个站在角落里默默观察别人的人。每当老师提问，我总是低下头，不敢举手回答；每次考试成绩出来，我总觉得自己永远比别人差。自信心似乎离我越来越远，我开始怀疑自己的能力，甚至怀疑自己能否适应这个世界。

有一次，在学校的运动会上，我被分到了最不受重视的跑步小组。看着其他同学奔跑的身影，我的心里充满了自卑和无力感。我开始觉得，无论自己怎么努力，也不可能赢得大家的认可。

然而，一次偶然的班会改变了我。班主任邀请了一位学长来分享他的成长经历。学长曾经也是一个缺乏自信的学生，但他通过坚持练习和不断尝试，最终成为班级的风云人物。他说的一句话让我记忆深刻：“自信不是别人给的，而是自己一点一滴努力得来的。”

受到启发，我开始尝试改变自己。每天早晨，我会对着镜子微笑，并告诉自己今天要勇敢一次。课堂上，我努力举手回答问题，即使答案不完全正确，也勇敢地说出来。体育课上，我坚持跑步，即使速度不快，也坚持完成全程。慢慢地，我发现周围的人开始注意到我的努力，甚至在某些活动中给予我鼓励。

经过几个月的坚持，我的自信心逐渐恢复。我不再害怕面对同学和老师，也开始敢于表达自己的观点和想法。最重要的是，我学会了接受自己的不足，并用行动去弥补，而不是一味地自我怀疑。

回首这段经历，我明白了自信并不是天生的，而是通过不断努力和自我肯定获得的。每一次勇敢的尝试，每一次微小的进步，都是重拾自信的基石。如今的我，已经不再惧怕失败，而是把每一次挑战都当作成长的机会。

自信的光芒，让我在校园里更加从容，也让我懂得了努力和坚持的重要。每个人都有自己的节奏，只要愿意迈出第一步，就能迎来属于自己的阳光。

## A Journey from Shadows to the Sunshine of Confidence

In the middle school campus, I was always the one standing in the corner, quietly observing others. Whenever the teacher asked questions, I would lower my head, too afraid to raise my hand and answer; whenever exam results came out, I felt I was always worse than others. Confidence seemed to drift further away from me, and I began to doubt my abilities, even questioning whether I could adapt to this world.

Once, during the school sports meeting, I was assigned to the least noticed running group. Watching the other students run, I was filled with inferiority and helplessness. I began to feel that no matter how hard I tried, I could never earn recognition from others.

However, a casual class meeting changed me. Our homeroom teacher invited a senior to share his growth experience. The senior was once a student lacking confidence, but

through persistent practice and constant attempts, he eventually became a prominent figure in the class. One sentence he said left a deep impression on me: "Confidence is not given by others; it is earned bit by bit through your own effort."

Inspired, I began to try changing myself. Every morning, I smiled at the mirror and told myself to be brave today. In class, I made an effort to raise my hand and answer questions, even if my answers were not completely correct. During PE class, I kept running, even if I was slow, but I finished the entire course. Gradually, I noticed people around me paying attention to my efforts and even encouraging me in certain activities.

After months of persistence, my confidence gradually returned. I was no longer afraid to face classmates and teachers, and I started to express my opinions and ideas. Most importantly, I learned to accept my shortcomings and work to improve them, instead of endlessly doubting myself.

Looking back on this experience, I realized that confidence is not innate; it is gained through continuous effort and self-affirmation. Every brave attempt, every small improvement, is the cornerstone of regaining confidence. Now, I am no longer afraid of failure; instead, I treat every challenge as an opportunity to grow.

The light of confidence allows me to be more composed on campus and has taught me the importance of effort and perseverance. Everyone has their own pace; as long as you are willing to take the first step, you can welcome your own sunshine.