

## 柴荣老师 26 考研英语全年班每日打卡 Day 6

### 阅读精读

#### 2005 Text 3

③The link between dreams and emotions shows up among the patients in Cartwright's clinic. Most 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. Because 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.

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

⑤At 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. Terrorism, economic uncertainties and general feelings of insecurity have increased people's anxiety. Those suffering from persistent nightmares should seek help from a therapist. For the rest of us, the brain has its ways of working through bad feelings. Sleep—or rather dream—on it and you'll feel better in the morning.

### 参考译文

梦和情绪的关联在卡特赖特诊所的病人身上显露出来。大多数人似乎在晚上入睡早期做更多不好的梦，而在醒来前会逐渐做开心一些的梦，这说明人们在梦里逐渐化解白天所产生的负面情绪。因为我们有意识的大脑被日常事务占据，所以并不总能思考白天所发生的重大事件的情感意义——似乎直到开始做梦时才会。

这一过程未必是无意识的。卡特赖特认为人们可以对不断重现的噩梦施加有意识的控制。一醒来，立刻确定梦中是什么在困扰你。想象一下你想要它如何结束；下次再做同样的梦时，尽量及时醒来以控制它的进程。多加练习，人们真的可以学会在梦中这样做。

总的来说，我们几乎没有理由在意所做的梦，除非它们使我们无法安睡或“从惊恐中醒来”卡特赖特认为。恐怖主义、经济不确定及常见的的不安全感都增加了人们的焦虑。那些长期遭受梦魇折磨的人应该寻求治疗专家帮助。对其他人来说，大脑有其化解不良情绪的方法。枕着忧虑睡觉甚至入梦，早上醒来时你会感觉好多了。

accuse	/ə'kju:z/	vt. 控告, 指责 vi. 指控, 指责
fail	/feil/	v. 失败, 不及格; 衰退, 减弱
comply	/kəm'plai/	v. (with) 遵照, 照做, 应允; 顺从, 服从
deceit	/di'si:t/	n. 欺骗, 欺骗行为
dash	/dæʃ/	v. /n. 冲, 猛冲, 突进 n. 破折号
oven	/'ʌvən/	n. 炉, 灶, 灶箱
conduct	/'kɒndʌkt/	n. 行为, 品行 v. 引导; 管理; 指挥(乐队); 传导
assault	/ə'sɔ:lt/	v. 猛烈地攻击, 袭击 n. 突然而猛烈的攻击
worldwide	/'wɜ:ldˌwaɪd/	a. 全世界的, 世界范围的 ad. 遍及全世界
lower	/'ləʊə/	a. 较低的, 下级的, 下游的 v. 降下, 放低
seed	/si:d/	n. 种子 v. 播种; 结实, 结籽
percentage	/'pɜ:sentɪdʒ/	n. 百分数, 百分率, 百分比
tire	/'taɪə/	v. (使) 疲倦, (使) 厌倦 n. (=tyre) 轮胎, 车胎
tough	/tʌf/	a. 坚韧的, 棘手的; 强健的, 吃苦耐劳的; 粗暴的
uncover	/ˌʌn'kʌvə/	v. 揭开, 揭露
quota	/'kwɒtə/	n. (生产、进出口等的) 配额, (移民的) 限额
grape	/greɪp/	n. 葡萄
duplicate	/'dju:plɪkət/	n. 复制品 v. 复写, 使加倍 a. 复制的, 二重的
reserve	/rɪ'zɜ:v/	n. 储备(物), 储备金; 缄默 v. 保留, 储备; 预定
opening	/'əʊpənɪŋ/	n. 开, 开放, 开始, 空缺, 机会 a. 开始的, 开幕的
innumerable	/ɪ'nʊj:mərəbl/	a. 无数的, 数不清的
doctor	/dɒktə/	n. 医生; 博士 vt. 授以博士学位; 诊断; 修改
steer	/stiə/	vt. 驾驶, 为...操舵; 引导 vi. 驾驶
pot	/pɒt/	n. 罐, 壶
complain	/kəm'pleɪn/	v. (about, of) 抱怨; 申诉
playground	/'pleɪgraʊnd/	n. 运动场, 游戏场
attract	/ə'trækt/	vt. 引起的注意(或兴趣等), 吸引; 引起; 激起
enough	/ɪ'nʌf/	a. (for) 足够的 n. 足够, 充分 ad. 足够地
responsibility	/rɪ.spon sə'bilɪti/	n. 责任, 责任心; 职责, 任务
sight	/saɪt/	n. 视力; 望见, 瞥见; 视域; 眼界; 情景, 奇观
carriage	/'kærɪdʒ/	n. (四轮) 马车; (火车) 客车厢
attempt	/ə'tempt/	vt. 企图, 试图 n. 努力, 尝试, 企图
cotton	/'kɒtən/	n. 棉花; 棉线, 棉纱; 棉制品
further	/'fɜ:ðə/	ad. /a. 更远, 更往前; 进一步 v. 促进, 增进
course	/kɔ:s/	n. 课程, 教程; 过程, 进程; 路程, 路线; 一道菜
lash	/læʃ/	v. 鞭打, 摆动, 捆扎 n. 鞭子, 鞭打, 睫毛, 讽刺
fine	/faɪn/	a. 晴朗的, 美好的, 细致的 v. /n. 罚金, 罚款
choose	/tʃu:z/	v. 选择, 挑选; 甘愿
none	/nʌn/	pron. 没有任何人(东西); 都不 ad. 一点也不
acquire	/ə'kwəɪə/	v. 获得; 学到(知识等); 养成(习惯)
greeting	/'gri:tɪŋ/	n. 问候, 致敬
tell	/tel/	vt. 告诉, 讲述; 告诫; 吩咐, 命令; 辨/区别
accomplish	/ə'kʌmplɪʃ/	v. 实现(计划等); 达到(目的); 完成(任务)
badminton	/'bædmɪntən/	n. 羽毛球
specialist	/'speʃəlɪst/	n. 专家
confusion	/kən'fju:ʒən/	n. 困惑, 糊涂; 混淆; 混乱, 骚乱
sell	/sel/	v. 卖, 出售