



28-1 practicing acceptance of shock

Accepting that emotions and feelings are a normal and natural part of existence is central to their effective management. This will allow you to deal with them more effectively, rather than constantly responding in a shocked, negative or reactive way. Experiments with animals show that when given a red light to warn them in advance that a shock is coming, they will show less stress compared to those who are given no warning. The signal allows the animals to predict the shock, and with their anxiety thus removed, their bodies can relax. Those subjected to unpredictable shocks remain careful all the time. **Practicing acceptance provides you with a type of generalized warning system which will enable you to minimize the impact of painful emotions.**

✓ Translation

감정과 느낌은 생활의 정상적이고 자연스러운 일부분임을 받아들이는 것이 그것들을 효과적으로 관리하는 데 매우 중요하다. 이것은 여러분이 충격을 받거나, 부정적이거나, 반발하는 방식으로 끊임없이 대응하기보다는 그것들을 더욱 효과적으로 다룰 수 있도록 해 줄 것이다. 동물 대상 실험들은 충격이 올 것을 미리 동물들에게 경고하는 빨간 빛을 줄 때, 그 동물들은 아무런 경고도 받지 않는 동물들에 비해 스트레스를 덜 드러낼 것임을 보여 준다. 그 신호는 동물들로 하여금 충격을 예측하게 해 주고, 이렇게 하여 불안감이 제거된 상태에서 그들의 신체는 편안해질 수 있다. 예측할 수 없는 충격을 받는 동물들은 항상 경계하는 상태를 유지한다. (감정과 느낌의) 수용을 연습하는 것은 고통스러운 감정의 영향을 최소화할 수 있게 해 줄 일반화된 경고 체계의 한 형태를 제공한다.

✓ Note





✓Voca

- normal 정상적인
- existence 생활, 생존
- central 매우 중요한
- effective 효과적인
- management 관리
- rather than ~라기보다는
- constantly 끊임없이
- respond 대응하다
- reactive 반발하는, 반응을 보이는
- experiment 실험
- warn 경고하다
- in advance 미리
- compared to ~에 반해
- signal 신호
- predict 예측하다
- anxiety 불안감
- remove 제거하다
- subjected to ~을 받는, ~을 당하는
- unpredictable 예측할 수 없는
- acceptance 수용, 받아들임
- minimize 최소화하다
- impact 영향, 충격
- painful 고통스러운

✓핵심

Accepting that emotions and feelings are a normal and natural part of existence ① is central to their effective management. This will allow you to deal with them more effectively, rather than constantly ② responding in a shocked, negative or reactive way. Experiments with animals show that when ③ given a red light to warn them in advance that a shock is coming, they will show less stress compared to those who are given no warning. The signal allows the animals to predict the shock, and with their anxiety thus ④ removing, their bodies can relax. Those subjected to unpredictable shocks remain ⑤ careful all the time. Practicing acceptance provides you with a type of generalized warning system which will enable you to minimize the impact of painful emotions.

✓Reminding

Accepting that emotions and feelings are a normal and natural part of existence is central to their effective management. This will allow you to deal with them more effectively, rather than constantly responding in a shocked, negative or reactive way. Experiments with animals show that when given a red light to warn them _____ that a shock is coming, they will show less stress compared to those who are given no warning. The signal allows the animals to predict the shock, and with their anxiety thus _____, their bodies can relax. Those subjected to unpredictable shocks remain _____ all the time. Practicing acceptance provides you with a type of generalized warning system which will enable you to _____ the impact of painful emotions.





28-2 some guilt is a good thing

If your emotional life is governed by guilt, you are wasting too much energy on that emotion. **That's not to say that all guilt is bad - some guilt is a good thing. Guilt may have evolved because it helps us to change our course of action and make compensations.** When our guilt stems from situations like overeating, postponing, or wasting money, it signals us that there has been a breakdown in self-control. It forces us to pause and provides us the opportunity to regain control of ourselves. We've all experienced the "internal brake" function of guilt. Remember the last time that you skipped going to the gym, or had too many drinks? **Guilt, and the accompanying grief and regret, is the emotion that gets us to drag our heavy bodies onto the treadmill, and to pay the bartender and leave. Guilt is a powerfully motivating emotion.**

✓ Translation

만약 여러분의 정서 생활이 죄책감에 의해 지배되고 있다면 여러분은 그 감정에 지나친 에너지를 낭비하고 있는 것이다. 모든 죄책감이 나쁘다고 얘기하는 것은 아니다. 어떤 죄책감은 좋은 것이다. 죄책감은 우리로 하여금 행동 방침을 바꾸고 보상을 하도록 도와주기 때문에 생겨났을 수 있다. 우리의 죄책감이 과식, 미루기, 돈 낭비와 같은 상황에서 비롯된 것일 때, 그것은 우리의 자제력에 문제가 생겼음을 알려준다. 그것은 우리를 멈추게 하고 자기 통제 능력을 되찾을 기회를 준다. 우리는 모두 죄책감의 '내적 브레이크' 기능을 경험한 적이 있다. 마지막으로 운동가는 걸 빼 먹거나 과음했던 때를 기억하는가? 죄책감, 그리고 이에 수반하는 슬픔과 후회는 우리로 하여금 무거운 몸을 이끌고 러닝머신에 오르고 바텐더에게 술값을 지불하고 자리를 뜨게 만드는 감정이다. 죄책감은 강력하게 동기를 부여하는 감정이다.

