

# 迷茫与希望之间

高中时期，我一直以学习成绩优异为自豪。然而，在一次重要的物理竞赛中，我意外失利，这让我陷入了前所未有的迷茫。成绩的落差让我对自己产生怀疑，觉得过去的努力都成了空谈。我开始回避与同学交流，甚至怀疑自己未来的方向。

这种心理状态持续了数月，我每天都在焦虑与自责中度过。父母和老师的劝解一开始并没有打动我，我甚至觉得所有鼓励都是空话。然而，随着时间推移，我开始尝试从小事做起：每天读几页课外书，完成一项微小的任务。这些简单的行动逐渐让我重新获得掌控感，也让内心的焦虑慢慢缓解。

与此同时，我参加了学校的心理成长工作坊，学会了用积极的语言与自己对话，并记录每天的进步。老师告诉我们，自我肯定并不是盲目自信，而是在承认不足的同时，也肯定自己的努力和潜力。我开始明白，失去自信并不代表失败，而是提醒我重新审视自己，找到真正的方向。

在一次团队项目中，我首次主动承担了组长的角色，面对挑战时，我尝试用平和而坚定的态度解决问题。团队成员的信任与支持让我感受到自己的价值，这种体验比任何奖项都更加重要。渐渐地，我在学习和生活中都能坦然面对困难，也学会了从每次经历中总结成长。

通过这段经历，我明白了自信的核心是自我肯定：认清自己的不足，也认可自己的努力和潜力。人生的低谷不可避免，但只要敢于面对，积极行动，我们总能在迷茫中找到希望，并逐步走向自我肯定的道路。

## Between Confusion and Hope

During high school, I always took pride in my excellent academic performance. However, an unexpected failure in an important physics competition plunged me into unprecedented confusion. The gap between my expectations and reality made me doubt myself, thinking that all my past efforts had been in vain. I started avoiding interaction with classmates and even questioned my future direction.

This mental state lasted for months. Every day was spent in anxiety and self-blame. Initially, my parents' and teachers' advice did not move me; I felt all encouragement was empty words. Over time, I began to start small: reading a few pages of an extracurricular book each day or completing a tiny task. These simple actions gradually gave me a sense of control and eased my inner anxiety.

At the same time, I participated in the school's psychological growth workshop, learning to speak to myself positively and record daily progress. The teacher told us that self-affirmation is not blind confidence, but acknowledging shortcomings while recognizing effort and potential. I began to understand that losing confidence does not mean failure; it reminds us to reassess ourselves and find the true path.

During a team project, I took the initiative to assume the role of group leader.

Facing challenges, I tried to solve problems calmly and confidently. The trust and support of team members made me feel my own value, an experience far more meaningful than any award. Gradually, I could face difficulties in study and life with ease and learn from every experience.

Through this journey, I realized that the essence of confidence lies in self-affirmation: recognizing one's shortcomings while acknowledging effort and potential. Life's low points are inevitable, but by facing them and taking positive action, we can find hope amidst confusion and gradually move toward self-affirmation.