

自卑阴影下的成长历程

小学时期，我总觉得自己比不上别人。无论是学习成绩还是课外能力，我总觉得自己是最差的。每次考试成绩不理想，我都会陷入深深的自责，觉得自己永远无法赶上同学的步伐。久而久之，我变得沉默寡言，不敢与同学交往，也害怕老师的目光。

这种状态一直持续到初中。一次期中考试，我的成绩依然不理想，我在心里告诉自己，也许我永远都不适合成功。那天放学后，班主任找我谈话，她没有批评我，而是耐心地鼓励我，告诉我每个人都有自己的长处，关键是要找到属于自己的节奏。她的话像一盏明灯，照亮了我心中被阴影笼罩的角落。

从那一刻起，我开始尝试改变。每天我坚持完成作业并进行额外练习，遇到不懂的问题主动请教老师和同学。同时，我也尝试加入学校的兴趣小组，参与篮球比赛和话剧排练。起初，我害怕失败和被嘲笑，但每一次尝试都让我积累经验，感受到自己的进步。慢慢地，我开始能够自信地站在同学面前表达自己的意见，不再回避挑战。

最让我印象深刻的是一次学校演讲比赛。我站在讲台上，心中忐忑不安，但我告诉自己要勇敢面对。当我完成演讲并听到同学们的掌声时，我感到前所未有的自豪。那一刻，我真正理解了自信的力量：它不仅是心理上的肯定，更是一种行动的勇气。

现在的我，比过去更加开朗和积极。自信让我敢于尝试新事物，也让我明白努力和坚持的重要性。回顾这段成长历程，我深刻体会到，只有勇敢面对自卑和困难，才能真正找到自己的光芒，迎接更加美好的未来。

Growth Under the Shadow of Insecurity

During elementary school, I always felt that I was not as good as others. Whether in academic performance or extracurricular skills, I always thought I was the worst. Every time I did poorly on a test, I fell into deep self-blame, feeling I could never catch up with my classmates. Over time, I became silent, avoided interacting with classmates, and feared the teacher's gaze.

This situation continued into middle school. During a midterm exam, my grades were still unsatisfactory, and I told myself that maybe I was never meant to succeed. After school that day, my homeroom teacher spoke to me. She did not criticize me but patiently encouraged me, saying that everyone has their strengths and the key is to find your own rhythm. Her words were like a lamp, illuminating the corner of my heart covered by shadows.

From that moment, I began to try to change. Every day, I completed my homework and extra practice, asking teachers and classmates for help when I didn't understand something. I also tried joining school interest groups, participating in basketball games and drama rehearsals. Initially, I feared failure and ridicule, but each

attempt helped me gain experience and feel my own progress. Gradually, I could confidently stand in front of classmates to express my opinions without avoiding challenges.

The most impressive moment was a school speech contest. Standing on the podium, I felt nervous, but I told myself to face it bravely. When I finished the speech and heard the applause from classmates, I felt an unprecedented sense of pride. At that moment, I truly understood the power of confidence: it is not only psychological affirmation but also the courage to act.

Now, I am more cheerful and positive than before. Confidence allows me to try new things and understand the importance of effort and perseverance. Looking back at this growth journey, I deeply realize that only by bravely facing insecurity and difficulties can one truly find their own light and embrace a brighter future.