

# 从阴影中走出的自我

在高中的最后一年，我经历了人生中第一次严重的挫折。那是一次重要的数学竞赛，我原本自信满满，认为自己有很大机会获奖。然而，结果却远远不如预期。我拿到的成绩不仅低于平时水平，还让老师和同学对我投来疑惑的目光。那一刻，我感觉自己仿佛跌入了深深的谷底，所有的努力似乎都变得毫无意义。

从那以后，我开始怀疑自己的能力，连平时最擅长的科目也变得不再自信。每次看到别人进步，我都会感到自惭形秽，甚至开始逃避参与各种活动。心理上的压力逐渐积累，失落感和焦虑像阴影一样笼罩着我的生活。

改变开始于一次偶然的谈话。班主任看出了我的低落，耐心地和我聊了很久。他告诉我，失败并不是否定自我，而是成长的一部分。他还鼓励我回顾过去的努力和成绩，提醒我那些曾让我自豪的时刻。这番话像一盏灯，慢慢点亮了我心底的希望。

我开始尝试一些小的改变。每天给自己设立可实现的小目标，完成后记录下来。慢慢地，我发现自己的能力并没有消失，只是被挫折掩盖了。我开始重新参与课堂讨论、加入社团活动，甚至在下一次数学竞赛中取得了明显进步。最重要的是，我学会了接受失败，把它当作自我提升的机会。

通过这段经历，我意识到自信不是天生的，而是在面对困难时不断肯定自己的过程。低谷并不可怕，可怕的是不愿意面对和尝试。每一次挫折都可以成为自我肯定的契机，只要我们勇敢迈出第一步。

## Emerging from the Shadows

During my final year of high school, I faced my first major setback in life. It was an important math competition, and I was brimming with confidence, believing I had a strong chance of winning. However, the results were far below my expectations. Not only were my scores lower than usual, but my teachers and classmates also looked at me with doubt. At that moment, I felt like I had fallen into a deep valley, and all my efforts seemed meaningless.

After that, I began to doubt my abilities, even in subjects I used to excel in. Seeing others make progress only made me feel inferior, and I started avoiding activities I once enjoyed. The psychological pressure built up, and feelings of loss and anxiety hung over my life like a shadow.

The change began with a chance conversation. My homeroom teacher noticed my low spirits and patiently talked with me for a long time. He told me that failure does not define me, but is part of growth. He also encouraged me to look back at my past efforts and achievements, reminding me of moments I had been proud of. His words

acted like a light, slowly illuminating the hope within me.

I started with small changes. I set achievable daily goals and recorded my accomplishments. Gradually, I realized my abilities hadn't disappeared; they had just been overshadowed by setbacks. I began participating in class discussions again, joined clubs, and even improved significantly in the next math competition. Most importantly, I learned to accept failure and treat it as an opportunity for self-improvement.

Through this experience, I realized that confidence isn't innate; it grows as we affirm ourselves in the face of difficulties. The low points aren't frightening; what's frightening is refusing to face them. Every setback can become an opportunity for self-affirmation, as long as we take the first brave step.

## 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.

## 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.

# 自我肯定的旅程

记得在初三那年，我参加了全市的作文比赛。平时我作文成绩一直不错，但这次比赛的结果让我意外落榜。刚开始，我无法接受这个事实，觉得自己一直以来的努力都被否定了。这种挫败感让我在接下来的学习中提不起兴趣，甚至对自己未来的能力产生怀疑。

当时，我的父亲注意到了我的情绪变化。他没有批评我，而是和我一起分析比赛中出现的问题，并鼓励我继续写作。他说：“失败并不是终点，它只是告诉你还有成长的空间。”我记住了这句话，也开始尝试调整心态。

我每天坚持写日记，记录学习和生活中的点滴进步。渐渐地，我发现自己的文字表达能力比以前更加流畅，也对自己的思考有了更多信心。同时，我加入了学校的写作社团，与同学们分享作品，获得了来自他人的肯定和建议。这些正向反馈让我感到自信正在一点点回归。

不仅如此，我还学会了从挫折中总结经验，而不是单纯责怪自己。每一次失利都成为我改进和成长的契机，而每一次进步都让我对自己有更多肯定。慢慢地，我不再害怕失败，也不再轻易否定自己。自信不再是虚无的希望，而是通过努力和实践积累的真实感受。

如今回头看，那次落榜的经历反而成为了我成长的重要节点。它教会我在低谷中寻找希望，在挫折中肯定自我，也让我明白了积极心态和自我肯定的重要性。每个人都可能经历失落，但关键在于是否愿意努力走出阴影，拥抱自己的价值。

## The Journey to Self-Affirmation

I remember in my third year of junior high, I participated in a city-wide essay competition. Usually, my essays performed well, but this time I unexpectedly failed to place. At first, I could not accept it, feeling as if all my past efforts had been denied. This sense of defeat made it difficult to focus on subsequent studies and even caused me to doubt my future abilities.

My father noticed my emotional change. Instead of criticizing me, he analyzed the competition's shortcomings with me and encouraged me to continue writing. He said, "Failure is not the end; it only shows that there is room to grow." I remembered this and began to adjust my mindset.

I started keeping a daily journal, noting small progress in learning and life. Gradually, I found my writing skills becoming more fluent and my confidence in thinking improving. Additionally, I joined the school writing club, sharing my works with classmates and receiving affirmations and suggestions. These positive feedbacks gradually restored my confidence.

Moreover, I learned to draw lessons from setbacks rather than merely blaming

myself. Every failure became an opportunity to improve and grow, and every achievement affirmed my self-worth. Slowly, I no longer feared failure or doubted myself lightly. Confidence was no longer a vague hope but a tangible feeling built through effort and practice.

Looking back, that failure became a crucial point in my growth. It taught me to find hope in low points, affirm myself through setbacks, and understand the importance of a positive mindset and self-affirmation. Everyone experiences loss, but the key is whether we are willing to step out of the shadow and embrace our own value.