

跌倒后的坚强：我的成长故事

初三的生活就像一条充满荆棘的道路，每一步都需要小心翼翼。我记得那次数学月考，我几乎所有题目都做错了，拿到成绩单的那一刻，我整个人都愣住了。原本自信满满的我，在瞬间被失落感淹没。我开始怀疑自己，甚至觉得自己不再适合读书。

那段时间，我整天心神不宁，不想和任何人交流，甚至连最喜欢的课外阅读也提不起兴趣。母亲看出了我的异样，没有直接劝说我，而是带我去参加了一次心理辅导课程。在那里，我学会了面对失败时先接受自己的情绪，而不是一味责备自己。辅导老师告诉我，自信不是一蹴而就的，而是需要在跌倒中学会爬起。

回到家后，我决定给自己制定一套新的学习计划。我把大目标拆成小任务，每完成一个就给自己一点奖励。与此同时，我开始主动请教老师和同学，遇到不懂的问题不再逃避，而是勇敢面对。每一次克服难题，我都能感受到自信在一点点增长。

除了学习方法的改变，我还学会了自我激励。每天早晨，我会在镜子前对自己说：“你能做到，今天会比昨天更好。”这句简单的话，让我在压力面前不再退缩。慢慢地，我发现自己在课堂上更加积极，回答问题时不再畏缩，连原本害怕的实验操作也能顺利完成。

最让我感动的是，同学们的鼓励和老师的认可让我明白，成长不仅仅是成绩的提升，更是心理的成熟。有一次，我在班级演讲中分享了自己的学习心得，得到热烈掌声，那一刻，我感到前所未有的自信和满足。

经历了那次挫折，我明白了跌倒并不可怕，重要的是学会站起来。自信是一点点积累的，是经历困难、接受挑战后才能真正拥有的。现在，我以更加坚定的心态面对学习和生活，坚信无论未来多么艰难，只要努力，就一定能够走得更远。

Strength After Falling: My Story of Growth

The life of a ninth grader is like a road full of thorns, requiring careful steps at every turn. I remember the math monthly exam when I got almost every question wrong. When I received the report card, I was stunned. My previously full confidence was instantly drowned by a sense of loss. I began doubting myself, even feeling that I was no longer suited for studying.

During that period, I felt restless all day, avoiding communication with anyone and even losing interest in my favorite extracurricular reading. My mother noticed the change, and instead of persuading me directly, she took me to a psychological counseling session. There, I learned to first accept my emotions when facing failure instead of endlessly blaming myself. The counselor told me that confidence is not built overnight; it requires learning to stand up after falling.

After returning home, I decided to create a new study plan for myself. I broke down big goals into small tasks, rewarding myself after completing each one. At the

same time, I actively asked teachers and classmates for help, no longer avoiding problems but confronting them bravely. Each time I overcame a difficult problem, I could feel my confidence growing little by little.

Besides changing my study methods, I also learned self-motivation. Every morning, I would look in the mirror and say to myself: 'You can do it. Today will be better than yesterday.' This simple phrase helped me no longer shrink under pressure. Gradually, I became more active in class, no longer hesitant when answering questions, and even the previously intimidating experiments could be completed smoothly.

What touched me most was the encouragement from classmates and recognition from teachers, which made me realize that growth is not only about improving grades but also about psychological maturity. Once, I shared my study experiences in a class speech and received enthusiastic applause. At that moment, I felt unprecedented confidence and satisfaction.

After that setback, I understood that falling is not frightening; what matters is learning to stand up. Confidence accumulates bit by bit and can only truly exist after facing difficulties and challenges. Now, I face study and life with a firmer mindset, believing that no matter how tough the future may be, as long as I try, I will go further.