**重点词组和句型**

1. had better (not) do sth. 最好（不）做某事
2. needn’t do sth. 没必要做某事
3. follow others blindly 盲目地跟从别人
4. make fun of 取笑；嘲弄
5. write a diary 写日记
6. cool down/ calm down 平静下来
7. keep silent 保持沉默
8. in a calm way 用一种冷静的方式
9. care about her height 在意她的身高
10. focus on…= pay attention to … 集中于...
11. worry about…= be worried about… 为...担心
12. waste time doing sth. 浪费时间做某事
13. keep pulling my hair 不停地扯我的头发
14. get worse 变得更糟
15. think for a while 想了一会儿
16. say firmly 坚定地说
17. I couldn’t bear it. 我不能忍受它
18. My worry finally went away. 我的担忧终于消失了
19. It is helpful to speak out bravely. 勇敢地说出来是有帮助的
20. Don’t be afraid of mistakes or failures 不要害怕错误和失败
21. keep back our feelings. 压抑我们的情感
22. share similar experiences of their own 分享了他们自己类似的经历
23. In the face of fear or difficulties 在面对恐惧或困难时
24. breathing exercises 呼吸练习
25. set goals for our studies 为我们的学习设立目标
26. work towards our goals 朝着我们的目标努力
27. deal with negative feelings 处理负面情绪
28. pressure from our studies 来自学习的压力
29. see them as a chance to grow 把它们看作成长的机会
30. focus on our progress 专注于我们的进步
31. compare ourselves with others 把我们自己和他人比较
32. take control of your feelings 控制你的情感

**词性转换**

1. blind adj.失明的 blindly adv.盲目地 blindness n.失明
2. anger n.愤怒 angry adj.愤怒的 angrily adv.愤怒地
3. silent adj.安静的 silently adv.默默地 silence n.沉默
4. focus v.集中（注意力、精力等）/n.焦点；中心 focused adj.注意力集中的
5. worry v./n.担心；担忧 worried adj.担心的 worry-worried-worried