

托福作文T110：独处好还是群处好？PDF转换可能丢失图片或格式，建议阅读原文

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Topic110：有人喜欢独处，而有人喜欢和朋友在一起热闹，你更喜欢哪一种？

Topic110 Some people prefer to spend most of their time alone. Others like to be with friends most of the time. Do you prefer to spend your time alone or with friends? Use specific reasons to support your answer. [ 参考提纲 ]

110 选择和朋友在一起 (1) 能够获得更多的信息 (2) 能够享受更多的快乐 (3) 能够学习他们的思维方式 [ 托福参看范文 ]

Topic: 110 If I had to choose between spending time alone or spending time with my friends, I'd rather be alone. I need this time alone to "recharge my batteries," to re-energize my mind and spirit. Being with friends can be fun and can help you get through the rough spots in life, but it's the time alone, I think, that forms you as a person. When I'm alone, I have time to think about my goals and to develop a strategy to reach them. Of course, I can think about these things when I'm with others, but it's harder to concentrate in a crowd. Being alone gives me the quiet time to really think about my life and what I want to do with it. Being by myself is also a good way to listen to the silence and relax completely. When I'm alone I can practice meditation and lower my stress level. That's a very good way to sharpen my powers of concentration. Too much time with friends means filling my mind with a lot of chitchat. That's enjoyable for a moment, but can dull my concentration. Being with other

people can also distort my view of things. Its easy sometimes to become too worried about what other people think of me, or what other people have that I dont. When Im alone I have time to step back. I can see the real value of things, without being influenced by the opinions of my friends. Its natural to want to be with other people, but I find the time I spend alone is more valuable to me in the long run. 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](http://www.100test.com)