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https://www.100test.com/kao_ti2020/122/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c83_122325.htm I wonder if you realize just how many others share your problem. It is so common for people to distort the truth about themselves. Sometimes its just an invented excuse when youre late for something or a pretence that you like someone you dont. These white lies dont usually harm anyone and indeed often help smooth over difficult social situations. They certainly are embarrassing if exposed but, on the whole, theyre easily forgiven. What you describe is a habit of lying that is more serious than this. I suspect that the lies you tell are ways of defending an idea you have of your own worth. People who have doubts about their own self-esteem often worry that others will judge them as harshly as they feel they deserve because of a secret idea that they are pretty worthless. In other words, they create a false picture of themselves, a picture of someone who meets all the expectations they think others have of them, And as you say, that causes problems since they have to keep living up to that image. At the same time, they have to tell further lie to cover the stories they have already told. According to some authorities, this is particularly among women especially those who have few opportunities to develop an adequate sense of self-worth. I suggest you give yourself one day during which you stick solidly to the truth about yourself. Give yourself a small treat at the end of the day if you have managed to keep it up. Wait a week and then try it again. Once you have achieved three separate

lie-free days, see if you can cope with three days running, then extend it to a whole week. Don't make a promise to yourself that you will never lie again because almost certainly you will. It's too much to take on at once. Try to change things little by little, by setting yourself manageable targets. After a while, you'll wonder why you ever had the problem at all.

1. This passage is a reply to someone who _____.
A. keeps a habit of lying for vain reasons
B. works hard to meet others' expectations
C. does not know the truth about himself and is too sure of himself
D. does not know how to make a realistic plan for himself

2. Which of the following statements is true according to the passage?
A. White lies often cause embarrassment in social situations.
B. It is important for women to have an adequate sense of self-worth.
C. It takes a little time to get rid of your habit.
D. Take exercise like running if you are free and keep it up.

3. The expression "living up to" in the second paragraph can best be replaced by _____.
A. growing up with
B. living with
C. seeking
D. sticking to

4. In the last paragraph the writer implies that _____.
A. you will solve the problem with patience and a strong will
B. you must be hard on yourself to accomplish something
C. your problem lies in the fact that you hasten to make promises
D. you must set different targets at different stages of your life

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