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https://www.100test.com/kao_ti2020/183/2021_2022__E4_BD_B3_E4_BD_9C_E6_AC_A3_E8_c84_183852.htm In all ones life time it is oneself that one has the least understanding of. When you are going upwards in life you tend to overestimate yourself. It seems that everything you seek for is within your reach. luck and opportunities will come your way and you are overjoyed that they constitute part of your worth. When you are going downhill you tend to underestimate yourself, mistaking difficulties and adversities for your own incompetence. It ' s likely that you think it wise for yourself to know your place and stay aloof from worldly wearing a mask of cowardice, behind which the flow of sap in your life will be retarded. To get a thorough understanding of oneself is to gain a correct view of oneself and be a sober realist -- aware of both one ' s strength and shortage. You may look forward hopefully to the future but be sure not to expect too much, for ideals can never be fully realized. You may be courageous to meet challenges but it should be clear to you where to direct your efforts. That ' s to way so long as you have a perfect knowledge of yourself there won ' t be difficulties you can ' t overcome, nor obstacles you can ' t surmount. To get a thorough understanding of oneself needs selfappreciation. Whether you liken yourself to a towering tree or a blade of grass, whether you think you are a high mountain or a small stone, you represent a state of nature that has its own raison deter. If you earnestly admire yourself you ' ll have a real sense of self-appreciation, which will give you confidence.

As soon as you gain full confidence in yourself you ' ll be enabled to fight and overcome any adversity. To get a thorough understanding of oneself also requires doing oneself a favor when it ' s needed. In time of anger, do yourself a favor by giving vent to it in a quiet place so that you won't be hurt by its flames. in time of sadness, do yourself a favor by sharing it with your friends so as to change a gloomy mood into a cheerful one. in time of tiredness, do yourself a favor by getting a good sleep or taking some tonic. Show yourself loving concern about your health and daily life. As you are aware, what a person physically has is but a human body that ' s vulnerable when exposed to the elements. So if you fall ill, it ' s up to you to take a good care of yourself. Unless you know perfectly well when and how to do yourself a favor, you won ' t be confident and ready enough to resist the attack of illness. To get a thorough understanding of oneself is to get a full control of one ' s life. Then one will find one ' s life full of color and flavor. 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