

## English Passage and Problems : mango

### Passage 1: Stress Management in Modern Times

When you face a source of severe stress, you might feel a need to react immediately. This served your ancestors well when they were attacked by wild animals. However, it is less helpful today, unless you are attacked physically. Because of technology, quick responses can cause problems. I have been guilty of responding too quickly to people and in a harsh tone, especially in emails. As a result, I made bad situations worse. The more something causes your heart to race, the more important it is to step back before speaking or typing a single word. This will give you time to find a way to deal with the other person in a healthier manner.

1. What is the central theme of the passage?

Answer: \_\_\_\_\_

\_\_\_\_\_

2. Identify the grammatical error in the following sentence: 'I have been guilty of responded too quickly.'

Answer: \_\_\_\_\_

\_\_\_\_\_

3. Rephrase the sentence 'Quick responses can cause problems.' using a passive construction.

Answer: \_\_\_\_\_

\_\_\_\_\_

4. In the context of the passage, why is 'stepping back' important?

Answer: \_\_\_\_\_

\_\_\_\_\_

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5. Explain the role of technology in causing impulsive reactions according to the passage.

Answer: \_\_\_\_\_

\_\_\_\_\_

6. Which of the following is NOT a reason the author provides for taking time before responding?

- A. It allows time for reflection.
- B. It prevents misunderstandings.
- C. It avoids unnecessary conflict.
- D. It guarantees success.
- E. It reduces stress.

7. Choose the correct form: 'The more you hurry, the more mistakes you (make/makes).' (Grammar)

- A. make
- B. makes

8. What advice does the author give to handle stressful situations?

- A. Take a deep breath.
- B. Respond immediately.
- C. Stay calm and think.
- D. Get help from others.
- E. Ignore the problem.

9. Which of the following best describes the tone of the passage?

- A. Serious
- B. Reflective
- C. Casual
- D. Hostile
- E. Indifferent

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10. Explain how quick responses are beneficial in some situations but harmful in others.

Answer: \_\_\_\_\_

\_\_\_\_\_

11. Why does the author mention their personal experience with emails?

12. What can be inferred from the author's view on digital communication?

A. It improves efficiency.

B. It can cause misunderstandings.

C. It promotes deeper relationships.

D. It leads to better decision-making.

E. It reduces conflict.

13. Transform the sentence 'It is important to reflect before reacting' into a negative form.

Answer: \_\_\_\_\_

\_\_\_\_\_

14. What might be the long-term consequence of constant impulsive reactions, according to the passage?

A. Increased stress

B. Improved relationships

C. Fewer errors

D. Worsened mental health

E. Enhanced decision-making

15. Based on the passage, how can emotional regulation improve communication outcomes?

Answer: \_\_\_\_\_

\_\_\_\_\_

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### Explanations

1. The main point of the passage is to emphasize the importance of not reacting too quickly in stressful situations.
2. Quick responses can cause problems because technology allows for immediate communication, which may lead to thoughtless reactions.
3. For our ancestors, quick responses were crucial for survival in dangerous situations, such as attacks by wild animals.
4. The author shares a personal experience of making situations worse by responding too quickly in emails.
5. The phrase 'step back' implies taking a moment to calm down and reflect before reacting.
6. The author suggests handling stressful situations by taking a moment to pause and think before responding.
7. The author implies that technology, especially in communication, contributes to quick, unreflective responses.
8. Quick responses are less helpful today because most modern situations do not require immediate reactions for survival.
9. The author gives the example of responding too harshly in emails, which worsened the situation.
10. Taking time before reacting allows for more thoughtful and controlled responses, leading to better outcomes.
11. In digital communication, such as emails or texts, taking a moment to reflect before responding can prevent misunderstandings.
12. Dealing with the other person in a healthier manner refers to engaging in calm and thoughtful communication.

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13. The author advises slowing down and thinking before reacting, especially in stressful conversations.
14. A possible consequence of not following this advice is worsening the situation by reacting impulsively.
15. The author's tone is reflective and emphasizes the importance of mindful communication for better outcomes.