

全民英檢秘笈

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一、實用字彙

1. 害怕的 frightened 或 afraid、scared
2. 令人害怕的 frightening 或 scary
3. 呼吸急促 breath is short
4. 心跳加快 heart thumps
5. 恰當的 proper
6. 不恰當的 improper
7. 「P」開頭的形容詞，相反字通常是「im」

例如：impossible, impolite, imperfect, imprudent（不謹慎的）

8. 頭腦冷靜的 level-headed

二、請填入英文，訂正後朗讀三次

1. 當我們恐懼時，心跳加快、呼吸急促，無法清楚思考、信心全失、言語不當。

When we are _____, our heart _____, our breath is _____. We can't think clearly, and we lose _____ and speak _____.

2. 所以我們必須學習在恐懼時掌握情緒。會恐懼的時候，愈要冷靜、思緒沉穩。

That's why it's _____ to learn how to control our _____ when we are in fear. The more _____ a situation is, the more essential it is to be

calm and _____.

三、答案

1. frightened

2. thumps

3. short

4. confidence

5. improperly

6. essential

7. emotions

8. frightening

9. level-headed

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