

全民英檢秘笈

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一、題目

A : What' s (1)強迫思想?

B : Obsessions are (2)重複性的 (3)思想.

A : And (4)強迫行為?

B : Compulsions are (5)重複性的 (6)行為.

A : I know. (7)想法 of (8)細菌感染 make the (9)受苦之人 (10)重複地 wash his hands.

B : There is also (11)躁鬱症, (12)它是 also (13)愈來愈多見 (14)在人群中.

A : I (15)羨慕 you. You are always (16)氣定神閒的.

B : (17)也非得如此, (18)否則 (19)我就會生病了. (20)我不想 (21)自取滅亡.

A : Right. Some enlightenments?

B : (22)採用 all the (23)放鬆(n.) (24)技巧.

A : I know. You (25)上次提到 to (26)放慢生活步調.

B : Our (27)呼吸 are often too short and too quick.

A : And our (28)頭腦 are often too busy and too (29)複雜的 ?

B : We (30)濫用 our (31)心理上的 and (32)精神上的 (33)能量. This is (34)自殺的!

A : What should I (35)追求?

B : (36)儘量簡單, (37)多關心他人, (38)天天

感恩 and (39)健康的身體 then you can  
(40)看到 (41)奇蹟!

A : (42)對... 感恩 what?

B : Everything! Not everybody has a job or  
school! (43)也不是每個人都能 see and  
hear and walk, you know.

## 二、中文

(1)obsession (2)recurring (3)thoughts  
(4)compulsion (5)repetitive (6)behaviors  
(7)Thoughts (8)contamination (9)sufferer  
(10)repeatedly (11)anxiety disorder (12)which  
is (13)increasingly seen (14)among people  
(15)envy (16)as cool as a cucumber  
(17)I have to (18)or (19)I' ll be sick  
(20)I don' t want to (21)invite destruction  
(22)Adopt (23)relaxation (24)techniques  
(25)mentioned last time (26)slow down the  
tempo of life (27)breaths (28)brains  
(29)sophisticated (30)abuse (31)psychological  
(32)mental (33)reserves (34)suicidal (35)pursue  
(36)Simplicity (37)unselfishness (38)daily  
gratefulness (39)a good health (40)expect  
(41)miracles (42)Grateful to (43)Neither can  
everyone (注意倒裝句法，表示「強調」)

## 三、中文

(請看著以下中文，練習口譯，可幫助文法結構和用英文思考)

A : 何謂「強迫思想」?

B : 就是一再重複的思想。

A : 何謂「強迫行為」?

B : 就是一再重複的行為。

A : 我知道，就像因為怕細菌污染，所以重

複地洗手。

B：還有躁鬱症，現在也愈來愈多人有這個問題。

A：我真羨慕你，總是氣定神閒，一派悠哉的樣子！

B：也非得這麼做，否則我就會生病了！我該自求多福啊！

A：是阿。教一教吧，我該怎麼做？

B：學習一切能讓你放鬆的方法。

A：我知道，你上次提到了要放慢生活的步調。

B：我們的呼吸往往太短了，也太急了。

A：而我們的腦子也太忙、想太多了。

B：我們都濫用心理和精神的能量！這是自殺喔！

A：那麼我該追求些什麼呢？

B：追求簡單的生活、多關心別人、天天感恩，以及健康的身體。然後就會看到奇蹟了！

A：感恩什麼呢？

B：什麼都得感恩！不是每個人都有工作，不是每個人都能上學，也不是每個人都能看、能聽、能走呢！