

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.