专题13 阅读理解七选五

**2022年高考真题**

**1.【2022年新高考1卷】**

*Fitness Magazine* recently ran an article titled “Five Reasons to Thank Your Workout Partner.” One reason was: “You’ll actually show up if you know someone is waiting for you at the gym, ” while another read: “\_\_\_36\_\_\_” With a workout partner, you will increase your training effort as there is a subtle (微妙) competition.

So, how do you find a workout partner?

First of all, decide what you want from that person. \_\_\_37\_\_\_ Or do you just want to be physically fit, able to move with strength and flexibility? Think about the exercises you would like to do with your workout partner.

You might think about posting what you are looking for on social media, but it probably won’t result in a useful response. \_\_\_38\_\_\_ If you plan on working out in a gym, that person must belong to the same gym.

My partner posted her request on the notice board of a local park. Her notice included what kind of training she wanted to do, how many days a week and how many hours she wanted to spend on each session, and her age. It also listed her favorite sports and activities, and provided her phone number. \_\_\_39\_\_\_

You and your partner will probably have different skills. \_\_\_40\_\_\_ Over time, both of you will benefit — your partner will be able to lift more weights and you will become more physically fit. The core (核心) of your relationship is that you will always be there to help each other.

A. Your first meeting may be a little awkward.

B. A workout partner usually needs to live close by.

C. You’ll work harder if you train with someone else.

D. Do you want to be a better athlete in your favorite sport?

E. How can you write a good “seeking training partner” notice?

F. Just accept your differences and learn to work with each other.

G. Any notice for a training partner should include such information.

**2.【2022年全国甲卷】**

**Important Things to Know When Dining Out**

Cultural dining etiquette (礼节) might surprise you with some of its important rules. \_\_\_36\_\_\_. Knowing some tips will help ensure that you have an enjoyable meal with friends or family — no matter where you are in the world.

**Chopstick Rules**

The way you handle chopsticks is important to avoid annoying your companions. When you put them down between bites, always put them down together so they are parallel with the edge of the table in front of you. \_\_\_37\_\_\_.

**Hands or Utensils (餐具)**

In India and the Middle East, it’s considered very rude to eat with your left hand. People in France expect you to eat with a utensil in each hand. \_\_\_38\_\_\_, instead preferring to use their hands. In Chile, you may never touch any food with your fingers. People in Thailand generally use their forks only to push food onto their spoons.

**Making Requests**

\_\_\_39\_\_\_. In Portugal, this would be a serious mistake, because it shows the chef that you don’t like their seasoning skills. Similarly, in Italy, never ask for extra cheese to add to your food.

Some of these cultural dining etiquette rules may seem random and strange, but they are important in various countries. \_\_\_40\_\_\_, the more comfortable you’ll begin to feel with its foreign cultural practices.

A. The more friends you make in your lifetime

B. The more time you spend in any given country

C. Mexicans consider it inappropriate to eat with utensils

D. Don’t get caught making an embarrassing mistake at a restaurant

E. It’s a good sign for the chef if you make a mess around your plate

F. Never stick them upright in your food or cross them as you use them

G. It may seem like a simple request to ask for salt and pepper at a meal

**3.【2022年全国乙卷】**

Friendship needs care and attention to keep it in good health. Here are five ways to sustain (保持) long-distance friendships.

·Set a regular date

Long-lasting friendships share the characteristic that both sides equally contact (联系) and share with one another. With busy schedules, squeezing in phone calls can be a challenge. \_\_\_36\_\_\_.

·More isn’t always merrier

Make sure you have communicated with your friend about how frequently each of you wants to be contacted and what method works best for you both. \_\_\_37\_\_\_. There are alternatives to constant written communication, such as leaving voice messages or having a group chat.

·Practise empathy (共情)

\_\_\_38\_\_\_. The friend who is remaining needs to be sensitive to all the additional time demands placed on the friend who has moved. The one in the new environment should be sympathetic to the fact that your friend may feel abandoned.

· \_\_\_39\_\_\_

Anniversaries and birthdays carry even more weight in long-distance friendships. Although technology might make day-to-day communication possible, extra effort goes a long way on special days. Simply keeping a diary that keeps track of friends’ birthdays and other important dates will make sure nothing slips by you.

·Don’t rely on technology alone

\_\_\_40\_\_\_, but long-distance friendships — even close ones — may require more conscious effort to sustain. Try to seek out chances to renew friendships. How to do it? Just spend face-to-face time together whenever possible.

