

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 confident me 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.