

考研英语 英语一 2005年 Text 3

梦可以被控制

审题划出关键点，精准定位，提高正确率：

31. Researchers have come to believe that dreams _____.
32. By referring to the limbic system, the author intends to show _____.
33. The negative feelings generated during the day tend to _____.
34. Cartwright seems to suggest that _____.
35. What advice might Cartwright give to those who sometimes have bad dreams?
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段1

①Of all the components of a good night's sleep, dreams seem to be least within our control. ②In dreams, a window opens into a world where logic is suspended and dead people speak. ③A century ago, Freud formulated his revolutionary theory that dreams were the disguised shadows of our unconscious desires and fears; by the late 1970s, neurologists had switched to thinking of them as just "mental noise"—the random byproducts of the neural-repair work that goes on during sleep. ④Now researchers suspect that dreams are part of the mind's emotional thermostat, regulating moods while the brain is "off-line." ⑤And one leading authority says that these intensely powerful mental events can be not only harnessed but actually brought under conscious control, to help us sleep and feel better. ⑥"It's your dream," says Rosalind Cartwright, chair of psychology at Chicago's Medical Center. "If you don't like it, change it."

【段1】

段1生词：

- component n. _____
- seem to do sth. 似乎、好像要做某事

- logic n. 逻辑
logical adj. 合逻辑的, 合理的; 逻辑学的
- suspend v. 暂停; 延缓, 推迟; 使悬浮
- formulate v. _____
formulation n. 构想, 规划; (想法或理论的) 系统阐述
- revolutionary adj. _____
revolution n. _____
- disguise v./n. 伪装, 掩饰
- unconscious desires and fears 无意识的欲望和恐惧
- unconscious adj. _____; 失去知觉的, 不省人事的
unconsciously adv. 无意识地, 未察觉到地
unconsciousness n. 无意识; 不省人事
- conscious adj. _____
consciously adv. 有意识地, 察觉到地
consciousness n. 意识; 知觉; 觉悟; 感觉
- neurologist n. 神经学家
neural adj. 神经的; 神经系统的, 神经中枢的
neural-repair 神经修复
- random adj. _____; 胡乱的
randomly adv. 随便地, 任意地; 胡乱地
- byproduct n. 副产品; 意外结果, 副作用
- suspect v. _____
- emotional adj. 感情的, 情绪的; 激动的, 冲动的, 感人的
emotionally adv. 感情上, 情绪上; 激动地, 冲动地, 感人地
emotion n. 情感, 情绪

• thermostat n. 温度自控调控器，恒温器（文中指“自动调控器”）

• regulate v. _____

regulation n. _____

• off-line adj. 离线的

• authority n. 权威；权力；当局

• intensely adv. 强烈地，极度；紧张地；热情地

intense adj. 强烈的，非常的；紧张的；热情的

• harness v. _____

• bring... under conscious control 将.....置于意识控制下

• psychology n. 心理学

psychological adj. 心理学的；心理的，精神上的

段2

①Evidence from brain imaging supports this view. ②The brain is as active during REM (rapid eye movement) sleep—when most vivid dreams occur—as it is when fully awake, says Dr. Eric Nofzinger at the University of Pittsburgh. ③But not all parts of the brain are equally involved; the limbic system (the “emotional brain”) is especially active, while the prefrontal cortex (the center of intellect and reasoning) is relatively quiet. ④“We wake up from dreams happy or depressed, and those feelings can stay with us all day,” says Stanford sleep researcher Dr. William Dement.

【段2】 _____

段2生词：

• evidence n. _____；迹象

• support this view _____

• active adj. 积极的；活跃的；主动的

actively adv. 积极地；活跃地

- equally adv. 相等地，平等地；同样地
equal adj. 相等的，平等的；胜任的 v. 等于；比得上
- limbic adj. 边缘的；脑边缘系统的
- prefrontal adj. (脑) 额叶前部的，前额的
- cortex n. (脑或肾的) 皮层；植物的表皮
- intellect n. 智力，才智；智力高的人
- reasoning n. _____
- relatively adv. 相对地，比较地
- depressed adj. _____
depress v. _____
depression n. _____

段3

①The link between dreams and emotions shows up among the patients in Cartwright's clinic. ②Most people seem to have more bad dreams early in the night, progressing toward happier ones before awakening, suggesting that they are working through negative feelings generated during the day. ③Because our conscious mind is occupied with daily life we don't always think about the emotional significance of the day's events—until, it appears, we begin to dream.

