

# 从迷茫到坚定：我的自信之路

初三的生活总是紧张而充满挑战，我也不例外。那段时间，繁重的作业和频繁的测验让我感到力不从心。尤其是在数学成绩连续两次不理想后，我开始怀疑自己是否真的能够应对即将到来的中考。每天回到家，我都会独自坐在书桌前，翻看一本又一本的练习册，却发现自己的心情越来越沉重。

我开始对自己产生怀疑，甚至有些害怕面对老师和同学的目光。每次看到成绩单，我的心都会紧张得发抖。那种自卑感像阴影一样笼罩着我，让我几乎失去了对学习的兴趣。父母也注意到了我的变化，他们没有责备，而是耐心地鼓励我，告诉我每个人都有低谷，重要的是如何调整自己。

在父母的建议下，我开始尝试调整自己的学习方法。我把以前漫无目的的刷题方式改为有计划的复习，每天给自己制定合理的学习目标，并记录每一次的进步。同时，我也学会了给自己适当的放松时间，比如听音乐、跑步或和朋友聊天。这些小小的改变让我逐渐找回了对学习的掌控感。

心理建设同样重要。我每天都会在心里告诉自己：失败并不可怕，只要努力就有希望。每当遇到难题，我会先深呼吸，然后分步骤去解决，而不是一开始就被困难吓倒。慢慢地，我发现自己在课堂上的表现变得更加自信，回答问题也不再紧张。

老师的认可和同学的鼓励也让我受益匪浅。有一次，我在课堂上主动回答了一个复杂的物理问题，得到了老师的表扬。那一刻，我感到久违的成就感，也重新相信自己可以应对挑战。自信心在一点一滴中积累，我学会了面对困难时不退缩，学会了相信自己的能力。

现在回想起那段迷茫的日子，我深刻理解到，自信并不是与生俱来的，而是通过不断努力和调整心态获得的。学会重拾自信，让我在学业和生活中都充满了勇气，也让我坚信，只要不放弃，未来一定会更好。

## From Confusion to Determination: My Journey to Self-Confidence

The life of a ninth grader is always tense and full of challenges, and I was no exception. During that time, the heavy homework and frequent tests made me feel overwhelmed. Especially after two disappointing math exam results, I began to doubt whether I could really handle the upcoming high school entrance exams. Every day when I returned home, I would sit alone at my desk, flipping through one exercise book after another, yet my mood grew heavier.

I started doubting myself and even felt afraid of facing the eyes of my teachers and classmates. Every time I saw my report card, my heart would tremble with anxiety. That sense of inferiority loomed over me like a shadow, making me almost lose interest in studying. My parents noticed the change in me. Instead of blaming me,

they patiently encouraged me, telling me that everyone goes through low points and what matters is how to adjust oneself.

Following my parents' advice, I began to try adjusting my study methods. I replaced the aimless practice sessions with a planned review, setting reasonable daily study goals and recording each small progress. At the same time, I learned to give myself proper relaxation time, like listening to music, running, or chatting with friends. These small changes gradually restored my sense of control over my studies.

Mental adjustment was equally important. Every day, I would tell myself: failure is not frightening, and as long as you try, there is hope. Whenever I faced a difficult problem, I would first take a deep breath and then solve it step by step instead of being intimidated from the start. Gradually, I found myself performing more confidently in class and answering questions without nervousness.

The recognition from teachers and encouragement from classmates also helped me a lot. Once, I actively answered a complex physics question in class and received praise from my teacher. At that moment, I felt a long-lost sense of accomplishment and believed again that I could handle challenges. Confidence accumulated bit by bit, teaching me not to shrink from difficulties and to trust my abilities.

Looking back on those confusing days, I deeply realize that confidence is not innate but gained through continuous effort and mindset adjustment. Learning to regain confidence has filled me with courage in both academics and life, and I firmly believe that as long as I don't give up, the future will be better.