

## 从挫折中成长，找回自信

小华是一个平时成绩中等的同学，他一直觉得自己不够优秀。一次数学考试成绩不理想，更让他怀疑自己的能力。他开始回避课堂回答问题，也不敢参加学校活动，整个人显得消极和不自信。

一次偶然的机会，班主任给他讲了自己的成长故事：也曾在学习和生活中遇到过无数挫折，但每一次努力都让他更坚强。小华被深深触动，他开始尝试改变自己。他制定了学习计划，主动向老师请教问题，也开始参加一些自己擅长的兴趣活动。慢慢地，他在课堂上敢于发言，成绩也稳步提升，最重要的是，他找回了自信。

在写作文结尾时，我们可以运用总结性句型，如“挫折并不可怕，关键是我们能否从中汲取力量”；也可以用感悟性句型，“自信源于不断尝试，源于相信自己有无限可能”；或者呼应性句型，“从害怕失败到敢于迎接挑战，我终于在一次次努力中找回了自己”。

结尾语言应保持积极乐观，同时呼应文章主体，体现从挫折到成长的变化。通过结合真实案例和合适的句型，初中生可以写出既真诚又富有感染力的结尾，让读者感受到自信的力量。

## Growing from Setbacks to Regain Confidence

Xiaohua is an average-performing student who always felt he wasn't good enough. After a poor math exam score, he began to doubt his abilities. He avoided answering questions in class and did not participate in school activities, appearing negative and lacking confidence.

By chance, his homeroom teacher shared a personal story of growth: having faced countless setbacks in both learning and life, every effort made him stronger. Xiaohua was deeply moved and began to try changing himself. He created a study plan, actively asked teachers for help, and participated in interest activities he excelled at. Gradually, he dared to speak in class, his grades improved steadily, and most importantly, he regained confidence.

For essay conclusions, one can use summarizing sentences like, "Setbacks are not frightening; the key is whether we can draw strength from them"; reflective sentences such as, "Confidence comes from continuous attempts and believing in infinite possibilities"; or echoing sentences like, "From fearing failure to daring to face challenges, I finally found myself through repeated efforts."

The conclusion should remain positive and optimistic while echoing the main body, showing the transformation from setback to growth. By combining real cases with appropriate sentence patterns, middle school students can write endings that are both sincere and compelling, allowing readers to feel the power of confidence.