A. Remember important dates

B. Compensate by writing letters

C. It is also helpful for you to be a friendship keeper

D. Try to find a time that works for both of you and stick to it

E. Friends need to talk about their preferred methods of communication

F. It is easy to have a sense of connectedness through social media

G. You may be the friend who left or the one who was left behind

**2021年高考真题**

**1.【2021年新高考1卷】**

My husband and I just spent a week in Paris.      1      So the first thing we did was rent a fantastically expensive sixth-floor apartment the size of a cupboard. It was so tiny that we had to leave our suitcases in the hallway.

The place wasn't entirely authentic, though. Unlike a normal Parisian apartment, the plumbing （水管）worked.      2      Our building even had a tiny lift with a female voice that said, "Ouverture des portes, " in perfect French. That is the only French phrase I mastered, and it's a shame l don't have much use for it.

Parisians are different from you and me. They never look lazy or untidy. As someone noted in this paper a couple of weeks ago, they eat great food and never gain weight.      3      French strawberries do not taste like cardboard. Instead, they explode in your mouth like little flavor bombs.

      4      On our first morning in Paris, I went around the corner to the food market to pick up some groceries. I bought a handful of perfectly ripe small strawberries and a little sweet melon. My husband and I agreed they were the best fruit we had ever eaten. But they cost ＄18!

In France, quality of life is much more important than efficiency （效率）. You can tell this by café life. French cafés are always crowded.      5      When do these people work? The French take their 35-hour workweek seriously—so seriously that some labor unions recently struck a deal with a group of companies limiting the number of hours that independent contractors can be on call.

A.Not all the customers are tourists.

B.The quality of life in France is equally excellent.

C.There was a nice kitchen and a comfortable bed.

D.The amazing food is mainly consumed by local farmers.

E.That's not the only reason the French eat less than we do.

F.Our aim was to see if we could live, in some way, like real Parisians.

G.The food is so delicious that you don't need much of it to make you happy.

**2.【2021年全国甲卷】**

You keep hearing about recycling, right? But it doesn't end with bottles, cans, and paper. Clothing takes a huge amount of natural resources （资源） to make, and buying loads of new clothing (or throwing out old clothing) is not healthy for the environment. So what to do with all those perfectly-good-but-you're-maybe-a-little-sick-of-them clothes piled on your bedroom floor?      1      . It's the best way to get rid of your used clothes, score clothes from your friends, and have a party all at the same time.

A successful swap depends on the selection of clothes, the organization of the event, and, obviously, how much fun is had. It's really easy to do! Here are a few pointers.

• Invite 5-10 people so you have a nice selection.      2      , and there may not be enough things to choose from; more than that, and it becomes uncontrollable.

•      3      . They should also prepare plenty of reusable bags to carry their "new" clothes home.

• Put different types of clothing on different surfaces in the room.      4      . Place a few mirrors around your room so people can see how things look when they try them on. One of the ground rules of the swap should be that everyone must try on the clothes before they take them —things always look different when you put them on.

• Set a starting time. Maybe you say "go, " or turn on a certain song, or whatever.      5      . And don't forget to put out some cookies and fruits. Remember, it's a party!

A.Less people than that

B.Hold a clothing swap

C.If two people are competing

D.Just keep music playing throughout

E.Donate whatever clothes are left over

F.Have everyone put their clothes in the right spots

G.Tell everyone to bring clean clothes in good condition

**3.【2021年全国乙卷】**

According to Jessica Hagy, author of How to Be Interesting, it's not difficult to make yourself interesting at a dinner party.

      1      , if you're out of your comfort zone or if you're wandering into somebody's house for the first time. So the main thing is just to show up and be adventurous, trying different foods and talking to strangers.

People love to talk about themselves. If you can start the conversation with a question other than "What do you do for a living? ", you'll be able to get a lot more interesting conversation out of whomever it is you're talking to.      2      , it can bring in "I have this old, broken-down vehicle" or "I rode the bus with these crazy people who were laughing at silly jokes in the back." It just opens up conversation.

      3      ? If you can't take their wine away, you should certainly try to take away their soapbox（讲台）. If you're the host, you can ask them to help you in the kitchen with something and just remove them from the situation.      4      .

And what about that other dinner-party killer: awkward silence? If you're faced with an awkward silence at a dinner party, the only thing that always gets everyone talking again is to give the host a compliment （赞扬）.      5      . Just quickly turn around and say, "This cake is extremely delicious and you have to tell me all about it."

