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https://www.100test.com/kao_ti2020/110/2021_2022_MPA_E5_85_A5_E5_AD_A6_E8_c72_110072.htm UNIT 53 TEXT Do you want a better life? According to the author of the following article, the solution is easy. Simply change the way you look at yourself - and you will change the way you live. Improving your self-image is your key to living a better life. Your Key to a Better Life by Maxwell Maltz

The most important psychological of this century is the discovery of the "self-image." Whether we realize it or not, each of us carries about with us a mental blueprint or picture of ourselves. It may be vague and ill-defined to our conscious gaze. In fact, it may not be consciously recognizable at all. But it is there, complete down to the last detail. This self-image is our own conception of the "sort of person I am." It has been built up from our own beliefs about ourselves. But most of these beliefs about ourselves have unconsciously been formed our past experiences, our successes and failures, our humiliations, our triumphs, and the way other people have reacted to us, especially in early childhood. From all these we mentally construct a "self," (or a picture of a self). Once an idea or a belief about ourselves goes into this picture it becomes "true", as far as we personally are concerned. We do not question its validity, but proceed to act upon it just as if it were true. This self-image becomes a golden key to living a better life because of two important discoveries: 1. All your actions, feelings, behavior -- even your abilities -- are always consistent with this self-image. In short, you will

"act like" the sort of person you conceive yourself to be. Not only this, but you literally cannot act otherwise, in spite of all your conscious efforts or will power. The man who conceives himself to be a "failure type person" will find some way to fail, in spite of all his good intentions, or his will power, even if opportunity is literally dumped in his lap. The person who conceives himself to be a victim of injustice, one "who was meant to suffer" will invariably find circumstances to verify his opinions. The self-image is a "premise," a base, or a foundation upon which your entire personality, your behavior, and even your circumstances are built. Because of this our experiences seem to verify, and thereby strengthen our self-images, and a vicious or a beneficent cycle, as the case may be, is set up. For example, a schoolboy who sees himself as an "F" type student, or one who is "dumb in mathematics," will invariably find that his report card bears him out. He then has "proof". A young girl who has an image of herself as the sort of person nobody likes, will find indeed that she is avoided at the school dance. She literally invites rejection. Her woebegone expression, her hang-dog manner, her over-anxiousness to please, or perhaps her unconscious hostility towards those she anticipates will affront her - all act to drive away those whom she would attract. In the same manner, a salesman or a businessman will also find that his actual experiences tend to "prove" his self-image is correct. Because of this objective "proof" it very seldom occurs to a person that his trouble lies in his self-image or his own evaluation of himself. Tell the schoolboy that he only "thinks" he cannot master algebra, and he will doubt your sanity. He has tried

and tried, and still his report card tells the story. Tell the salesman that it is only an idea that he cannot earn more than a certain figure, and he can prove you wrong by his order book. He knows only too well how hard he has tried and failed. Yet, as we shall see later, almost miraculous changes have occurred both in grades of students, and in the earning capacity of salesmen - when they were prevailed upon to change their self-images. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com