

2026年6月·第2套 英语四级阅读理解（四选一） 第1篇·46–50 题 答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2026年6月·第2套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1–P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2026-06) • 英语四级

Part III Section C

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

P1 People who systematically underestimate themselves and their own performance suffer from the so-called Impostor Phenomenon. They think that any success is due to external circumstances or just luck and chance. Those people live in constant fear that their "deception" will be exposed.

系统性低估自己及自身表现的人会受到所谓的冒名顶替现象的困扰。他们认为，任何成功都归因于外部环境，或仅仅是运气和偶然。这些人始终生活在自己的“欺骗行为”会被揭穿的恐惧之中。

P2 It is common for people to question their abilities now and again. A healthy amount of reflection and self-doubt can protect a person from acting impulsively. However, there are people who are permanently plagued by a massive amount of self-doubt despite delivering a good performance. They think that all of their successes are not a product of their skill or hard work, instead they attribute their own successes to external circumstances, for example, to luck and chance, or believe that their performance is massively overestimated by others. Failures, on the other hand, are always internalised as the result of their own shortcomings.

人们偶尔质疑自己的能力是很常见的。适度的反思和自我怀疑可以防止一个人冲动行事。然而，有些人尽管表现出色，却长期受到大量自我怀疑的困扰。他们认为，自己的所有成功都不是能力或努力的结果，而是将成功归因于外部环境，例如运气和偶然，或者认为自己的表现被他人严重高估。另一方面，他们总是把失败内化为自身缺点所导致的结果。

P3 Psychologists from Martin Luther University Halle-Wittenberg examined the topic for the first time under real-life conditions. Seventy-six participants completed a range of intelligence tests and

received positive feedback on them, regardless of their actual performance. They were then asked why they think they did so well.

来自马丁·路德大学哈勒-维滕贝格分校的心理学家首次在现实生活条件下对这一主题进行了研究。76名参与者完成了一系列智力测试，并且无论其实际表现如何，都得到了积极的反馈。随后，研究人员询问他们为何认为自己表现得如此出色。

P4 The study showed two things: First, the self-reported degree of Impostor Phenomenon is not related to actual measured intelligence or performance. Secondly, the test supported the assumption that people with a tendency to exhibit the Impostor Phenomenon devalue their objectively measured performance and attribute positive results to external causes such as luck and chance, but not to their own abilities. These results are also completely unrelated to age and gender.

研究显示了两点：第一，自我报告的冒名顶替现象程度与实际测得的智力或表现无关。第二，测试支持了这一假设：倾向于表现出冒名顶替现象的人会贬低自己客观测得的表现，并将积极结果归因于运气和偶然等外部原因，而不是自己的能力。这些结果也与年龄和性别完全无关。

P5 A permanent underestimation of one's own abilities is often accompanied by the fear that this supposed intellectual deception will be exposed sooner or later and that they will pay the price for this. The Impostor Phenomenon was first described in 1978 by US psychologists Pauline Clance and Suzanne Imes. They observed that there is a particularly high number of successful women who do not think they are very intelligent. The Impostor Phenomenon is not defined as a mental illness. However, people who suffer from it show a higher vulnerability to depression.

持续低估自己的能力，往往伴随着这样的恐惧：这种所谓的智力欺骗迟早会被揭穿，而他们也必将为此付出代价。冒名顶替现象最早由美国心理学家保琳·克兰斯和苏珊·艾姆斯于1978年描述。她们观察到，成功女性中有相当多的人认为自己并不聪明。冒名顶替现象不被定义为一种精神疾病。然而，受到这一现象困扰的人表现出更高的抑郁易感性。

题目与逐题解析

46. What do we learn from the passage about people who suffer from the so-called Impostor Phenomenon?

- A) They systematically underestimate their chances of success.
- B) They tend to attribute their achievements to good fortune.
- C) They seem to live in constant fear of being deceived.
- D) They generally rely on luck and chance for success.

