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https://www.100test.com/kao_ti2020/165/2021_2022_PETS_E4_B8_89_E7_BA_A7_c88_165745.htm Text 3 Being assertive (过分自信) is being able to communicate with other people clearly. If you felt that you had expressed what was important to you and allowed the other person to respond in their own way then, regardless of the final outcome, you behaved assertively. It is important to remember that being assertive refers to a way of coping with confrontations (对抗)。 It does not mean getting your own way every time or winning some battle of wits against another person. In practice assertive behaviour is usually most likely to produce a result which is generally acceptable to all concerned, without anyone feeling that they have been unfairly treated. Assertiveness is often wrongly confused with aggression (侵犯行为). An aggressive confrontation is when one or both parties attempt to put forward their feelings and beliefs at the expense of others. In an assertive confrontation, however, each party stands up for their personal rights, but each shows respect and understanding for the other's viewpoint. The reason why assertiveness may not come naturally is that we often tend to believe that we must talk around a subject rather than be direct, or that we must offer excuses or justifications for our actions. In fact we all have a right to use assertive behaviour in a variety of situations. We are often schooled early in life to believe that sometimes our own need to express ourselves must take secondary place. For example, in dealing with those in privileged positions such as specialists, we often feel that

speaking assertively is, in some way, "breaking the rules". Everybody has certain basic human rights, but often we feel guilty about exercising them. 56. According to the passage, an assertive person _____. [A] makes other people feel unfairly treated [B] puts forward his ideas at the expense of others [C] does not show respect to other people [D] speaks out what he wants to say forcefully 57. Which of the following is NOT the reason that many people prefer not to be assertive? [A] They would rather be aggressive than be assertive. [B] Its often better to give people hints than to be straightforward. [C] Their needs to express themselves take secondary place before important persons. [D] They tend to give excuses and justifications for their actions. 58. The last word of the passage "them" refers to _____. [A] rules [B] actions [C] personal rights [D] privileged positions 59. According to the passage, one should not only express himself clearly and directly, but also [A] make other people accept his ideas [B] be careful with his manner [C] allow others to speak in their own way [D] watch other peoples response 60. In this passage, the author intends to encourage people to _____. [A] fight for their personal rights [B] be aggressive when they talk to others [C] assert themselves regardless of whether others suffer or not [D] be assertive at any time 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