【段3】 _____

段3生词：

- the link between... and... _____
- progress v. _____ n. 进步，发展；前进
- progress toward... 朝向.....发展
- work through... _____
- negative feelings 消极的感觉，负面情绪

- negative adj. _____ ; 阴性的
positive adj. _____ ; 阳性的
- generate vt. 使形成, 产生
generation n. _____ ; 一代人
- be occupied with... 被.....占据
- significance n. _____
significant adj. _____ ; 值得注意的

段4

①And this process need not be left to the unconscious. ②Cartwright believes one can exercise conscious control over recurring bad dreams. ③As soon as you awaken, identify what is upsetting about the dream. ④Visualize how you would like it to end instead; the next time it occurs, try to wake up just enough to control its course. ⑤With much practice people can learn to, literally, do it in their sleep.

【段4】 _____

段4生词：

- recur v. 重现, 重复出现, 再来
- visualize vt. _____
- literally adv. 确实地, 真正地 ; 照字面地

段5

①At the end of the day, there's probably little reason to pay attention to our dreams at all unless they keep us from sleeping or "we wake up in a panic," Cartwright says. ②Terrorism, economic uncertainties and general feelings of insecurity have increased people's anxiety. ③Those suffering from persistent nightmares should seek help from a

therapist. ④For the rest of us, the brain has its ways of working through bad feelings.
⑤Sleep—or rather dream—on it and you'll feel better in the morning.

【段5】

段5生词：

- at the end of the day 说到底，不管怎么说；在这一天的最后
- probably adv. _____
probable adj. 很可能的
probability n. 可能性；机率
- pay attention to sth./sb. _____
- panic n. _____
- wake up in a panic 梦中惊醒
- terrorism n. 恐怖主义；恐怖行动
- feelings of insecurity _____
- insecurity n. 不安全，不牢靠；无把握；心神不定
insecure adj. 不安全的，不牢靠的
- increase people's anxiety _____
- anxiety n. _____
- persistent adj. _____
persistence n. 持续；坚持不懈
persist v. 持续；坚持
- nightmare n. 噩梦
- therapist n. 治疗专家，临床医学家
- or rather 更精确地说，倒不如说

31. Researchers have come to believe that dreams _____.

- [A] can be modified in their courses
- [B] are susceptible to emotional changes
- [C] reflect our innermost desires and fears
- [D] are a random outcome of neural repairs

我的答案：_____ 正确答案：_____

观点态度题的第一步是分清_____, 第二步再看_____。

静姐的“填坑指南”：_____

32. By referring to the limbic system, the author intends to show _____.

- [A] its function in our dreams
- [B] the mechanism of REM sleep
- [C] the relation of dreams to emotions
- [D] its difference from the prefrontal cortex

我的答案：_____ 正确答案：_____

定位原文在哪段？ _____

静姐的“填坑指南”：_____

33. The negative feelings generated during the day tend to _____.

- [A] aggravate in our unconscious mind
- [B] develop into happy dreams
- [C] persist till the time we fall asleep
- [D] show up in dreams early at night

我的答案：_____ 正确答案：_____

定位原文在哪段？ _____

易错的混淆项是： _____

静姐的“填坑指南”：_____

34. Cartwright seems to suggest that _____.

- [A] waking up in time is essential to the ridding of bad dreams
- [B] visualizing bad dreams helps bring them under control
- [C] dreams should be left to their natural progression
- [D] dreaming may not entirely belong to the unconscious

我的答案：_____ 正确答案：_____

定位原文在哪段？ _____

静姐的“填坑指南”： _____

35. What advice might Cartwright give to those who sometimes have bad dreams?

- [A] Lead your life as usual.
- [B] Seek professional help.
- [C] Exercise conscious control.
- [D] Avoid anxiety in the daytime.

我的答案：_____ 正确答案：_____

本题的难点在于_____

静姐的“填坑指南”： _____