

勇敢面对自我，重拾自信

在初中阶段，很多同学因为成绩、同伴关系或者自我认知问题而失去了自信。小明就是其中的一个例子。曾经，他在班级里因为一次考试失利而变得沉默寡言，总觉得自己不如别人。每次看到同学取得好成绩，他心里都充满了自卑感。

然而，在老师和家长的鼓励下，他开始尝试改变自己。每天坚持写下自己的优点和努力的小目标，从每一次小进步中寻找自信。他还主动参加班级活动，尽管开始时很紧张，但慢慢地，他发现自己也能在舞台上自如表达自己的想法。小明的经历告诉我们，重拾自信并不是一蹴而就的，而是通过一次次小尝试积累起来的。

在作文结尾部分，我们可以运用总结性句型，如“经过这段经历，我终于明白自信不是与生俱来的，而是需要自己去努力争取的”；或者感悟性句型，“每一次挑战都是成长的机会，每一次努力都能让我更接近自信的自己”；也可以用呼应性句型，“从那个沉默的自己到现在敢于表达，我终于找回了属于我的自信”。

语言风格上，建议保持积极向上，富有感染力，让读者感受到你的变化和努力。同时，结尾最好与文章主体相呼应，把前面描写的努力、挫折和收获巧妙地总结，让文章结构完整而有力。通过结合真实案例和这些结尾技巧，初中生可以更自如地在作文中表达自己重拾自信的心路历程。

Bravely Facing Oneself to Regain Confidence

During middle school, many students lose confidence due to academic performance, peer relationships, or self-perception issues. Xiaoming is one such example. Once, after failing an exam, he became silent and felt inferior to others. Every time he saw classmates achieving good results, he felt a wave of self-doubt.

However, with encouragement from teachers and parents, he began to try changing himself. He wrote down his strengths and small goals every day, seeking confidence from each small progress. He also actively participated in class activities. Although nervous at first, he gradually found that he could express his ideas on stage with ease. Xiaoming's experience shows that regaining confidence is not instant; it accumulates through repeated small attempts.

For essay conclusions, we can use summarizing sentences like, "Through this experience, I finally realized that confidence is not innate but something to strive for"; reflective sentences such as, "Every challenge is an opportunity for growth, and every effort brings me closer to the confident self"; or echoing sentences like, "From the silent self to now expressing myself, I have finally regained my confidence."

For language style, it is recommended to stay positive and infectious, letting readers feel your changes and efforts. Meanwhile, the conclusion should echo the main

body, summarizing the struggles, efforts, and gains, making the essay coherent and powerful. By combining real cases with these conclusion techniques, middle school students can naturally express their journey to regaining confidence in writing.