

最新 674 分六级范文（四六级通用）

第一套：too many choices

For this part, you are allowed 30 minutes to write an essay that begins with the sentence **People are now increasingly aware of the challenges in making a decision when faced with too many choices**. You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words. (2023.3 六级真题)

- » 最新议论文模板: BV1FW4y1Q7Mu
- » 198 组高级替换词: BV1Hm4y1q7tY
- » 万能理由 CHEMIST: BV1N14y1Q7Yp

【相关干货只需要在 B 站搜索栏输入对应的 BV 号就可以跳转到对应视频】

开头段

People are now increasingly aware of the challenges in making a decision when faced with too many choices. 【题目要求，必抄这句，不能改写】 **As far as I am concerned**, the **abundance** of choices **imposes adverse impacts**.

= 可换: As far as I am concerned, the abundance of choices can be **overwhelming** and **paralyzing**.

【官方考纲：英美拼写都算对】

主体段

思路 1: 说缺点: There are **hidden** problems. 或者 There are **a myriad of** challenges/ problems/ demerits.

选择 1: 【万能理由中的 S = 成功】

In the first place, excessive choices can lead to low efficiency/ diminished effectiveness. To elucidate, when faced with numerous options, individuals may find it difficult to prioritize or distinguish between them. This can result in prolonged decision-making processes, and a higher likelihood of making impulsive or unsatisfactory decisions.

选择 2: 【万能理由中的 H = mental health】

On top of that, the second noteworthy demerit is that innumerable choices may induce decision anxiety and stress. The pressure to make the "right" decision among numerous options can create a sense of overwhelm and apprehension 【anxiety 的同义词】. This constant mental strain can contribute to 【没有写错, 可以加不

好的东西, 不信查权威字典】 increased stress levels, leading to feelings of anxiety.

选择 3: 【万能理由中的 H = physical health】

One major challenge posed by an excess of choices is decision fatigue. When confronted with numerous alternatives, individuals are forced to evaluate each option, compare their features, and assess their potential outcomes. This exhaustive process can drain mental energy, leading to decision fatigue and a decrease in the quality of choices made.

解决方法:

To combat the challenges of decision overload, individuals can employ 【熟词僻义】 strategies such as setting priorities, seeking advice from trusted sources, and practicing mindfulness. By identifying their values and needs, individuals can filter out irrelevant choices and focus on what truly matters to them. Additionally, seeking guidance from knowledgeable individuals or utilizing online reviews can provide valuable insights and streamline the decision-making process.

结尾段

To sum up, in light of the aforementioned factors, it is safe to reach the conclusion that 【同位语从句】 decision endless options result in a decline in efficacy, anxiety, and fatigue. It is imperative for individuals to develop 【形

式主语】 strategies to cope with decision overload, such as setting clear criteria, prioritizing needs, and seeking advice from trusted sources.

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