

2009职称英语考前每日一练(综合类第37期 - C级)职称英语考试 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/578/2021_2022_2009_E8_81_8C_E7_A7_B0_c91_578018.htm Learn to forgive To forgive may be

divine , but no one ever said it was easy . When someone has deeply hurt you , it can be extremely difficult to let go of your complaints and hatred . But forgiveness is possible and it can be surprisingly beneficial to your physical and mental health .

“ People who forgive show less depression , anger and stress and more hopefulness , ” says Frederic , Ph . D , author of *Forgive for Good* . “ so it can help save on the wear and tear on our organs , reduce the wearing out of the immune system and allow people to feel more vital . ” So how do you start the healing? Try following these steps : Calm yourself . To remove your anger , try a simple stress management technique . “ Take a couple of breaths and think of something that gives you pleasure : a beautiful scene in nature , someone you love , ” Frederic says . Don , t wait for an apology . “ Many times the person who hurt you has no intention of apologizing , ” Frederic says . “ They may have wanted to hurt you or they just don ’ t see things the same way . So if you wait for people to apologize , you could be waiting an awfully long time .

” Keep in mind that forgiveness doesn ’ t necessarily mean reconciliation(和解)with the person who upset you or neglecting his or her actions . Take the control away from your offender . Mentally replaying your hurt gives power to the person who caused you pain. “ Instead of focusing on your wounded feelings

, learn to look for the love , beauty and kindness around you ,
 ” Frederic says . Try to see things from the other person ’ s
 perspective . If you empathize with(与...产生共鸣)that person
 , you may realize that he or she was acting out of ignorance
 , fear-even love . To gain perspective , you may want to write a
 letter to yourself from the offender ’ s point of view . Recognize
 the benefits of forgiveness . Research has shown that people who
 forgive report more energy , better appetite and better sleep patterns
 . Don , t forget to forgive yourself . “ For some people
 , forgiving themselves is the biggest challenge , ” Frederic says .
 “ But it can rob you of your self-confidence if you don’t do it ” 1
 . 1By saying that forgiveness “ can help save on the wear and tear
 on our organs , ” Frederic , Ph . D . means that_____ . A
 . people are likely worn . out by crying . when they get hurt B
 . we may get physically damaged if we stick to the hurt C . our
 physical conditions benefit most from forgiveness D . the immune
 system is closely related with our organs 2 . When you try to calm
 yourself , you are actually trying to_____ . A . recall things you
 love B . show you are angry C . relieve your stress D . breathe
 normally 3 . Your offender may not want to apologize
 because_____ . A . they are afraid that they won ’ t be forgiven B
 . they don , t even . realize they had hurt you C . they don ’ t
 share the same feeling with you D . they think that time can heal
 any wound 4 . You will still be under the control of the offender if A
 . the offender refuses to reconcile with you B . you keep reminding
 yourself of the pain C . the offender never feels sorry to you D

. you don ' t find love , beauty or kindness 5 . Which of the following enables you to gain the offenders ' s perspective? A . Empathizing with the offender B . Realizing the reason for the offender ' s action C . Writing a letter to the offender D . Doing the same thing the offender did to you 参考答案 : 1 . B 2 . C 3 . C 4 . B 5 . A把职称英语页面加入收藏 相关推荐 : 09年3月职称英语考生考前互送祝福 2009年职称外语等级考试大纲不变 2009年全国职称英语考试复习冲刺 2009年职称英语教材新增内容汇总 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