✓ Note





✓Voca

- govern 지배하다
- guilt 죄책감
- waste 낭비하다
- evolve 서서히 생성되다, 진화하다
- course of action 행동 방침
- compensation 보상
- stem from ~에서 생겨나다, ~에서 비롯되다
- postpone 미루다, 연기하다
- breakdown 고장
- self-control 자제력
- regain 되찾다, 회복하다
- accompanying 수반하는
- grief 슬픔, 비탄
- drag (힘들여) 끌다, 끌고 가다

✓해변

If your emotional life is governed by guilt, you are wasting too much energy on that emotion. That's not to say that all guilt is bad - some guilt is a good thing.

(A) Guilt may have evolved because it helps us to change our course of action and make compensations. When our guilt stems from situations like overeating, postponing, or wasting money, it signals us that there has been a breakdown in self-control.

(B) Guilt, and the accompanying grief and regret, is the emotion that gets us to drag our heavy bodies onto the treadmill, and to pay the bartender and leave. Guilt is a powerfully motivating emotion.

(C) It forces us to pause and provides us the opportunity to regain control of ourselves. We've all experienced the "internal brake" function of guilt. Remember the last time that you skipped going to the gym, or had too many drinks?

✓Reminding

If your emotional life is governed by guilt, you are wasting too much energy on that emotion. That's not to say that all guilt is _____ - some guilt is a _____ thing. Guilt may have evolved because it helps us to change our course of action and make compensations. When our guilt stems from situations like overeating, postponing, or wasting money, it signals us that there has been a breakdown in _____. It forces us to pause and provides us the opportunity to regain control of ourselves. We've all experienced the "internal brake" function of guilt. Remember the last time that you skipped going to the gym, or had too many drinks? Guilt, and the accompanying grief and regret, is the emotion that gets us to drag our heavy bodies onto the treadmill, and to pay the bartender and leave. Guilt is a powerfully _____ emotion.





28-3 lighting influences perceptions

Lighting helps structure our perceptions of an environment, and these perceptions may influence the type of messages we send. If we enter a dimly lit or candlelit room, we may talk more softly, sit closer together, and presume that more personal communication will take place. When the dim lights are brightened, however, the environment tends to invite less intimate interaction. When dimly lit nightclubs flash on bright lights, it is often a signal that closing time is near and allows patrons some time to make the transition from one mood to another. Psychologists Carr and Dabbs found that the communication of intimate questions in dim lighting with nonintimates caused a significant hesitancy in responding, a significant decrease in eye contact, and a decrease in the average length of a gaze. All of these nonverbal behaviors appear to be efforts to create more psychological distance and decrease the perceived inappropriateness of the intimacy created by the lighting and the questions.

✓ Translation

조명은 어떤 환경에 대한 우리의 인식을 구성하는데 도움을 주며, 이러한 인식은 우리가 보내는 메시지의 형태에 영향을 미칠 수 있다. 조명이 희미하거나 촛불을 밝힌 방에 들어가면, 우리는 더 작은 소리로 이야기하고 서로 더 가까이 앉으며 더 개인적인 의사소통이 이루어질 것이라고 추측할 수 있다. 그러나 희미한 불빛이 밝아질 때 그 환경은 덜 친밀한 상호작용을 초래하는 경향이 있다. 희미하게 밝혀진 나이트클럽에 밝은 등이 켜지면, 그것은 흔히 마감 시간이 다가왔다는 신호이며 손님들이 어떠한 기분에서 다른 기분으로 바뀔 수 있도록 얼마간의 시간을 허용해 준다. 심리학자 Carr와 Dabbs는 흐릿한 조명에서 친하지 않은 사람과 친밀한 질문을 주고받는 것은 답을 할 때 상당한 망설임, 눈 맞춤의 상당한 감소, 그리고 응시의 평균 지속 시간의 감소를 야기한다는 것을 발견했다. 이러한 모든 비언어적인 행동은 더 큰 심리적 거리를 만들어서 조명과 질문에 의해 생기게 되는 친밀함에 대해 감지되는 부적절함을 줄이기 위한 노력처럼 보인다.

✓ Note





✓Voca

- lighting 조명
- structure 구성하다; 구조
- perception 인식, 인지
- lit 불이 켜진
- presume 추측하다
- invite 초대하다, 초대하다
- patron 손님, 후원자
- transition 이행, 변화
- hesitancy 주저, 망설임
- gaze 응시, 시선; 응시하다
- nonverbal 비언어적인
- inappropriateness 부적절함
- conflict 상충, 갈등
- interest 이해(관계), 이익

✓햇변

Lighting helps structure our perceptions of an environment, and these perceptions may influence the type of messages we send. If we enter a dimly lit or candlelit room, we may talk more softly, sit closer together, and presume that more (A) personal / public communication will take place. When the dim lights are brightened, however, the environment tends to invite less intimate interaction. When dimly lit nightclubs flash on bright lights, it is often a signal that closing time is near and allows patrons some time to make the transition from one mood to another. Psychologists Carr and Dabbs found that the communication of intimate questions in dim lighting with nonintimates caused a significant (B) hesitancy / motivation in responding, a significant decrease in eye contact, and a decrease in the average length of a gaze. All of these nonverbal behaviors appear to be efforts to create more psychological distance and decrease the perceived (C) relevance / inappropriateness of the intimacy created by the lighting and the questions.

