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https://www.100test.com/kao_ti2020/502/2021_2022__E5_9B_9B_E5_85_AD_E7_BA_A7_E5_c83_502062.htm 论说文例：论挫折 Is Frustration a Bad Thing? 1.有些人认为挫折是坏事 2.更多的人并不认为挫折是坏事 3.我的看法 According to The New Oxford Dictionary of English, frustration, by definition, means the feeling of being upset or annoyed, especially because of inability to change or achieve something. Since frustration seems to be a negative feeling, some people may be tempted to think that frustration is bad for people. They believe that constant frustration may cause serious mental problems. People suffering from such psychological problems often resort to violence or suicide, which poses a big threat to the people around them and thus causes instability to the whole society. www.51test.net Others, however, hold a different view. They maintain that it is beneficial to people. It goes side by side with success. It inspires people to overcome hardships and difficulties and achieve the final success. People with this view even go so far as to say that no frustration, no success. Indeed, we cannot always hope to embrace success and never accept failure. And most importantly, only if we learn from many a failure can we do things better and finally overcome such a bad feeling as frustration. Frustration thus is part of our life experience. In our process of growing up, we may inevitably experience it when confronted with situations that don't come up to our expectations. It is a test of our courage when it befalls us. If we let it control us, we may fall into the abyss of being inflicted

by serious psychological problems. But if we harness it and take it as our source of inspiration, we may ultimately enjoy the glory of success. 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