

英语阅读强化训练：Develop your SQ初中升学考试 PDF转换
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https://www.100test.com/kao_ti2020/533/2021_2022__E8_8B_B1_E8_AF_AD_E9_98_85_E8_c64_533920.htm 精神智商高往往可以使人轻松应付生活中的烦扰。以下几点教你如何使自己的精神智商更高。 Our spiritual intelligence quotient helps us understand ourselves and live fuller, happier lives. Spiritual intelligence is the capacity to sense, understand and tap into (发掘) the highest part of ourselves, of others and of the world around us. This source of inner calmness may be our best defense against the difficulties that trouble us every day. While we ' re all born with SQ, most of us aren ' t even aware that we have it. Here are some simple steps that can lead you to this new level of understanding: Sit Quietly. The process of developing spiritual intelligence begins in solitude (独处) and silence. To tune in to its whisper, you have to turn down the volume in your busy, noisy, complicated life and force yourself to do nothing at all. At home, for example, shut the door to your bedroom between the others, take a few deep breaths and let them out very, very slowly. Step Outside. For many people, nature sets their spirit free. It puts the troubles of daily living into perspective. Go outside to watch a beautiful sunset. Follow the flight of a bird. watch clouds floating overhead. Find An Activity You Enjoy. It ' s important to find a hobby that helps you tune in to your spirit. Garden, walk or jog, arrange flowers, listen to music that touches your soul. Ask Questions Of Yourself. Some people use their thoughtful time to focus on scriptures (经文). Others ask

open-ended (无确定答案的) questions, such as “ What am I feeling? What are my choices? ” But don ’ t expect an answer to arrive via some super-natural form of e-mail. Later that day you ’ ll suddenly find yourself thinking about a problem from a perspective you never considered before. Trust Your Spirit. While most of us rely on gut (本能的) feelings to warn us of danger, spiritual intelligence usually nudges (渐渐推动) us, not away from, but toward some action that will lead to a greater good. True (T) or False (F):

1. Admiring flowers in bloom outdoors can help us set our spirit free.
2. Asking ourselves questions and trying to answer them as soon as possible is of great help.
3. We can develop our SQ by shutting ourselves indoors, doing nothing at all a whole day.

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