

在挫折中寻找力量

大学开学的第一学期，我迎来了人生中一个巨大的挑战——适应全新的学习环境和社交圈。刚开始，我总是感到格格不入，做事也总是小心翼翼。一次期中考试失利更是让我的自信心彻底崩塌。那一刻，我觉得自己不配属于这个学校，也怀疑自己是否真的有能力完成学业。

随着时间的推移，我逐渐发现自己陷入了自我怀疑的恶性循环。每一次失败都会加剧内心的恐惧，而每一次回避又使我更加焦虑。我不再主动发言，不再参加社团活动，甚至对未来的规划感到迷茫。心理压力如影随形，让我越来越封闭自己。

转折点发生在一次心理辅导课上，老师鼓励我写下每天的收获和努力，而不仅仅是关注结果。我开始尝试记录自己的小进步：今天解决了一个难题，今天与同学主动交流了一次。这些微小的变化让我逐渐看到自己的成长，也让我意识到自信不是瞬间产生的，而是积累而来。

此外，朋友的支持也让我重新找到自我。她们在我失落时给予鼓励，在我犹豫时陪伴我尝试新的事物。慢慢地，我重拾了课堂参与的勇气，参加了演讲比赛，并且在每一次活动中感受到自己一点点进步的力量。最重要的是，我学会了对自己说：“我值得被肯定，我有能力面对挑战。”

这段经历让我明白，自信的重建需要时间，也需要不断尝试。挫折不可避免，但正是这些低谷教会我们如何肯定自己、勇敢前行。每一次从失败中站起，都是对自我价值的肯定，也是对未来的信心积累。

Finding Strength in Setbacks

During the first semester of college, I faced a huge challenge: adapting to a completely new learning environment and social circle. Initially, I always felt out of place and cautious in everything I did. A midterm failure completely shattered my confidence. At that moment, I felt unworthy of being at this school and doubted whether I was truly capable of completing my studies.

Over time, I realized I had fallen into a vicious cycle of self-doubt. Every failure amplified my inner fear, and every avoidance made me more anxious. I stopped speaking up in class, withdrew from clubs, and even felt lost about future plans. The psychological pressure followed me like a shadow, closing me off from the world.

The turning point came during a counseling session. The teacher encouraged me to record daily achievements and efforts, rather than just focusing on results. I started noting small progress: solving a tough problem, initiating a conversation with a classmate. These tiny changes helped me see my growth and understand that confidence doesn't appear instantly—it accumulates over time.

Additionally, support from friends helped me regain myself. They encouraged me when I felt low and accompanied me when I hesitated to try new things. Gradually, I

regained the courage to participate in class, joined a speech contest, and felt the strength of small improvements with each activity. Most importantly, I learned to tell myself: "I deserve affirmation, and I have the ability to face challenges."

This experience taught me that rebuilding confidence takes time and continuous effort. Setbacks are inevitable, but these low points teach us how to affirm ourselves and move forward courageously. Every time we rise from failure, it is a reaffirmation of our self-worth and a boost of confidence for the future.