So being interesting at a dinner party isn't that hard.

A.How do you know the host

B.The first step is to go exploring

C.If you ask the question "How did you get here?"

D.Be prepared to have awkward conversations with strangers

E.Or turn the conversation into a topic where they have little to say

F.What about that person who has had too much to drink or won't stop talking

G.He or she is the person who is feeling the weight of that awkwardness the most

**4.【2021年6月浙江卷】**

You've got mail…and it's a postcard

Paulo Magalhaes, a 34-year-old Portuguese computer engineer, loves to open his mailbox and find a brightly colored picture of Rome's Colosseum. Or Africa's Victoria Falls. Or China's Great Wall.      1

"I often send postcards to family and friends, " he says to China Daily, "but you can imagine that after a while, you never receive as many as you send, and you realize that not everyone is into it,      2      " Seeking other like-minded souls, however, Paulo started looking in a somewhat unlikely place: online, Many would say the Internet is a place for people who have given up on the traditional postal service, but Paulo's hunch（直觉）paid off.

Today his hobby has developed into the website postcrossing. com, a social network that has grown to 575, 217 registered users in 214 countries and regions since he started it 10 years ago.      3      Running the website has almost turned into a full-time job.

Language is certainly a barrier for many people. For postcrossing to work worldwide, a common communication language is needed so that everyone can understand each other. As cool as it may be to receive a postcard written in Chinese, the concept doesn't work if one doesn't understand it.      4      So a common language is required and in postcrossing that's English since it's widely spoken.

"Many people in China have limited exposure to Engish.      5      That said, we know of many postcrossing members, including Chinese, who have actually improved their English skills through their use of postcrossing. " Paulo says.

A.And that's totally fine.

B.That makes it extra hard to learn and practice it.

C.He likes to think of sending postcards as a family-friendly hobby.

D.Many love to make a connection with someone from across the world.

E.On August 5, the number of postcards exchanged by members topped 31 million.

F.Similarly, if you speak only Chinese, receiving a card in Swedish takes part of the fun away.

G.In short, he loves postcards, and the excitement of getting a hand-written note from someone far away.

2020年高考真题

1. 【2020·全国卷I】

**A Few Tips for Self-Acceptance**

We all want it… to accept and love ourselves. But at times it seems too difficult and too far out of reach. 36. Here’s a handful of ways that will set you in the right direction.

●37. Do not follow the people who make you feel not-good-enough. Why do you follow them? Are you hoping that eventually you will feel empowered because your life is better than theirs? Know that your life is your own;you are the only you in this world.

●Forgive yourself for mistakes that you have made. We are often ashamed of our shortcomings, our mistakes and our failures. 38. You will make mistakes, time and time again. Rather than getting caught up in how you could have done better, why not offer yourself a compassionate (有同情心) response? ＂That didn’t go as planned. But, I tried my best.＂

●Recognize all of your strengths. Write them down in a journal. Begin to train your brain to look at strength before weakness. List all of your accomplishments and achievements. You have a job, earned your degree, and you got out of bed today. 39.

●Now that you’ve listed your strengths, list your imperfections. Turn the page in your journal. Put into words why you feel unworthy, why you don’t feel good enough. Now, read these words back to yourself. 40. Turn to a page in your journal to your list of strengths and achievements. See how awesome you are?

A. Feeling upset again?

B. Where do you start?

C. Nothing is too small to celebrate.

D. Remember, you are only human.

E. Set an intention for self-acceptance.

F. Stop comparing yourself with others.

G. When does the comparison game start?

2. 【2020·全国卷II】

Emoji(表情符号) and Workplace Communication

In Asia, messaging platforms are growing rapidly, with users in the hundreds of millions, both at work and play. 36. . It’s been reported that 76 percent of employees in some western countries are using emojis at work.

Written communications can often read as cold and dull. Using emojis can add humor and feeling, keeping intention clear. 37. , encouraging better and more frequent communication.

In any given office, employees can range from age 22 to 70 and beyond, and finding common ground in communication style can be a challenge. 38. . While the younger generations prefer to communicate visually, for those used to working with traditional tools like email, it may feel like a learning curve(曲线). The good news is that it’s simple to learn and can be worth the effort.

There is also the matter of tone(语气). Who hasn’t received an email so annoying that it ruined an entire day? 39. . Emoji can help communication feel friendlier, and even a serious note can be softened with an encouraging smile.

