

备战2009年12月英语四级考前每日一练(26)英语四级考试 PDF  
转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_\\_E5\\_A4\\_87\\_E6\\_88\\_982009\\_c83\\_645697.htm](https://www.100test.com/kao_ti2020/645/2021_2022__E5_A4_87_E6_88_982009_c83_645697.htm) vbvav"> Worry is one of the most common forms of emotional distress in our culture. Almost everyone spends a considerable amount of present moments worrying about the future. And virtually all of it is for nothing. Obsessive (过分的) worry will never make things any better. In fact, such worry will very likely help you to be less effective in dealing with the present. In order to reduce worry, it is necessary to understand the subconscious psychological " payoffs" for choosing to worry in the first place. "I cant do a thing. Im too worded about... " This is a common sorrow, and one with a payoff that keeps you standing still and avoiding the risk of action. Clearly, it is easier, if less rewarding, to worry than to be an active. If you weigh too much, you may eat more when you worry. hence, you have a good reason for hanging on to the worry behavior. Similarly, you may find yourself smoking more in troublesome situations, and can use the worry to avoid giving up smoking. The same anxious reward system also applies to health. It may be easier for you to worry about chest pains than to risk finding out the truth, and then having to deal directly with yourself. Worry can bring a lot of diseases such as tension headaches and backaches. While these may not seem to be payoffs, they do result in considerable attention from others and justify much self-pity as well. And some people would rather be pitied than fulfilled. Now that you understand the psychological support system for neurotic

worry, you can begin to devise some measures for reducing the number of troublesome worry bugs that breed in this incorrect zone. Begin to view your present moments as times to live, rather than times to worry about the future. When you" catch yourself worrying, ask yourself, "What am I avoiding now by using up this moment with worry?" Then begin to attack whatever youre avoiding. " 62. The passage is mainly concerned with A . the negative effects of worry B . the positive effects of worry C . the causes of worry D . the diseases caused by worry 63. The author thinks that worry A . never does any good in solving problems B . is a form of emotional distress commonly found among people C . makes people more considerate D . drives people more active 64. It can be inferred from the passage that A . everybody is suffering from worry B . people have all realized the fact that worry leads to nothing C . a little worry might make things better D . it often happens that what you worry about will never come true 65. The word "payoffs" ( Line 1, Para. 2) can be best replaced by " A . methods B . solutions C . results D . benefits 66. It is implied in the passage that A . people will feel sympathetic for you if you suffer from certain disease B . some people would rather just worry about their problems than take any actions C . people should not regard the present moments as times to enjoy D . people should establish right attitudes towards worry 【结构剖析】说明文。本文讲述了忧虑是人人都不能避免的，过多的忧虑对人有害，批判了遇事只是忧虑担心而不考虑采取行动的做法，最后提出建议，忧虑时如何避免和应付。点击进入论坛查看答案gt. 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](http://www.100test.com)