**Unit 2**

**Conversation**

W: Happy Friday, Chris! Isn't that mountain beautiful today? Gosh, Chris, are you OK? Are you crying? Did I say something?

M: No, it's fine, Sally. It's just that today is the one-year anniversary of my father's death.

W: I'm so sorry to hear that, Chris. Today must be especially difficult for you.

M: I woke up this morning and looked out at Mount Rainier for about half an hour, just thinking about him. That was his favorite mountain. From the time I was seven until he passed away last year, we would go hiking and camping there three or four times every year.

W: That's my favorite place, too. I love all the blue and yellow flowers that cover the slopes（斜坡，山坡） in early summer.

M: He loved those flowers, too. We had bunches（束） of them at the funeral.

W: That sounds really special. Those little details can be such a comfort.

M: Yes, they reminded me of our happiest memories together. I can still remember that day in June. We had just returned from a five-day hiking and camping trip. We had caught six fish for dinner, and Mom was busy preparing them in the kitchen. Dad was seated in his favorite green chair when he had a heart attack. My father's passing was sudden, which left us in great sorrow.

W: It's tough to lose someone you love, but it sounds like he had a great life.

M: He certainly did. He was 78 when he died, but he had a good life, a very good life.

W: Chris, take the day off. Maybe you could go hiking on Mount Rainier. The weather is beautiful. It might make you feel better.

M: Sally, you're a good boss and a good friend. Thanks.

Questions:

1. Why is Mount Rainier so special to the man?

2. How often did the man and his father go hiking and camping on Mount Rainier every year?

3. What can we learn about the man's father from the conversation?

4. What is the relationship between the two speakers?

**Passage**

With the fierce competition at school, you may feel stressed out and easily offended（不舒服，生气）. How can you relieve such stress? Follow these tips to reduce your stress to manageable levels!

Avoid MUST thinking. Move away from the notion that you must do something in a certain way. For example, you may think, "I must get a high score on this test." This type of thinking only adds to the stress you're experiencing. Instead, assess（评价，评定） your situation rationally（合理的，基于理性的） and analytically（分析的，分析性的, and don't view it as a life-and-death matter.

Set manageable goals. Large projects can seem overwhelming, but if you break them down into smaller tasks, things become a lot easier. This allows you to focus on one task at a time, and every time you complete a task, you'll experience a sense of achievement.

Imagine dumping（丢弃，扔掉） your worries. Picture yourself walking on a beautiful beach with a bucket. Stop at a good spot, put your worries into the bucket, then drop the bucket and watch as it slowly drifts（漂移，漂流） away into the ocean.

Use your bed for sleeping, not studying. When you bring assignments to bed, your mind may start to associate your bed with these tasks, which can make falling asleep more difficult. Instead, keeping your bed as a place just for sleeping promotes faster and better sleep. It helps you disconnect from daily stresses and can potentially enhance your overall productivity.

By applying these tips to your life, you'll soon encounter fewer situations that cause you stress.

Questions:

1. What will happen if we always think we must do something in a certain way?

2. How can we make a large project easier, according to the passage?

3. What is the benefit of using our beds for sleeping only?

4. What is the passage mainly about?

**Lecture 1**

Jealousy（嫉妒，羡慕） is a common emotion that many of us may experience at some point in our lives. Often referred to as "the green-eyed monster" – and rightfully so – it can be quite harmful. This complex and sometimes irrational emotion can have profound effects on our relationships, personal growth, and overall happiness.

Jealousy typically arises from feelings of insecurity, fear, or inadequacy（缺乏信心）. It is often triggered by the belief that someone else possesses something we desire, be it material possessions, success, attention, or even love. The moment we begin comparing ourselves to others, these comparisons can lead to feelings of unhappiness, bitterness（苦味，苦难）, and even hostility（敌意，对抗）. It is crucial to recognize that jealousy is a natural emotion, and the first step toward managing it is acknowledging its presence.

One of the main causes of jealousy is low self-esteem（尊重，敬重）. When we doubt our own worth and capabilities, we tend to be jealous of others. Therefore, it is essential to cultivate confidence and appreciate our unique qualities and strengths. Remember, we are all on our own journey; comparing ourselves to others only diminishes our self-worth.

Another cause of jealousy is a lack of trust and communication, two key foundations of successful relationships. For instance, when we feel insecure about our partner's feelings or intentions, we can be consumed by jealousy. It is thus essential to regularly express our concerns and actively listen to our partner, which can help ease feelings of jealousy.

Social media has also become a breeding ground（繁殖地） for jealousy. We are constantly flooded with carefully created images of perfect beauty, luxurious lifestyles, and seemingly effortless success. However, it is important to bear in mind that these carefully selected images rarely reflect reality, and comparing ourselves to these filtered（滤过的） snapshots（快照） is neither fair nor healthy. To overcome jealousy, we should focus on our own personal growth and achievements in real life instead of comparing ourselves to others online.

Let's remember that we are all unique individuals on our own life paths, and being jealous only hinders our own progress. If we embrace our own journey and celebrate the success of others, jealousy will naturally fade from our lives.

Questions:

1. What is the first step toward managing jealousy?

2. How can we alleviate（减轻，缓和） jealousy in a relationship?

3. Why has social media turned into a breeding ground for jealousy?

**Lecture 2**

Nobody's life is perfect, and it's unrealistic to expect our emotions to always be positive. While we all appreciate positive emotions, we must also acknowledge that challenging moments in life can give rise to negative emotions.

Negative emotions are a natural part of our lives. When we look back on the greatest achievements of individuals throughout history, we often find that the paths to those achievements were marked by various negative emotions, such as fear, doubt, or frustration. For example, the first man on the moon may have experienced a variety of negative emotions in the time leading up to his historic step. Similarly, an Olympic champion may have had to endure（忍受，忍耐） a mix of negative emotions before winning a gold medal.

During challenging times, our instinct may tell us to avoid or hide negative emotions, but doing so only prolongs（拉长，延长） our discomfort. Instead, we can learn to embrace our negative emotions and transform them into positive actions. Here are some practical tips for dealing with them.

First, awareness is key. Once you recognize the negative emotion you're experiencing, take a moment to pause and acknowledge its presence. For example, if you feel embarrassed, consciously（有意的，故意的） acknowledge this feeling by saying to yourself, "I know there is embarrassment within me."

Next, practice acceptance. Realize that negative emotions won't last forever – they come and go like ocean waves, rising and receding（后退，远离）. Your task is simply to allow these waves of emotions to pass through you and observe them with patience.

Then, when you are calm enough, explore your emotions to understand the causes behind them. The causes might include unnecessary worries about someone or lasting thoughts about a casual remark from a colleague.

Finally, choose an appropriate response. This may involve engaging in self-care practices, seeking professional support, or expressing emotions through creative outlets（发泄方式，发泄途径）. Remember that finding the most suitable response is an ongoing process, so be patient with yourself.

In short, when we are faced with negative emotions, it's important to acknowledge and accept them, reflect on their causes, and respond appropriately. So, let's embrace every emotion we encounter as we embark on our journey of self-discovery and growth.

Questions:

1. What can we learn about negative emotions from the passage?

2. What is the result of avoiding or suppressing（抑制） negative emotions?

3. When is a suitable time to think about the causes of our negative emotions?

4. Why does dealing with negative emotions need patience?