40. , and emoji can contribute directly to that positive outcome. And when your employees begin adding smiling emojis to their business communication, you’ll know you have succeeded in improving your work culture.

A. Message with emojis feel more conversational

B. Even a formal email can seem cold and unfriendly

C. Sending smiling faces to colleagues may seem strange

D. The popularity of these platforms is spreading globally

E.Giving employees the tools enables them to communicate honestly

F.Studies show that friendlier communication leads to a happier workplace

G.An easy way to bring all work generations together is with a chat platform

3. 【2020·全国卷III】

A housewarming party is a special party to be held when someone buys or moves into a new apartment or house. The person who bought the house or moved is the one who throws the party. The party is a chance for friends and family to congratulate the person on the new home. 36. And it is good time to fill the new space with love and hopeful presents.

37. Some people register a list of things they want or need for their new home at a local stores. Some common things people will put on a gift registry include kitchen tools like knives and things like curtains. Even if there isn’t a registry, a good housewarming gift is something to decorate the new house with, like a piece of art or a plant.

38. This is often appreciated since at a housewarming there isn’t a lot of food served. There are usually no planned activities like games at a housewarming party. The host or hostess of the party will, however, probably give all the guests a tour of their new home. Sometimes, because a housewarming party happens shortly after a person moves into their new home, people may be asked to help unpack boxes. 39.

Housewarming parties get their name from the fact that a long time ago people would actually bring firewood to a new home as a gift. 40. Now most homes have central heating and don’t use fires to keep warm.

A. This isn’t usual though.

B. It is traditional to bring a gift to a housewarming party.

C. You can also bring food or drinks to share with the other guests.

D. If you’re lucky enough to receive gifts, keep them in a safe place.

E.It also gives people a chance to see what the new home looks like.

F.The best housewarming parties encourage old friends to get together.

G.This was so that the person could keep their home warm for the winter.

4. 【2020·山东卷】

Some individuals are born with a gift for public speaking.16. Do you want to be a good public speaker? Here are some principles you must master.

People want to listen to someone who is interesting, relaxed and comfortable. Too often when you stand up to give a speech, you focus on the “public”at the expense of the”speaking. “ 17. Focus on the speaking. Talk directly to your audience, be yourself and make a connection.

Even the most successful public speaker will make mistakes. Yet, the only one who cares about any mistake is the one who is speaking. People’s attention wanders constantly. In fact,most people only absorb about 20 percent of a speaker’s message. So, don’t stop speaking when you make a mistake unless it’s a truly serious one.18.

Your goal is not to be a perfect public speaker.19. And like everything else in life, that takes practice. Remember, even world champion athletes practice their skills on a consistent basis.

20. It’s rare to hear someone say, “I wish that speaker had spoken longer. “On the other hand, you probably can’t count the times that you’ve thought, “I’m glad that talk is over. It seemed to go on forever! “So surprise your audience. Always make your presentation just a bit shorter than anticipated. It’s better to leave your listeners wishing for more than shifting restlessly in their seats waiting for your speech finally to end.

A. Do the opposite.

B. You want to be an effective public speaker.

C. You don’ t need to apologize for a minor slip.

D. When it comes to public speaking, less is usually more.

E.The objective of most speeches is to benefit the audience

F.Take the fear out of public speaking by focusing on your listeners

G.However, the majority of people are effective speakers because they train to be.

5. 【2020·浙江卷】

I experienced years of loneliness as a child. 31. His friends teased him about babysitting his sister and his interests were far different from mine. With no other kids of my age in the neighborhood, I had to spend hours by myself.

A bright spot for me turned out to be reading. My love of the written word began early as my mother read to me every evening. 32. I started reading books on my own before age 5 and my mother took me to the public library once a week to borrow several books. I quickly graduated from typical children’s books to ones with fewer pictures and longer chapters. Reading opened new worlds to me. 33.

My mother also encouraged me to make what I wanted. I tried making toy cars with cardboard boxes and constructing buildings from leftover cardboard and bits of wood my father gave me. When my mother saw my creations, she told me how creative my designs were. 34. I learned a lot about how to extend the life of objects and transform them into something new and useful. It was a trait(特点) others found helpful, and I soon had friends who wanted to make things with me.

35. My parents made it a point for their two kids to spend time outside, no matter the weather or season. My brother, of course, raced off to be with his friends, while I had plenty to do myself. There was making leaf houses in autumn, ice skating in winter, and so much more. They’re all memories I treasure today.