关于遭受所谓冒名顶替现象困扰的人，我们从文章中了解到什么？

- A) 他们系统性地低估自己成功的可能性。
- B) 他们往往把自己的成就归因于好运。
- C) 他们似乎一直害怕受骗。
- D) 他们通常依靠运气和偶然性取得成功。

【答案】 B (细节题)

【判型】 What do we learn from the passage about people who suffer from the so-called Impostor Phenomenon? 是问'关于某类人我们能了解到什么'，答案应在文中找对该类人的直接描述。

【拆句】 What do we learn from the passage about people who suffer from the so-called Impostor Phenomenon? 是主谓宾结构的特殊疑问句；主干为 What do we learn, about 短语限定讨论对象，who 定语从句修饰 people，整体无否定、比较等陷阱。

【定位】 They think that any success is due to external circumstances or just luck and chance.
他们认为任何成功都归因于外部环境，或者仅仅是运气和机遇。

【选项】 A) 偷换概念

选项说 systematically underestimate their chances of success, 但原文是 systematically underestimate themselves and their own performance, 低估的对象从'自己和自身表现'被偷换为'成功几率', 语义不一致。

B) ✓ 正确

any success is due to external circumstances or just luck and chance ↔

tend to attribute their achievements to good fortune

tend to attribute their achievements to good fortune 准确对应 any success is due to... luck and chance, 只是把'成功归因于运气'换了说法。

C) 偷换概念

选项 live in constant fear of being deceived 利用了原文 live in constant fear 和 deception 两个词，但原文是害怕'自己的欺骗被揭穿', 不是害怕'被别人欺骗'。

D) 过度推断

选项 generally rely on luck and chance for success 说患者'依靠'运气获得成功，但原文 any success is due to external circumstances or just luck and chance 只是说他们认为'成功归因于运气', 并非真的去依靠运气。

47. What do people with a healthy amount of reflection and self-doubt tend to do?

- A) Credit all their successes to hard work.
- B) Strive hard to perfect their skills.
- C) Refrain from acting on impulse.
- D) Deliver a better performance.

拥有适度反思和自我怀疑的人往往会做什么？

- A) 把所有的成功都归功于努力工作。 B) 努力使自己的技能臻于完善。 C) 避免凭冲动行事。
- D) 表现得更好。

【答案】 C (细节题)

【判型】 What do people with a healthy amount of reflection and self-doubt tend to do? 询问具备某特征的人群 tend to do 什么，属于对文中具体行为信息的提取。

【拆句】 What do people with a healthy amount of reflection and self-doubt tend to do? 中 with 短语作后置定语修饰 people, tend to do 询问习惯性结果，句子平直，无复杂从句。

【定位】 A healthy amount of reflection and self-doubt can protect a person from acting impulsively.
适度的反思和自我怀疑能够防止一个人冲动行事。

【选项】 A) 张冠李戴

选项 Credit all their successes to hard work 说健康反思者把所有成功归功于努力，但原文 there are people who are permanently plagued by... self-doubt 之后说的是 IP 患者不把成功归因于自身 skill or hard work，并未说健康反思者就会归因于努力。

B) 无中生有

选项 Strive hard to perfect their skills 在原文关于健康反思者的描述中没有对应信息，属于凭空添加。

C) ✓ 正确

protect a person from acting impulsively ↔ Refrain from acting on impulse

Refrain from acting on impulse 与 protect a person from acting impulsively 语义等值，只是从'被保护不冲动'转换为'主动克制不冲动'。

D) 答非所问

选项 Deliver a better performance 暗示健康反思者会表现更好，但原文 despite delivering a good performance 是修饰 IP 患者的，与健康反思者无比较关系。

48. What do Impostor Phenomenon sufferers often do according to psychologists from Martin Luther University Halle-Wittenberg?

- A) Attribute their accomplishments to others.
- B) Deny their actual measured intelligence.
- C) Claim to have confidence in their own abilities.
- D) Mark down their objectively rated performance.

