

《高考英语七选五真题25（含答案解析）》

2020年北京卷

第二节(共 5 小题;每小题 2 分, 共 10 分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Many people think that positive thinking is mostly about keeping one's head in the sand and ignoring daily problems, trying to look optimistic. In reality it has more to do with the way an individual talks to himself. Self-talk is a constant stream of thoughts of a person, who is often unaware and uncertain of some events, phenomena, people, or even the person himself. 46 Meanwhile, positive thinking can help to stop negative self-talks and start to form a positive view on an issue. People who regularly practise positive thinking tend to solve problems more effectively. They are less exposed to stress caused by external factors. They tend to believe in themselves and in what they do.

47 People who think positively demonstrate increased life spans (寿命), lower rates of depression and anxiety, better physical and psychological health, reduced risks of death from heart problems. Positive thinking also contributes to one's ability to deal with problems and hardships. 48 For example, researchers have found that in the case of a crisis accompanied by strong emotions, such as a natural disaster, positive thinking can provide a sort of buffer (缓冲作用) against depression and anxiety. Resilient (适应性强的) people who think positively tend to treat every problem as a challenge, a chance for improvement of any kind, or as an opportunity for personal growth. Pessimists, on the contrary, tend to perceive problems as a source of additional stress. 49

In conclusion, positive thinking is a powerful and effective tool for dealing with hard times and improving the quality of one's life. It doesn't have anything to do with ignorant optimism when an individual refuses to notice a problem. 50 Thinking in a positive, self-encouraging way brings about many benefits to one's physical and mental health.

- A. It doesn't cause any severe emotional discomfort, either.
- B. Negative self-talk damages self-confidence and decreases self-respect.
- C. It helps one to remain clear-headed and confident in difficult situations.
- D. Positive thinking has several beneficial effects on the body and the mind.

- E. As thinking changes, an individual ' s behaviour and habits change as well.
- F. They often offer a real alternative to the common and regular way of thinking.
- G. They often feel discouraged long before trying to solve the problem, even if small.

答案解析：

46. B. 此句前文提到自我对话是一个人不断的思考流，通常是未意识到的，对某些事件、现象、人物甚至自己都不确定的。因此，接下来的句子应该是对这种自我对话的影响进行说明，选项B提到了负面自我对话对自信和自尊的损害，与上下文衔接恰当。

47. D. 此句前文提到了积极思考对解决问题和应对困难的能力有贡献，后文列出了积极思考对寿命、抑郁和焦虑率、身心健康等方面的影响。因此，选项D“积极思考对身心有多方面的益处”正好概括了后文的内容。

48. C. 此句前文提到了积极思考对应对问题和困难的能力有贡献，后文举了一个危机情况下的例子，说明积极思考如何提供缓冲作用。选项C“它帮助人们在困难情况下保持清醒和自信”与上下文主题相符。

49. G. 此句前文提到了悲观者在面对问题时将其视为额外压力的来源，与积极思考者形成对比。选项G“他们经常在尝试解决问题之前很久就感到沮丧，即使问题很小”与悲观者的态度相符。

50. A. 前文提到积极思考并不是无视问题的盲目乐观，后文又提到积极思考对身心健康有很多好处，因此需要一个句子来承接前后文，说明积极思考并不会带来严重的情绪不适。选项A“它也不会引起任何严重的情绪不适”符合语境，因此是正确答案。