

# 重拾自信的心路历程

曾经，我在考试中屡屡失利，对自己的能力产生了深深的怀疑。每当成绩公布，我总是默默叹气，觉得自己永远赶不上别人。这样的心态让我失去了学习的动力，甚至开始回避课堂发言和参加活动。自我怀疑像无形的锁链，将我紧紧束缚。

一次偶然的机会，我看到了一句名言：“相信自己，你就有了战胜一切的勇气。”这句话如同一盏灯，照亮了我心中的阴影。我开始尝试改变自己，每天列出三件自己做得不错的事情，不论大小，坚持记录。这种自我肯定让内心慢慢积累力量，我开始意识到，失败并不意味着能力不足，而是成长的必经之路。

为了进一步提升自信，我主动参加小组讨论和演讲练习。起初，我仍然紧张，声音颤抖，但我坚持不懈。随着每一次练习，我逐渐掌握了表达的节奏和自信的神态。慢慢地，我发现自己不再害怕犯错，也能坦然接受同学和老师的建议。

通过这个过程，我深刻体会到，自信不仅改变了我的学习状态，也提升了生活的积极性。面对困难时，我能够冷静分析并勇敢尝试，而不是退缩。自信是一种内在力量，让人敢于挑战自我，开拓更广阔的天地。如今，我明白了，真正的自信源自不断努力和自我肯定，它能让人从自我怀疑中走向勇敢。

## The Journey to Regaining Confidence

I used to fail repeatedly in exams, which caused deep doubts about my abilities. Every time the results were announced, I would sigh silently, feeling that I would never catch up with others. This mindset drained my motivation for learning and even made me avoid class participation and activities. Self-doubt felt like invisible chains, tightly binding me.

One day, I came across a quote: "Believe in yourself, and you have the courage to overcome everything." This sentence was like a light, illuminating the shadows in my heart. I began trying to change myself, listing three things I did well each day, no matter how small, and recording them consistently. This self-affirmation gradually accumulated inner strength, helping me realize that failure doesn't mean a lack of ability; it is a necessary step in growth.

To further boost my confidence, I actively participated in group discussions and speaking exercises. Initially, I was still nervous, my voice trembling, but I persisted. With each practice, I gradually mastered the rhythm of expression and confident demeanor. Slowly, I realized I was no longer afraid of making mistakes and could calmly accept feedback from classmates and teachers.

Through this process, I deeply understood that confidence not only changed my learning state but also enhanced my positivity in life. When facing difficulties, I

could calmly analyze and bravely try, instead of retreating. Confidence is an inner power that allows people to challenge themselves and explore broader horizons. Today, I understand that true confidence comes from continuous effort and self-affirmation, helping one move from self-doubt to courage.