

## 小胜累积，大自信自然来

小丽一直是班级里性格内向的女生，她不喜欢在同学面前表达自己的观点，总觉得自己的意见不重要。每次班级讨论，她总是静静坐在角落里，不敢发言。久而久之，她变得越来越自卑。

后来，老师鼓励她每天尝试做一件小事，比如在小组讨论中说一句自己的看法，或者回答一个简单问题。起初她很紧张，常常结巴，但慢慢地，她发现自己也能清楚表达想法，而且同学们会认真倾听。每一次小小的成功都让她更有自信。几个月后，小丽不仅在课堂上能大胆发言，还积极参与学校活动，整个人焕发了光彩。

在作文结尾中，我们可以用总结性句型：“自信不是一蹴而就的，而是由一次次小小的胜利累积而来”；感悟性句型：“每一次勇敢尝试，都是自信心的积累”；呼应性句型：“从不敢发言的我，到现在敢于表达，每一次努力都让我离自信更近”。

结尾语言应贴近学生生活，积极向上，并与文章主体紧密呼应。通过结合小胜累积的真实案例，初中生能够在作文中自然地展示自信的成长过程，让读者感受到真实的变化和力量。

## Small Wins Lead to Natural Confidence

Xiaoli has always been an introverted girl in class. She disliked expressing her opinions in front of classmates, believing her ideas were unimportant. During class discussions, she always sat quietly in the corner, afraid to speak. Over time, she became more and more self-conscious.

Later, the teacher encouraged her to try one small action each day, such as sharing a thought during group discussions or answering a simple question. At first, she was nervous and often stammered, but gradually, she realized she could express her ideas clearly, and classmates would listen attentively. Each small success boosted her confidence. After a few months, Xiaoli not only spoke boldly in class but also actively participated in school activities, radiating energy and confidence.

For essay conclusions, one can use summarizing sentences like, “Confidence is not instant but accumulates through small victories”; reflective sentences, “Every brave attempt contributes to the growth of confidence”; or echoing sentences, “From the silent me to now expressing myself, each effort brings me closer to confidence.”

The conclusion should be relatable to students’ lives, positive, and tightly linked to the main body. By combining real cases of small wins, middle school students can naturally show the process of regaining confidence in essays, allowing readers to feel the authentic transformation and strength.