

英语专业八级改错模拟练习及解析1 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/130/2021_2022__E8_8B_B1_E8_AF_AD_E4_B8_93_E4_c94_130608.htm It can be tempt to hide

from the people, places and tasks (1) which make life stressful. By removing you from the situa- (2) tion, it s possible to find immediate relief-- and these sources (3) of stress will never go away unless we confront against them (4) Being haunted by these stressors means that we can t be re-laxed in the case the sources of stress return. (5) If avoiding stress triggers isnt such a good technique of dealing with stress, then what is? Life experience teaches us (6) that whenever we need to master a new skill-- learning to swim, giving a public presentation, taking risks in front of others--it pays to take a deep breath, perhaps grit our teeth, and get on with things. Most of the time, it all works out. Positive confrontation is a good coping skill when facing (7) with stress. Instead of avoiding a difficult boss, why take (8) every opportunity to work in his or her presence?

Throwing ourselves in the deep end until we master it is one way to desensitise ourselves to the people, places and work we find stressful. Taking action is good for our self-esteem too. Another approach to tackling with stress head-on is to (9) keep records while we re working on our stress. Log the time (10) of day, situation, how strong the feeling of stress were, how we coped, and how stressed you felt afterwards can be a useful tool for some people. 100Test 下载频道开通，各类考试题目直接下载。详细请访问

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