

# 从自我怀疑到勇敢迈步

在一次重要的课堂展示前，我感到前所未有的紧张。手心出汗，脑海里反复浮现着“我不行”“大家会嘲笑我”的念头。自我怀疑像一块沉重的石头压在心头，让我几乎无法抬起头面对同学们的目光。过去我总是害怕失败，所以每次面临挑战时，总是选择逃避。那一刻，我意识到，如果我不改变，这种惧怕将伴随我整个学习生涯。

我决定尝试心理暗示和小步骤练习。每天早晨对自己说：“我有能力面对挑战”“失败只是成长的过程”，这些简单的话语慢慢在我心中生根发芽。同时，我将展示内容拆分成小部分，先在镜子前练习，再对家人讲，最后在小范围的同学前演练。每完成一次，我的紧张感就减轻一些，自信心也随之增强。

最让我印象深刻的是，当我真正站在讲台上时，心中虽然还有紧张，但我能够平静地开始讲解。我的声音逐渐坚定，手势自然流畅。那一刻，我感受到自信的力量：它不仅改变了我的表现，也让我对自己产生了信任感。通过这次经历，我明白了自信不是天生，而是通过不断尝试和肯定自我建立起来的。

自信的重要性在学习和生活中不可估量。它让我们敢于迎接挑战，善于从失败中吸取经验。正如爱默生所说：“自信是成功的第一秘诀。”从自我怀疑到勇敢迈步的过程，让我体会到，每一次小小的努力，都是自我成长的见证。

## From Self-Doubt to Courageous Steps

Before an important class presentation, I felt unprecedentedly nervous. My palms were sweaty, and thoughts like "I can't do it" and "Everyone will laugh at me" kept flooding my mind. Self-doubt weighed heavily on me, making it almost impossible to look at my classmates. In the past, I always feared failure, so whenever faced with challenges, I chose to avoid them. At that moment, I realized that if I didn't change, this fear would follow me throughout my academic life.

I decided to try psychological affirmations and small-step practices. Every morning, I would tell myself, "I can face challenges" and "Failure is part of growth." These simple words gradually took root in my mind. I also broke my presentation into small parts, first practicing in front of a mirror, then with my family, and finally with a small group of classmates. Each attempt eased my nervousness a little and strengthened my confidence.

The most impressive moment came when I finally stood on the podium. Although I was still nervous, I could start speaking calmly. My voice became firm, my gestures natural and fluid. At that moment, I felt the power of confidence: it not only changed my performance but also allowed me to trust myself. Through this experience, I realized that confidence is not innate; it is built through constant practice and self-affirmation.

The importance of confidence in learning and life is immeasurable. It allows us to face challenges and learn from failures. As Emerson said, "Self-confidence is the first secret of success." From self-doubt to courageous steps, I experienced firsthand that every small effort is a testament to personal growth.