

# 从退缩到勇敢：重拾自信的日常工作实践

自信是一种看不见却能感受到的力量。生活中，我们时常会因为失败、批评或者环境压力而逐渐丧失自信。例如在课堂上不敢举手发言，或者面对陌生人时紧张退缩，这些都是自信缺失的表现。记得我刚进入高中时，面对全班的目光，我常常默默低下头，不敢说一句话，甚至在小组讨论中也总是保持沉默。那种心里的紧张与自我怀疑让人难以承受。

重拾自信首先要从认识自己开始。我学会每天写下三件自己做得好的事情，不论大小。这些看似微不足道的小成就，却能不断提醒自己：我有能力，我值得被肯定。同时，通过尝试小而可行的挑战，比如主动回答一个问题，参加一个兴趣小组，也能逐步建立行动上的信心。每一次小小的成功都像在心底点燃一盏灯，让退缩的心逐渐明亮起来。

心理调适也是关键。我开始学会给自己正向暗示，每天对着镜子说：“你可以做到”。起初有些别扭，但久而久之，这种自我鼓励逐渐影响了我的情绪。遇到挫折时，我会提醒自己：失败只是暂时的，经验会让自己更强大。同时，向身边信任的人寻求支持和建议，也能有效缓解自卑感。朋友的一句鼓励、老师的肯定，往往能成为重拾自信的动力。

通过不断尝试和自我调适，我渐渐从一个总是退缩的学生，变成能够在课堂上自信发言的人。我明白，自信不是一蹴而就，而是通过日常点滴积累起来的。在生活中，只要愿意迈出第一步，每个人都能重新找到内心的勇气和力量。

## From Retreat to Courage: Daily Practices to Regain Confidence

Confidence is an invisible yet palpable force. In life, we often lose confidence due to failure, criticism, or environmental pressure. For example, not daring to raise a hand in class or feeling nervous around strangers are all signs of lacking confidence. I remember when I first entered high school, I would lower my head silently when facing the entire class, and even in group discussions, I remained silent. The tension and self-doubt were hard to bear.

Regaining confidence starts with knowing yourself. I began writing down three things I did well each day, no matter how small. These seemingly trivial accomplishments constantly reminded me that I am capable and deserving of recognition. At the same time, trying small and achievable challenges, like answering a question or joining an interest group, gradually builds confidence in action. Every little success lights a lamp in the heart, gradually brightening the parts that used to retreat.

Psychological adjustment is also crucial. I learned to give myself positive affirmations, saying daily in the mirror, 'You can do it.' It felt awkward at first, but over time, this self-encouragement influenced my emotions. When encountering

setbacks, I remind myself that failure is temporary and experience makes me stronger. Seeking support and advice from trusted people around you also effectively eases feelings of inferiority. A friend's encouragement or a teacher's recognition often becomes a powerful motivator to regain confidence.

Through continuous practice and self-adjustment, I gradually transformed from a timid student into someone who can speak confidently in class. I realized that confidence is not built overnight but accumulated through daily efforts. In life, as long as we take the first step, everyone can rediscover courage and inner strength.