

勇敢迈出自信的第一步

曾经的我，总觉得自己不如别人。每当老师点名回答问题时，我总是紧张到连呼吸都变得急促。成绩不理想时，我会自责很久，甚至对自己产生怀疑。那段时间，我很少与同学交流，总觉得自己无论做什么都不够好。

改变始于一次偶然的机会。班上举行绘画比赛，我本不敢参加，但好友鼓励我尝试。虽然最终作品没有获奖，但我在创作过程中找到了自己的兴趣和专注的感觉。那种专注和完成任务后的成就感，让我第一次感受到：原来我也可以做到。

从那以后，我开始尝试在学习上给自己设定小目标，每完成一个，就会为自己打气。这种微小的自我肯定，让我逐渐建立了信心。同时，我也开始参加班级组织的活动，比如朗诵比赛和小组讨论。起初，每一次站上讲台都紧张得心跳加速，但随着次数增多，我发现自己的表现越来越自然，也能享受被同学认可的喜悦。

除了课堂和活动，我还利用课余时间阅读励志书籍和学习心理学知识，了解自信的本质和心理机制。慢慢地，我学会了积极面对失败，将每一次失误视为学习的机会，而不是否定自己的理由。这种心态上的转变，让我在生活中也更加从容，不再畏惧挑战。

现在的我，已经能够自信地与同学交流，主动参加各种活动，并在学习中找到乐趣。自信让我变得更加开朗，也让我明白，只要勇敢迈出第一步，坚持努力，每个人都可以在成长的道路上找到属于自己的光芒。

Bravely Taking the First Step Toward Confidence

I used to always feel inferior to others. Whenever the teacher called on me to answer a question, I would become so nervous that even my breathing quickened. When my grades were poor, I would blame myself for a long time, even doubting my own abilities. During that period, I rarely interacted with classmates, thinking that no matter what I did, it was never good enough.

The change began with an accidental opportunity. The class held a painting competition, and I was initially too afraid to participate, but a good friend encouraged me to try. Although my work did not win, I found a sense of interest and focus during the process. That concentration and the sense of accomplishment after finishing a task made me feel for the first time: I can actually do it.

From then on, I began setting small goals for myself in my studies, cheering myself on each time I completed one. This small self-affirmation gradually helped me build confidence. At the same time, I started participating in class activities, such as recitation contests and group discussions. At first, standing on the stage made my heart race, but as I did it more, I found my performance became more natural, and I could enjoy the joy of being recognized by my classmates.

Besides class and activities, I spent my free time reading motivational books and learning about psychology to understand the essence of confidence. Gradually, I learned to face failure positively, viewing each mistake as a learning opportunity rather than a reason to doubt myself. This change in mindset made me more composed in life, no longer fearing challenges.

Now, I can confidently communicate with classmates, actively participate in various activities, and find joy in learning. Confidence has made me more cheerful and has shown me that as long as you bravely take the first step and persist, everyone can find their own light on the road to growth.