根据哈雷-维滕贝格马丁·路德大学心理学家的说法，遭受冒名顶替现象困扰的人常常会怎么做？

- A) 把自己的成就归功于他人。
- B) 否认自己经测量得出的实际智力水平。
- C) 声称自己对自身能力充满信心。
- D) 给客观评定的表现打低分。

【答案】 D (细节题)

【判型】 What do Impostor Phenomenon sufferers often do according to psychologists from Martin Luther University Halle-Wittenberg? 问的是某研究发现中患者'经常做什么'，答案应出自研究结论句。

【拆句】 What do Impostor Phenomenon sufferers often do according to psychologists from Martin Luther University Halle-Wittenberg? 主干为 What do sufferers do, according to 引出信息来源，句子结构简单，无否定比较。

【定位】 people with a tendency to exhibit the Impostor Phenomenon devalue their objectively measured performance and attribute positive results to external causes such as luck and chance, but not to their own abilities.

有表现出冒名顶替现象倾向的人会贬低他们客观测得的表现，并把积极结果归因于运气等外部原因，而非他们自己的能力。

【选项】 A) 偷换概念

选项 Attribute their accomplishments to others 说患者把成就归因于'他人', 但原文 attribute positive results to external causes such as luck and chance 说的是'运气等外部原因', external causes 不等于 others。

B) 偷换概念

选项 Deny their actual measured intelligence 说患者否认实际测得的智力, 但原文 the self-reported degree of Impostor Phenomenon is not related to actual measured intelligence or performance 只是说两者无关, 并未说患者否认智力。

C) 与原文相反

选项 Claim to have confidence in their own abilities 说患者声称对自己能力有信心, 但原文明确说患者把成功归因于外部原因 'but not to their own abilities', 说明他们并不信任自己的能力。

D) ✓ 正确

devalue their objectively measured performance ↔

Mark down their objectively rated performance

Mark down their objectively rated performance 几乎是 devalue their objectively measured performance 的同义改写, 只是换了动词和形容词。

49. What happens when a person permanently underestimates their own abilities?

- A) They will focus their attention on external factors.
- B) They will be fearful of potential consequences.
- C) They will count on good fortune for success.
- D) They will keep improving their own skills.

当一个人长期低估自己的能力时, 会发生什么?

- A) 他们会把注意力集中在外部因素上。
- B) 他们会害怕可能产生的后果。
- C) 他们会依靠好运取得成功。
- D) 他们会不断提高自己的技能。

【答案】 B (细节题)

【判型】 What happens when a person permanently underestimates their own abilities? 询问某种情况下会发生什么, 答案在原文的条件-结果句中。

【拆句】 What happens when a person permanently underestimates their own abilities? 中 when 引导时间/条件状语从句, 主句省略了 happen 的实体主语, 整体为简单因果结构。

【定位】 A permanent underestimation of one's own abilities is often accompanied by the fear that this supposed intellectual deception will be exposed sooner or later and that they will pay the price for this.

长期低估自己的能力常常伴随着一种恐惧: 这种所谓的智力欺骗迟早会被揭穿, 并且他们会为此付出代价。

【选项】 A) 答非所问

选项 focus their attention on external factors 描述的是患者对成功的外部归因，属于第 46、48 题的内容，不是长期低估能力带来的结果。

B) ✓ 正确

the fear that this supposed intellectual deception will be exposed sooner or later and that they will pay the price for this

↔ be fearful of potential consequences

be fearful of potential consequences 把原文 '害怕欺骗被揭穿、害怕付出代价' 概括为 '害怕潜在后果'，符合同义概括的替换方式。

C) 过度推断

选项 count on good fortune for success 说患者 '指望' 好运获得成功，但原文只是说他们认为成功归因于好运，并非真的把成功寄托于好运。

D) 无中生有

选项 keep improving their own skills 在文中没有对应信息，属于用常识捏造的积极结果。

50. What did US psychologists Pauline Clance and Suzanne Imes say about Impostor Phenomenon sufferers?

- A) They are more liable to have depression.
- B) They seldom realise their potential fully.
- C) They will develop mental illnesses.
- D) They will pay higher prices one day.

