# 最新直面挫折的演讲稿汇总

来源：网络 作者：寂静之音 更新时间：2024-06-28

*要写好演讲稿，首先必须要了解听众对象，了解他们的心理、愿望和要求是什么，使演讲有针对性，能解决实际问题。那么演讲稿该怎么写？想必这让大家都很苦恼吧。以下是我帮大家整理的演讲稿模板范文，欢迎大家借鉴与参考，希望对大家有所帮助。直面挫折的演讲稿...*

要写好演讲稿，首先必须要了解听众对象，了解他们的心理、愿望和要求是什么，使演讲有针对性，能解决实际问题。那么演讲稿该怎么写？想必这让大家都很苦恼吧。以下是我帮大家整理的演讲稿模板范文，欢迎大家借鉴与参考，希望对大家有所帮助。

**直面挫折的演讲稿篇一**

this amount of crying in the summer, accompanied by strands of golden sun, the three qin xuezi have gathered and write with a bold self-confidence, express their mind with the charm, but also with wisdom, reason, hope to show students the style!

stand here, at this moment, my heart is still in the continually encourage myself. why? because the face of this competition, i always feel the pressure and fear! i was afraid of failure, fear of failure can not be expected to face which both eyes; but i told myself to face life, i need this kind of mentality: facing adversity, those who do not do surrender of life!

speaking of adversity, the mindset of all of us will think of some compassion large bitter story. experiences of the hero story is always ordinary people can not imagine, and bear. in fact, all of us and not many big ups and downs of life, great suffering; the contrary, i want to talk about adversity, like the previous example of my own, as is our life\'s chores and often run into trouble.

give examples in one fell swoop. sometimes, we will not perform well because of the relationship with friends and worry; sometimes, we feel that community leaders as to their task difficult, while the body a sense of pressure; there, we are not satisfied because of academic performance, and sorrow charms. such as sub-class of the trivial and the trouble really constitutes a common adversity in our lives.

face them, we feel pain, we feel sorrow. how to get it in the end a quiet and peaceful heart? ! !

please review i have with me a story. sophomore year, i can confidently assert that the school should hold a \"successful students of psychology,\" the speech, but in the process of organizing i experienced the following problems: first of all, the last two days, four hours a day presentation of material to remember a large volume of 10 vcd, 6 book, not only concentrated, but also a systematic, hierarchical, and interesting; secondly, i do a good job in order to publicize the need to complete the nearly 20 posters 6 banner, the production of 50 multi-media slide; finally, there is a speech that a failure of anger and fear, jiyu give up heart. at that time, the face of these difficulties, in bad times and i, what shall we do? !

continue to self-motivation! first of all, i try to put right attitude to face the difficulties of this speech and pressure; the same time, also taking into account a variety of accidents and the consequences of speech. i have to overcome shyness to attack the barriers that visible and invisible. in the face of adversity before, and i frankly have to straighten the backs! the move, rational analysis difficult for me to find countermeasures to gain the ultimate success of a speech, laying a solid foundation!

this is not difficult to see the face in adversity, we need a frank, face mentality.

psychologists found that: human pressure in the face of adversity and hardship, only the calm face of the mentality, people will make rational analysis, the right choice, thus triggering potential of adversity into!

friends, life, person, unhappy person all likelihood. important is our own self-understanding, understanding of the environment. environment can not determine our fate, on the contrary, our own attitudes towards the environment, really determine our success or failure.

everything needs a positive state. the face of adversity in life, do not flinch! frustration, let us lead kang singing; sorrow, let us laugh; inferiority complex, let us face-lift; fear, let us move forward!

my dear friends, the face of life, please face the face of adversity! only in this way is the life we were truly indomitable!

that is all ,thank you !

本文档由站牛网zhann.net收集整理，更多优质范文文档请移步zhann.net站内查找