

# 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.

## 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.

## 在压力中成长：重拾自信的经历

进入初三，我感受到前所未有的学习压力。每天的课程紧凑而繁重，作业堆积如山，各科测验接连不断。曾经自信满满的我，慢慢被焦虑和担忧侵蚀。我开始怀疑自己是否能应对中考，甚至产生了逃避心理。

记得有一次英语测验，我因为紧张而在作文部分写错了几句简单的句子。成绩公布时，我几乎不敢看分数，结果低分让我心情跌入谷底。我开始逃避练习题，觉得自己永远做不到理想的成绩。这种心态让我越来越焦躁，连课堂听讲也难以集中注意力。

在班主任的引导下，我开始尝试调整心态。她建议我每天写下三件自己的优点和一点点进步，提醒自己并非一无是处。同时，我向父母和朋友倾诉自己的困惑，得到鼓励和建议。慢慢地，我发现自己内心的压力得到了缓解，信心也开始悄悄回归。

学习方法的调整也起到了关键作用。我开始制定详细的复习计划，把难题分阶段解决，而不是一味地盲目刷题。每完成一个小目标，我都会在心里为自己鼓掌，这种积极的心理暗示让我更有动力。渐渐地，我发现自己在课堂上的参与度提高了，回答问题也更加流畅。

最重要的是，我学会了正视自己的不足，而不是一味自责。面对困难时，我告诉自己：这是成长的一部分，只要努力，总能突破。每当我顺利完成一次模拟考试或解决一个难题时，内心都会涌现出成就感和自信心。

通过这一段经历，我深刻理解到，自信不是轻易得到的，它需要在压力和挑战中慢慢积累。现在的我，面对学习和生活的困难，已经不再恐惧，而是学会以积极的态度迎接挑战。学会重拾自信，让我相信，无论未来多么艰难，只要坚持不懈，就一定能迎来属于自己的光明。

# Growing Under Pressure: My Experience of Regaining Confidence

Entering the ninth grade, I felt unprecedented academic pressure. The daily schedule was tight and heavy, homework piled up like mountains, and tests came one after another. The confidence I had gradually eroded by anxiety and worry. I began to doubt whether I could handle the high school entrance exams and even developed a mindset of avoidance.

I remember one English test when I was so nervous that I made mistakes in a few simple sentences in the essay section. When the results were released, I barely dared to look. The low score sent my mood plummeting. I started avoiding practice problems, thinking I could never achieve ideal results. This mindset made me increasingly restless, and even concentrating in class became difficult.

Under the guidance of my homeroom teacher, I began trying to adjust my mindset. She suggested that I write down three of my strengths and one small progress each day to remind myself that I was not worthless. At the same time, I shared my confusion with my parents and friends, receiving encouragement and advice. Gradually, I found that my internal pressure was relieved, and confidence began to return quietly.

Adjusting my study methods also played a crucial role. I started making detailed revision plans, solving difficult problems in stages instead of blindly practicing. Every time I completed a small goal, I would mentally applaud myself. This positive mental reinforcement gave me more motivation. Slowly, I noticed my participation in class improved, and answering questions became smoother.

Most importantly, I learned to face my shortcomings instead of constantly blaming myself. When encountering difficulties, I told myself that it was part of growing up, and as long as I worked hard, I could overcome them. Every time I completed a mock exam successfully or solved a difficult problem, a sense of achievement and confidence surged within me.

Through this experience, I deeply understood that confidence is not easily gained; it accumulates slowly under pressure and challenges. Now, facing difficulties in study and life, I am no longer afraid but have learned to approach challenges with a positive attitude. Learning to regain confidence has made me believe that no matter how difficult the future may be, persistence will surely bring my own light.

# 自信的重生：初三的成长记忆

初三的生活像一场没有终点的马拉松，每天都是紧张而忙碌的节奏。我曾一度在学业压力下迷失自己，觉得自己再也无法赶上同学们的步伐。尤其是在英语和数学成绩不理想时，我的自信心几乎跌到谷底，每一次考试前，我都感到无比紧张和不安。

那段时间，我的情绪起伏很大，常常因为一点小失误而沮丧。家长和老师的提醒在最初也没有起到太大作用，我甚至开始怀疑自己是否适合继续努力。然而，一次偶然的班级小组讨论让我重新看到了希望。组里的同学互相分享学习经验，我发现大家其实也都有自己的困惑和压力，这让我明白，失败并不意味着终点。

从那以后，我开始尝试改变自己的学习策略。我给自己制定了详细的复习计划，将每天的任务分解得清晰而具体，同时利用课余时间补充自己的薄弱科目。每当完成一个小目标，我都会记录下来，并提醒自己这些努力是有意义的。同时，我学会了调整心态，每天花几分钟进行深呼吸和自我鼓励，让紧张情绪得到缓解。

老师的指导也起到了关键作用。她鼓励我主动提问和参与课堂讨论，让我逐渐找回了在学习中的主导感。尤其是在模拟考试中，我第一次能够从容应对难题，并取得了比以往更理想的成绩。这种逐步积累的成就感，让我重新相信自己能够克服困难。

最重要的是，我学会了正视自己的不足，并将其视为成长的机会。通过努力和调整，我不仅在成绩上有所提升，更在心理上获得了坚韧和自信。我明白了，自信不是轻易得到的，它需要经历挫折、积累经验，才能真正拥有。

如今，回忆起初三的这段经历，我感到无比庆幸和自豪。学会重拾自信，让我在面对挑战时不再畏惧，也让我坚信，无论未来多么艰难，只要不放弃，努力就会开花结果。

## The Rebirth of Confidence: Memories of Ninth Grade Growth

The life of a ninth grader is like a marathon without a finish line, with a tense and busy pace every day. I once felt lost under academic pressure, thinking I could never catch up with my classmates. Especially when my English and math scores were unsatisfactory, my confidence plummeted, and before every exam, I felt extremely anxious and uneasy.

During that period, my emotions fluctuated greatly, and I often became depressed over small mistakes. Initially, reminders from my parents and teachers did not help much, and I even began to doubt whether I was capable of continuing to work hard. However, a casual group discussion in class gave me a glimpse of hope. In the group, classmates shared their learning experiences, and I realized that everyone had their

own confusions and pressures. This made me understand that failure does not mean the end.

Since then, I began to try changing my study strategies. I created a detailed revision plan, breaking down daily tasks clearly and specifically, and used my spare time to strengthen weak subjects. Every time I completed a small goal, I recorded it and reminded myself that these efforts were meaningful. At the same time, I learned to adjust my mindset, spending a few minutes each day on deep breathing and self-encouragement to relieve tension.

The guidance from my teacher also played a crucial role. She encouraged me to ask questions actively and participate in class discussions, gradually restoring my sense of control in learning. Especially during mock exams, I was able to handle difficult problems calmly for the first time and achieved better results than before. This gradually accumulating sense of achievement made me believe again that I could overcome challenges.

Most importantly, I learned to face my shortcomings and see them as opportunities for growth. Through effort and adjustment, I not only improved academically but also gained resilience and confidence psychologically. I realized that confidence is not easily obtained; it requires experiencing setbacks and accumulating experience to truly possess it.

Now, recalling this period of ninth grade, I feel extremely fortunate and proud. Learning to regain confidence allows me to face challenges without fear and convinces me that no matter how difficult the future may be, as long as I don't give up, effort will bear fruit.