美国心理学家 **Pauline Clance** 和 **Suzanne Imes** 对遭受冒名顶替现象困扰的人作何评价？

- A) 他们更容易患抑郁症。
- B) 他们很少能够充分发挥自己的潜力。
- C) 他们会患上精神疾病。
- D) 他们有一天会付出更高的代价。

【答案】 A (细节题)

【判型】 What did US psychologists Pauline Clance and Suzanne Imes say about Impostor Phenomenon sufferers? 问特定人物对患者的说法，属于对文中观点句的提取。

【拆句】 What did US psychologists Pauline Clance and Suzanne Imes say about Impostor Phenomenon sufferers? 是过去时特殊疑问句，say about 后接对象，结构简单；注意 did 提示事件发生在过去。

【定位】 However, people who suffer from it show a higher vulnerability to depression.

然而，患有冒名顶替现象的人表现出更高的抑郁易感性。

【选项】 A) ✓ 正确

people who suffer from it show a higher vulnerability to depression ↔

They are more liable to have depression

They are more liable to have depression 准确对应 people who suffer from it show a higher vulnerability to depression, 把'易感性高'换成'更容易患上'。

B) 过度推断

选项 They seldom realise their potential fully 说患者很少充分发挥潜力, 原文只提到他们低估自己和害怕被揭穿, 没有明确说他们潜力发挥不足。

C) 与原文相反

选项 They will develop mental illnesses 说患者会发展成精神疾病, 但原文 The Impostor Phenomenon is not defined as a mental illness 明确说它不是精神疾病。

D) 偷换概念

选项 They will pay higher prices one day 把原文 they will pay the price for this 中的 the price 改成了 higher prices, 添加了比较含义, 改变了原意。

SENTENCE INSIGHTS • 句子精讲

19 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

People who systematically underestimate themselves and their own performance suffer from the so-called Impostor Phenomenon.

第1段, 第1句

“名词 + 从句/短语修饰 + 主句谓语”是四六级与考研阅读中最常见的主语后置修饰句型, 极具代表性。

They think that any success is due to external circumstances or just luck and chance.

第1段, 第2句

“主语 + think + that 宾语从句”以及“be due to...”均为各类考试阅读理解中高频出现的典型句式, 掌握后可大量迁移复用。

Those people live in constant fear that their "deception" will be exposed.

第1段，第3句

“名词 + that 同位语从句”是各类英语考试的高频必考句式，掌握其识别与拆解方法具有极高的迁移价值。

It is common for people to question their abilities now and again.

第2段，第1句

It is + adj. + for sb. to do sth. 是四六级与考研英语阅读及写作中极高频出现的标准句式，复用价值极高。

However, there are people who are permanently plagued by a massive amount of self-doubt despite delivering a good performance.

第2段，第3句

“There are people who...”后接被动结构及让步修饰是英语阅读真题中表达“某种心理现象或社会人群”的典型句式，具有极高的方法迁移价值。

Failures, on the other hand, are always internalised as the result of their own shortcomings.

第2段，第5句

“名词 + 插入语 + 谓语被动语态 + 介词短语状语”是阅读理解和写作中非常典型的学术议论文句式，具有较高的迁移价值。

Secondly, the test supported the assumption that people with a tendency to exhibit the Impostor Phenomenon devalue their objectively measured performance and attribute positive results to external causes such as luck and chance, but not to their own abilities.

第4段，第2句

“抽象名词 + 详细说明从句”结合长定语与并列动词的结构，是学术英语、四六级及考研英语阅读中阐述研究发现或心理现象的典型句式。

A permanent underestimation of one's own abilities is often accompanied by the fear that this supposed intellectual deception will be exposed sooner or later and that they will pay the price for this.

第5段，第1句

"抽象名词 + 谓语 + 介词短语 + 同位语从句" 是四六级与考研阅读中阐述学术或心理现象时极高频的经典句式，掌握后复用价值很高。

They observed that there is a particularly high number of successful women who do not think they are very intelligent.

第5段，第3句

汇集了"主句 + 宾语从句 + 后置定语从句 + 从句内嵌套宾语从句"的高频真题结构，同时包含 "a number of" 和 "there be" 句型，极具代表性与迁移价值。

The Impostor Phenomenon is not defined as a mental illness.

