

英语二阅读真题同源过关练习 18

文章来源：赫芬顿邮报 段落：六段 字数：484 内容：心理学

要求：A. 做题 B. 找到出题处 C. 挑五个句子翻译 D. 将文中单词认真背完

Envy is one of the most common of human feelings. Realistically, we know that most people have times in their lives when they covet what others have. Whether it is a nicer car, a bigger house, a better wardrobe, or just an assumed happier lifestyle, we envy it and, oh boy, do we want it. It's human nature. What others have sometimes looks better than what we've got; most of the time it isn't, but it sure looks better to us! Eventually, we are able to get over an attack of envy and it has little impact on our daily lives.

Truthfully, there is nothing terribly wrong with having envious feelings every so often. You can't help entertaining the green-eyed monster once in a while. And truthfully, there are times when a little envy can actually work to your advantage. Using that small amount of envy can spur you on to work harder for what you want. If you are envious of someone who may have succeeded in something you want to do -- say, changing careers, relocating to a better area, or furthering your education -- that feeling of envy might just help you to set new goals and make you determined to achieve them. The "monster" then, is little, friendly and helpful.

That same little monster, however, has a tendency to grow and become a big problem when you allow it to take control of your everyday life and adversely impact your relationship. It becomes a negative thought process that colors every single thing you do. You're never happy because you feel that you're not getting what you want and deserve.

How you think defines how you feel. If you think you look good, you'll feel attractive. If you're contented with the way you live, you'll feel happier. Like your job? You'll do well at it and your workday will be happier. But thought processes that are consistently negative can seriously interfere with all that. A little bit of envy is not harmful; it only becomes an unhealthy problem when you allow it to become a constant part of your thinking.

How happy can you be when you are always unfavorably comparing what others have to what you have? Being envious of what other people may have in their lives is not only unhealthy, it is downright unproductive. You develop a relationship with the "green-eyed monster" and it can be a destructive, lifelong one if you allow it. It not only affects you, but all other relationships you may have.

Being satisfied with what you have now does not make you complacent and "stuck" with what you have in your current life. Let that little spark of envy work for you not against you. Let it energize, not exhaust you. Look around and make needed or wanted changes to your life but for God's sake, try to enjoy what you do have!

1. the word 'covet' in the paragraph 1 may mean

A. hate B. long for C. envy D. fancy

2. envy can do all of the following things Except

- A. motivating one to make greater efforts
- B. offering one the determination to realize dreams
- C. setting novel targets for people
- D. giving one the resolution to attain goals

3. we can learn from the paragraph 5 that

- A. destruction of personal relationships is the price paid for envy
- B. people are happy when comparing what they have to others
- C. personal relationships are usually vulnerable and fragile
- D. people tend to worry about their relationships with others

4. the author's attitude to envy can be described as

A. indifferent B. biased C. positive D. objective

5. The best title of the passage may be

A. is envy controlling your life?

B. is envy always positive?

C. is envy worse than happiness?

D. is envy affecting your mood?

答案: CBADA

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全文翻译:

嫉妒是人之常情。事实上，很多人在觊觎他们想得到的东西的时候都会产生这样的情绪。不管这是不是辆好车，豪宅，靓行头还是仅仅是假定的幸福生活模式，我们都会嫉妒，接着，做我们能做的去得到想要的。这就是人之常情。别人拥有的有时候就是看起来比我们得到的好：事实并非如此，但在我们看来就是如此！不管怎样，我们克服了嫉妒，生活会继续回归正轨。

嫉妒并不是什么大错。你总会有想要逗一下这个绿眼怪的时候。而且，轻微的嫉妒还会给你带来意想不到的好处。这一点点嫉妒，会驱使你为自己想要的努力奋斗。如果你嫉妒那些事业有成的人，并且你心里也默默希望成为这样的人，你心里就会想着，改行吧，迁升吧，深造吧，这时，你的嫉妒就会帮助你建立目标，下定决心。心里的怪兽，这时候，就给了你友爱和帮助。

然而，同样的小嫉妒，当你允许他控制你的生活，干涉你的个人关系的时候，它就会在你的内心膨胀，便成了大问题。这种消极的想法会浸透你生活的每个细节。你会因为得不到你想要的和应得的而变得郁郁寡欢。

你会如何定义你的感觉？如果你自我感觉很好，那么你觉得自己魅力四射。如果你对自己现在的生活感到满足，你会更快乐。比如说你的职业，你热爱你的事业，你就不会哀叹工作日的漫长。但是，持续不断的消极想法却会对这些美好情绪产生不良影响。小嫉妒无害，但当你一直受这种情绪影响你的思考时，它就是一个公害问题。

当你不合时宜的和别人做比较的时候，你会有多快乐？嫉妒人家生活上有的不仅是一种不健康的心理，也是徒劳无功的。如果你和绿眼怪做了好朋友，你会终生受其消极影响。它不仅会对你构成害处，还会影响你和其他人的关系。

满足于你现在所拥有的，不是让你安于现状。让嫉妒的火花为你闪亮，而不是引火上身。化嫉妒为励志而非疲劳。往四周看看，做出必要的或者是想要的改变，为自己而活，享受自己所拥有的。