✓Reminding

Lighting helps structure our perceptions of an environment, and these perceptions may influence the type of messages we send. If we enter a dimly lit or candlelit room, we may talk more softly, sit closer together, and presume that more _____ communication will take place. When the dim lights are brightened, however, the environment tends to invite _____ intimate interaction. When dimly lit nightclubs flash on bright lights, it is often a signal that _____ time is near and allows patrons some time to make the transition from one mood to another. Psychologists Carr and Dabbs found that the communication of intimate questions in dim lighting with nonintimates caused a significant _____ in responding, a significant decrease in eye contact, and a decrease in the average length of a gaze. All of these nonverbal behaviors appear to be efforts to create _____ psychological distance and _____ the perceived inappropriateness of the _____ created by the lighting and the questions.





28-4 taking others' perspective/ suspending judgment

When we take the perspective of others, we try to grasp what something means to them and how they perceive things. This requires suspending judgment at least temporarily. We can't appreciate someone else's perspective when we're imposing our own evaluations of whether it is right or wrong, sensible or crazy. Instead, we have to let go of our own perspective and perceptions long enough to enter the world of another person. Doing this allows us to understand issues from another person's point of view, so that we can communicate more effectively with her or him. At a later point in interaction we may choose to express our own perspective or to disagree with another's views. This is appropriate and important in honest communication, but voicing our own views is not a substitute for the equally important skill of recognizing another's perspective.

✓ Translation

우리가 다른 사람들의 관점을 받아들일 때, 우리는 어떤 것이 그들에게 무엇을 의미하는지 그리고 그들이 상황을 어떻게 인식하는지를 이해하려고 한다. 이는 최소한 일시적으로나마 판단을 보류할 것을 요구한다. 그것이 옳은지 틀렸는지, 분별 있는지 말도 안 되는 것인지에 대한 우리 자신의 평가를 강요하면 우리는 다른 사람의 관점을 이해할 수 없다. 대신에, 우리는 다른 사람의 세계에 들어갈 수 있을 정도로 충분히 오랫동안 우리 자신의 관점과 인식을 놓아 버려야 한다. 이렇게 하는 것은 우리가 다른 사람의 관점으로 쟁점을 이해할 수 있게 해 주므로 우리가 더 효율적으로 그 사람과 소통할 수 있다. 서로 대화하면서 얼마간 시간이 지난 뒤에 우리는 자신의 관점을 표현하거나 혹은 다른 사람의 견해에 동의하지 않는 것을 선택할 수도 있다. 이것은 정직한 의사소통에서 적절하고 중요하지만, 우리 자신의 관점을 말하는 것은 그와 똑같이 중요한 기술인 다른 사람의 관점을 인식하는 것을 대신하지는 못한다.

✓ Note





✓Voca

- let go of ~을 놓아주다, ~을 놓다
- perspective 관점
- grasp 이해하다, 붙잡다
- perceive 인식하다
- suspend 보류하다, 정지하다
- appreciate 이해하다, 감사하다, 감상하다
- impose 강요하다, 부과하다
- appropriate 적절한
- substitute 대체물, 대용물

✓핵심

When we take the perspective of others, we try to grasp what something means to them and how they perceive things. This requires _____. We can't appreciate someone else's perspective when we're imposing our own evaluations of whether it is right or wrong, sensible or crazy. Instead, we have to let go of our own perspective and perceptions long enough to enter the world of another person. Doing this allows us to understand issues from another person's point of view, so that we can communicate more effectively with her or him. At a later point in interaction we may choose to express our own perspective or to disagree with another's views. This is appropriate and important in honest communication, but voicing our own views is not a substitute for the equally important skill of recognizing another's perspective.

- ① clearly manifesting our way of thinking
- ② suspending judgment at least temporarily
- ③ raising a good ability to sympathize with the other
- ④ being aware of individual differences between people
- ⑤ analyzing the other's point of view by making a distance

✓Reminding

When we take the perspective of others, we try to grasp what something means to them and how they perceive things. This requires _____ judgment at least temporarily. We can't appreciate someone else's perspective when we're imposing our own _____ of whether it is right or wrong, sensible or crazy. _____, we have to let go of our own perspective and perceptions long enough to enter the world of another person. Doing this allows us to understand issues from another person's point of view, so that we can communicate more effectively with her or him. At a _____ point in interaction we may choose to express our own perspective or to _____ with another's views. This is appropriate and important in honest communication, but voicing our own views is not a substitute for the equally important skill of recognizing another's perspective.

