

托福作文范文：做我们不喜欢做的事 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c81_118375.htm 【题目】

Do you agree or disagree with the following statement? People should sometimes do things that they do not enjoy doing. Use specific reasons and examples to support your answer. 【范文】 Doing Things We Don ' t Enjoy Everyone has certain likes and dislikes, and there is no denying that we all prefer to do the things that we like. However, sometimes doing things we don ' t enjoy can be beneficial for us, and sometimes it is necessary. Therefore, I agree that people should sometimes do things that they do not enjoy. One reason is that some of the things that we don ' t enjoy are good for us. For example, not everyone likes to exercise, but exercise is good for our health and so we should all do it anyway. Likewise, not many people enjoy going to see a dentist or a doctor, but it is good for us to take care of ourselves, so we should all visit dentists and doctors regularly for a checkup. Another reason is that, at times, the things we dislike are necessary. Students must take tests insgroupsto complete their studies, and everyone must work insgroupsto make a living. And finally, doing things we dislike can also open up new possibilities for us. Most people can probably remember hating a certain food when they were children even though they enjoy that same food now. So, when we do things we dislike, we may discover something we do like along the way, or simply find a better way to deal with the things we must do. No one likes to do things he doesn ' t enjoy, especially

when there is no benefit in doing them. But doing things we don't like can be good for us at times, and so I believe that we should sometimes give them a try. 做我们不喜欢做的事 每个人都有某些自己喜欢和不喜欢的事，而且不可否认的是，我们都比较喜欢做自己喜欢做的事。然而，偶尔做些我们不喜欢做的事对我们是有益的，而且有时候是必要的。因此，我赞成人们应该偶尔做些自己不喜欢做的事情。其中一个理由是，有些我们不喜欢的事是对我们有好处的。例如，并非所有的人都喜欢运动，但运动有益健康，所以无论如何我们都应该做运动。同样地，大部分的人都不喜欢看牙医或医生，但是注意自己的身体健康是件好事，所以我们都应该定期看牙医和医生，做健康检查。另外一个理由是，有时候我们不喜欢的东西却是必须要做的。学生必须考试才能完成学业，而每个人都必须工作才能谋生。最后一个理由是，做我们不喜欢的东西能够提供给自己新的可能性。大部分的人可能都记得，自己小时候很讨厌某种食物，虽然现在很爱吃那种食物。所以，当我们在做自己不喜欢的东西时可能会在做的过程中发现自己喜欢的事，或者能找到更好的方法来应付我们必须做的事。没有人喜欢做自己不喜欢的东西，特别是从中得不到好处的时候。但是有时候，做我们不喜欢的东西却对我们有好处。因此，我认为，我们有时候应该试着做不爱做的事。

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