

文意選填 01-06

Answer 01

Answer 02

Answer 03

Answer 04

Answer 05

Answer 06

1. If someone hurts you emotionally, it is natural that your anger will drive you to take revenge. You wouldn't __1__ consider forgiving them. However, forgiveness may be the best choice because it can set you free from negative emotions. The act of forgiving is a process that is made up of three psychological stages.

The first stage is awareness of the __2__ you are experiencing. At this point, your __3__ is fully focused on how you feel. You may feel so angry or so sad that you want to discuss your feelings with others or keep a record of your daily struggle in a journal.

The next stage is acceptance. In this stage, you manage to control your emotions, even if you may still __4__ to forgive. You may __5__ realize that there is no point in suffering from what happened in the past. After all, what has __6__ cannot be changed. All you have to do is learn to put the past behind you and forget about punishing the person who you think should have feelings of __7__ for hurting you.

The final stage is letting go. This is when the act of forgiveness itself actually begins. You decide to no longer __8__ the other person. And it is only when you let bygones be bygones that you can free yourself from the __9__ of anger. You will thus feel a sense of peace because you have __10__ negative emotions with positive ones.

While forgiveness cannot change the past, it can change your future.

(A) refuse (B) burden (C) blame (D) situation (E) replaced

(F) attention (G) normally (H) guilt (I) nevertheless (J) occurred

2. Getting the proper amount of exercise is an important thing we can do to ensure good health. However, is there such a thing as pursuing too much exercise? As it turns out, some people suffer from "exercise addiction" —working out to a degree that is far beyond __1__.

First, for those who go to extremes when working out, it's not quite simple. __2__, when we exercise, our brain will release chemicals like endorphins and dopamine, which can make us happy. They are also released when a person uses drugs. When we stop exercising, the __3__ side effect is that those chemicals go away. Therefore, they want to work out again and again.

Research shows that about 25 percent of these people suffer from multiple addictions. __4__, if they are addicted to alcohol or cigarettes, they are at a higher risk of being addicted to exercise. Those who give up alcohol or cigarettes might try to fill the __5__ with too much exercise.

How can exercise addiction be __6__? The easiest way is to __7__ one's workouts. Addicts may have to __8__ that their physical and mental health comes first, and stop exercising for a while. This isn't __9__ to stop the addiction entirely. However, it is a good first __10__. We should all keep in mind that too much of anything is rarely good for you.

(A) In brief (B) hole (C) In other words (D) recognize (E) step

(F) treated (G) reasonable (H) unpleasant (I) guaranteed (J) restrict

3. Different countries have unique ways of celebrating Mother's Day with special traditions recalling much about what's important in their cultures. The traditions may reflect history, religion, or shared __1__ values.

Take Thailand, for example. August 12th is the day marked as Mother's Day because it's the birth date of Sirikit, the Queen Mother. Thais __2__ the opportunity to decorate their houses and public areas with her portraits and colorful strings of lights. Everyone __3__ joins in parades, creating a festival atmosphere. It's as

much a royal birthday party as it is a celebration of the idea of motherhood.

While Japan also has a royal family, it only became popular to celebrate Mother's Day when the country was still recovering from the __4__ loss of World War II. Times were rough during the rebuilding period and the Japanese only had themselves to __5__. Today, Japanese kids draw cards for their mothers and cook dishes their mothers have taught them how to prepare. These traditions show the importance Japanese people place on children learning to __6__ themselves from an early age.

On the other hand, England's Mother's Day was __7__ called "Mothering Sunday". It happens on the fourth Sunday after the end of Lent—a 40-day period Christians observe to prepare for Easter. This __8__ saw people returning to their hometowns to attend church to pray to the Virgin Mary, the mother of Christ. It shows the importance of the Church and the Christian faith throughout the United Kingdom's history.

Thailand celebrates a member of its Royal Family. Japan emphasizes that __9__ is a process of learning to be independent. England's traditions __10__ to its religious history. Nations always find ways to honor mothers that feature the best of their cultures at the same time.

