

## 《高考英语选词填空真题2（含答案解析）》

2023年全国甲卷

根据短文内容，从短文后的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。

Tricks To Becoming A Patient Person

Here's a riddle:What do traffic jams, long lines and waiting for a vacation to start all have in common? There's one answer.\_\_\_\_36\_\_\_\_ .

In the Digital Age, we're used to having what we need immediately and right ai our fingertips.However, research suggests that if we practiced patience, we'd be a whole lot better off. Here are several tricks.

Practice gratitude(感激)

Thankfulness has a lot of benefits: Research shows it makes us happier, less steressed and even more optimistic.\_\_\_\_37\_\_\_\_ ."Showing thankfulness can foster self-control," said Ye Li, researcher at the University of California.

Make yourself wait

Instant gratification(满足)may seem like the most "feel good" option at the time, but psychology research suggests waiting for things actually makes us happier in the long run. And the only way for us to get into the habit of waiting is to practice.\_\_\_\_38\_\_\_\_ .Put off watching your favorite show until the weekend or wait 10 extra minuters before going for that cake. You'll soon find that the more patience you practice,the more you start to apply it to other, more annoying situations.

\_\_\_\_39\_\_\_\_

So many of us have the belief that being comfortabel is the only state we will tolerate,and when we experience something outside of our comfort zone, we get impatient about the circumstances. You should learn to say to yourself,"\_\_\_\_40\_\_\_\_ ."You'll then gradually become more patient.

A.Find your causes

B.Start with small tasks

C. Accept the uncomfortable

D. All this adds up to a state of hurry

E. It can also help us practice more patience

F. This is merely uncomfortable, not intolerable

G. They're all situations where we could use a little extra patience

答案及解析：

36. G. They're all situations where we could use a little extra patience.

解析：这个空格是谜语的答案，前文提到的交通堵塞、长队和等待假期开始都是需要耐心的情况，因此G选项“它们都是我们需要额外耐心的情况”符合语境。

37. E. It can also help us practice more patience.

解析：前一句提到感恩有很多好处，然后提到Ye Li的研究表明感恩可以培养自控，这与练习耐心有关，因此E选项“它也可以帮助我们练习更多的耐心”是正确的。

38. B. Start with small tasks

解析：这个空格前的句子提到心理学研究表明等待事物实际上从长远来看会让我们更快乐，接下来的句子提到推迟看最喜欢的节目或者推迟吃蛋糕，这些都是从小事做起练习等待，因此B选项“从小任务开始”是正确的。

39. C. Accept the uncomfortable

解析：这个空格所在的段落标题和段落内容都涉及到接受不舒服的情况，因此C选项“接受不舒服”是正确的。

40. F. This is merely uncomfortable, not intolerable.

解析：前一句提到我们应该学会对自己说某件事，后文提到这样你就会逐渐变得更有耐心，F选项“这仅仅是舒服，并不是无法忍受的”符合这个语境，表明我们应该接受不舒服而不是认为它无法忍受。