A. I wasn't alone any longer.

B. I enjoyed reading stories aloud.

C. I was invited to play with another kid.

D. I loved the colorful photographs in the books.

E. Another habit I formed early was being outdoors.

F.Thus, I began my lifelong interest in making things.

G.My older brother couldn’t be bothered to play with me.

II．阅读理解新题型

**1.2021年3月天津卷**

I've always been creative since I was a little girl. My childhood was filled with arts, crafts（手工）and music, and every day was an exciting adventure of creation.

Somewhere along the way, however, I lost touch with my creative self. At 21, I landed a job at a big insurance company out of my business degree. I would go to the office, sit at my desk and repeat the same work five days a week 9 to 5. The days were long and tedious. Working this way for one year was painful enough, let alone a lifetime. Before long I decided to make a change.

One thing I had developed an interest in was sewing, so I took a sewing course at a community college. It was only a five-week course but it awakened my interest and got my confidence up.

As I dreamt bigger, I began looking into college courses for Fashion Design and three months later I signed up for a part-time design course. I attended classes two nights a week. Although exhausting, it gave me energy, enthusiasm and happiness.

As it became clearer that fashion was what I wanted to do full time, the reality of my day-to-day work at the insurance company became harder. I felt bored. No energy, no motivation and zero fulfilment（满足感）.

I knew I needed to make a bigger change. After struggling for quite a while, I made a difficult decision-leaving my job and studying my design course full time. Two years later I got my diploma.

The last few years have been exciting because I've been following my heart to do what I love. Today I am living a creative life as the designer of my own fashion brand.

Sometimes it's hard to make a change, but I'm so glad I set the wheels of change in motion with that very small first step because it has led me to where I am today.

1. What was the author interested in when she was a little girl? (no more than 10 words)
2. What does the underlined word in Paragraph 2 mean? (1 word)
3. How did the author feel when she was taking the part-time design course? (no more than 10 words)
4. What did the author do to get back to her creative life? Give two of the facts. (no more than 15 words)
5. Do you consider the author as your role model? Please explain. (no more than 20 words)

2. 【2020·天津卷（一）】

阅读短文, 按照题目要求用英语回答问题。

I remember the day shyness took over my life. I was 14 and having a French lesson The teacher told us to record ourselves speaking about a holiday. Perfect！ I recorded myself with confidence. Then, I pressed "play" to listen back. All I heard was a little kid talking. My immediate reaction was to assume I was listening to someone else's recording. But that was my voice. I realised there was something strange about me.

My little voice has made me feel really shy. And my shyness has caused me to avoid attending events, not make important connections, and keep my ideas to myself. As a shy person, working from home, hiding behind my computer was brilliant. But the more time I spent hidden away, the more my comfort zone shrank（缩小）. Everyday interactions, like ordering a coffee, became increasingly awkward and uncomfortable.

And then, one day I was at a big conference and it suddenly hit me like lightning. Al speakers were confident, comfortable with being seen. There were no quieter voices. But the trouble is, if the loud voices are the only ones you hear, we quiet people feel even more alienated（疏远的）。 The world needs a mixture of personalities. Success is not just about who can shout the loudest. The world needs quieter people, too. That day I chose to stop hiding and embrace my shyness. No more feeling like I needed to change who I am in order to succeed. No more living a small life.

Then I created the Shy and Mighty Society, a space for shy people like me to shine, and in the process of helping others, I could also push myself forward, bit by bit. Now, I'm happy to tell people I feel shy. I'm not ashamed any more. And I know that I’m not alone.

56. Why did the author feel strange about herself after listening to the recording? （no more than 10 words）

57. What is the main idea of Para.2? （no more than 10 words

58. What does the underlined word in Para.3 mean? （1 word）

59. Why did the author create the Shy and Mighty Society? （no more than 10 words）

60. Suppose you are in charge of the Shy and Mighty Society, what will you do to help other shy people? And why? （no more than 20 words）

【答案】

56. Because her voice was different from what she had expected.

Or: Because all she heard was a little kid talking.

Or: Because of her little voice.

57. Her shyness had a/an（bad） influence/effect/impact on her（life）

Or: Her shyness kept her hidden away.

Or: Her shyness kept her away from other people.

58. Accept.

Or: Welcome.

59. To help shy people（to shine） and push herself forward.

Or: To help other shy people and herself.

60. I will organize a speech contest so that they can walk out of their comfort zone and become more confident.

Or: I will share my experience with them, telling them how I handle my shyness.

Or: I will encourage them to take part in various activities to improve their social skills.