(A) take care of (B) originally (C) lean on (D) childhood (E) seize
(F) connect (G) voluntarily (H) painful (I) social (J) occasion

4. The coronavirus has caused a social problem: false information. Many people have become __1__ of false information on the Internet and social media. People believing these ideas can __2__ put themselves in dangerous situations.

Some websites claim that the coronavirus __3__ is not real, and it is part of a secret plan created by governments or organizations. Some articles promote fake cures that could harm people. Some websites draw people in with __4__ information, and then steal their data or put viruses on their computers.

There are many fact-checking organizations in the world. However, Taiwan FactCheck Center is one of few services that can __5__ Chinese language information in Eastern Asia. Before the coronavirus outbreak in 2020, Taiwan FactCheck Center usually received two cases a week that needed fact-checking. By February 2020, they had been receiving five cases a day. Some of the false information investigated by Taiwan FactCheck Center seem to have come from the Chinese government. The information may have been released on purpose to __6__ people and to create suspicion of the Taiwanese government.

The large social media companies are __7__ to this danger and are trying to reduce the size of the problem. Twitter __8__ its own fact-checking and has stopped some accounts for posting false information. And __9__, Facebook has given free advertising space to the WHO, so they can post accurate health advice. Everyone should be aware of this problem, so they don't fall for false information that __10__ or twists facts. The Internet is a useful source of information, but unfortunately we can't trust everything we read or see.

(A) potentially (B) disease (C) conducts (D) tempting (E) confirm
(F) additionally (G) alert (H) victims (I) confuse (J) exaggerates

5. Taiwan was sometimes called "Boss Island" in the late 20th century. This was due to the many small and medium-sized firms that made up the country's economy. It is still true today that many Taiwanese __1__ to be their own boss. While a full-time job may offer some __2__, working hours are usually long and salaries are low. Plus, you are not working for yourself as much as you are for some __3__. It is also easy to feel __4__ in an office environment, doing the same tasks day after day. Therefore, many people these days are seeking __5__ job paths and career strategies. The concept of a "slashie," or doing multiple jobs at the same time, is one such __6__ that is starting to catch on in Taiwan.

In 2018, a popular online job bank conducted a survey of young Taiwanese workers. It found that 82.4% of those who __7__ were interested in embarking on a "slash" career. The __8__ reason people thought about becoming a "slashie" was, not surprisingly, their savings account: they believed that having slash careers __9__ them to make more money. Other reasons included having flexible working hours, being able to do different jobs, and learning new skills. Not to mention a "slashie" doesn't have to worry as much about being fired if he or she has several different jobs.

Is being a "slashie" realistic however? In the survey, popular "slash" dream jobs included blogger and

Youtuber, but very few find __10__ with these jobs. On the other hand, online shop owner is a more realistic option, but you need money to get started. Like any job, it takes time to become a “slashie” and a person may feel frustrated at times. Just keep working hard to make whatever dream you have come true.

(A) prefer (B) trend (C) fame (D) responded (E) trapped
(F) enable (G) different (H) primary (I) executive (J) stability

6. The rules of the professional world aren't always clear, and things can get even more complex when partners, clients, and co-workers come from different places. In particular, cultural __1__ that involve time and business run deep.

From country to country, the __2__ placed on being punctual varies greatly. When attending a meeting in Japan or Germany, __3__ on time is considered late, rude, and unprofessional. Arriving ten minutes early can ensure that the meeting can take place without __4__.

Countries like Spain, Italy, and Egypt have much __5__ attitudes toward time. In India, it is common to arrive late to __6__ because people assume everyone else will too. If this were to happen during a meeting in Japan, it could result in the __7__ of a partner's trust or their business altogether.

The length of a workday also differs considerably between countries. For example, it is acceptable for British and American employees to head home at the end of their shift. In Italy and Greece, where schedules are more __8__, they may leave even earlier. Japanese and Korean employees, however, will remain working until their superior is finished. For them __9__ late or leaving early is seen as lazy.

When people of different backgrounds work together, it's important to balance everyone's __10__ of time and business. It takes patience, flexibility, and strong communication skills to truly cooperate successfully.

(A) emphasis (B) punching in (C) appointments (D) showing up (E) looser
(F) concepts (G) customs (H) delay (I) loss (J) flexible