第5段，第4句

该句型展现了学术英语和考试阅读中极常见的"概念定义与界定"表达，"be defined as" 属于高频核心搭配，句式代表性极强。

However, people who suffer from it show a higher vulnerability to depression.

第5段，第5句

采用'名词 + 定语从句 + 谓语 + 宾语 + 介词短语后置定语'的标准考试句式，在四六级和考研阅读中极其常见，掌握这种'主语带后置修饰'的分析方法迁移价值很高。

What do we learn from the passage about people who suffer from the so-called Impostor Phenomenon?

第46题题干

特殊疑问句主干叠加后置定语从句修饰，是四六级与考研阅读理解题干中的典型高频句式，解构方法具有极高的迁移复用价值。

They tend to attribute their achievements to good fortune.

第46题，B

包含 "tend to do" 及 "attribute A to B" 这类高频动词搭配，是英语写作与阅读中极具代表性的基础句式。

They seem to live in constant fear of being deceived.

第46题，C

"seem to do"系表结构与"feared of doing"介词搭配在各类考试阅读中极高频出现，具有很强的迁移应用价值。

They generally rely on luck and chance for success.

第46题，D

"主语 + 频度状语 + 动词短语 + 并列宾语 + 介词短语作目的状语"是英语简单句中极具代表性的基础句式，可迁移性强。

Refrain from acting on impulse.

第47题，C

动词原形开头的祈使句及 "refrain from" 介词搭配在各类英语考试中极其常见，具有很高的迁移价值。

What happens when a person permanently underestimates their own abilities?

第49题 题干

句型 "What happens when..." 在疑问句及探讨因果假设的写作中非常典型，具有极高的句式迁移价值。

They will count on good fortune for success.

第49题，C

"主语 + will do sth + for sth"属于高频基础句型，短语动词 count on 与目的状语 for success 的搭配非常标准，复用性极高。

They are more liable to have depression.

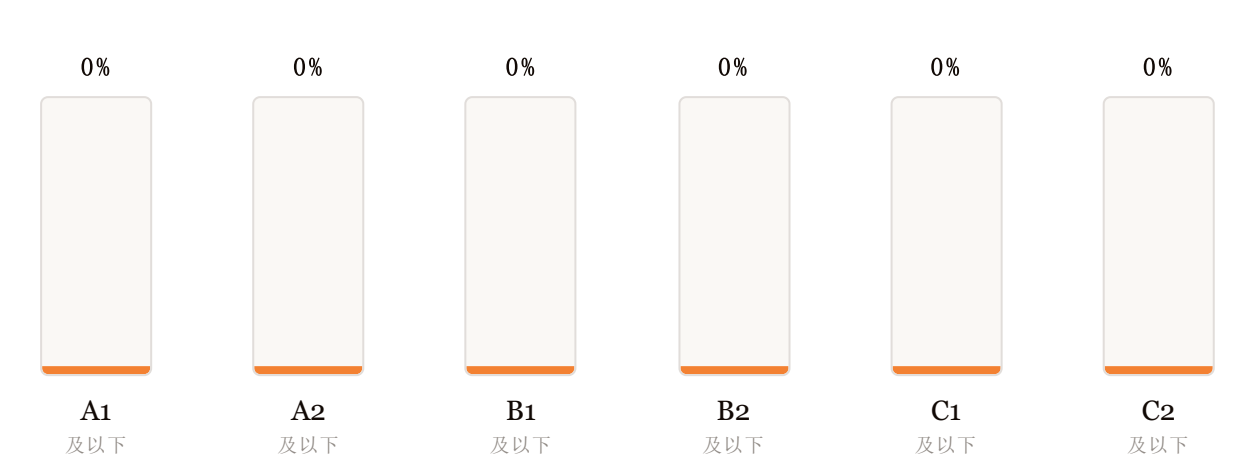
第50题，A

“主语 + be + 形容词 + 不定式”是各类英语考试中极高频出现的句式结构，具有很强的可迁移性。

VOCABULARY · 词汇难度分布

全文 0 词按 CEFR 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个 · 约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 0 个 · 末柱为 100%



英语四级 2026年6月·第2套 · 全卷构成

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