3. 【2020·天津卷（二）】

阅读短文，按照题目要求用英语回答问题。

As any younger brother will tell you, having a big brother involves a lot of walking in someone else’s shadow, especially when you have a brother who is a typical example of “cool”. For years I wanted to do everything my elder brother Tyson did, but no matter how hard I tried, I was always the neglected (被忽略的) one. My legs just weren’t made to run like his. I could never play football or basketball well.

I probably would have continued trying to keep up with him for the rest of my high school career, but when my family moved, everything changed. Tyson left for college, so I had to start at a new school all by myself. This new start gave me an opportunity to redefine myself and discover an entirely new version of “cool”.

I don’t know what made me decide to try some new activities at the new school, but one day I chanced to show up for an after-school meeting of the Science Olympiad team. I had always been fascinated with chemistry, biology, and math, but since those interests hadn’t fit Tyson’s definition of “cool”, I had never pursued them. On this day, for some reason, I did.

As we organized teams, prepared resources and practiced answering questions, I felt more connected than I ever had to any sports team. I didn’t feel as though I needed to keep up with anybody else; I was finally with peers who understood me. It was so good to feel accepted for what I’m good at. For the first time in my life, I actually felt cool. Now I know who I am! I’m Tyson’s little brother, but that’s only part of my identity. I’m a cool guy in my own way, too. I’m relieved to know that “cool” has a much broader definition than what I used to think.

56. How do you understand the underlined part in Paragraph 1? (no more than 8 words)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

57. What changes offered a new start to the author after his family moved? (no more than 15 words)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

58. According to Paragraph 3, what marked the turning point in the author’s growth? (no more than 7 words)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

59. What does Paragraph 4 mainly talk about? (no more than 10 words)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

60. What is your example of “cool”? Please explain why. (no more than 20 words)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. 【2020·江苏卷】

请认真阅读下面短文，并根据所读内容在文章后表格中的空格里填入一个最恰当的单词。

注意:请将答案写在答题卡上相应题号的横线上。每个空格只填一个单词。

Humor

If you see humor as an optional form of entertainment, you’re missing some of its biggest benefits: Humor makes average-looking people look cute and uninteresting people seem entertaining. Studies show that a good sense of humor even makes you seem smarter.

Best of all, humor raises your energy, and that can have an effect on everything you do at school, at work, or in your personal life. The increase of energy will even make you more willing to exercise, and that will raise your overall energy even more.

Humor also transports your mind away from your daily troubles. Humor lets you better understand life and sometimes helps you laugh at even the worst of your problems.

In my experience, most people think they have a sense of humor, and to some degree that’s true. But not all senses of humor are created equal. So I thought it would be useful to include some humor tips for everyday life.

You don’t have to be the joke teller in the group in order to show your sense of humor. You can be the one who directs the conversation to fun topics that are ripe for others to add humor. Every party needs a straight person. You’ll appear fun and funny by association.

When it comes to in-person humor, effort counts a lot. When people see you trying to be funny, it frees them to try it themselves. So even if your own efforts at humor fall short, you might be freeing the long kept humor in others. People need permission to be funny in social settings because there’s always a risk that comes with humor. For in-person humor, quality isn’t as important as you might think. Your attitude and effort count a lot.

Some people--and I was one of them--believe that humorous complaints about the little problems of life make humor, and sometimes that is the case. The problem comes when you start doing too much complaint-based humor. One funny observation about problem in your life can be funny, but five is just complaining, no matter how smart you think you are. Funny complaints can wear people out.

Self-deprecating(自嘲式) humor is usually the safest type, but here again you don’t want to overshoot the target. One self-deprecating comment is a generous and even confident form of humor. You have to be at least a bit self-assured to laugh at yourself in front of others. But if you do it too often, you can transform in the eyes of others from a confident joker to a Chihuahua dog.

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| Humor | |
| Benefits of humor | ●Humor is form of 71. . Humor can improve one’s72. and personality.  ●Humor can make one 73. in his work, study, and life.  ●Humor has a positive74. effect when we are in difficulties. |
| 75. to follow | ●76. others for a conversation of fun is as good as telling a joke yourself when showing your sense of humor.  ●Quality counts 77. than attitude and effort-even stupid joke can 78. others of risk and embarrassment. |
| Traps to 79. | ●One humorous complaint makes funny person. But too many complaints will 80. your audience.  ●Self-deprecating comments show one’s assurance. But too much deprecation will make a Chihuahua dog. |