

# 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.