

2023年6月·第1套 英语六级长篇阅读（信息匹配） 第1篇·36-45 题 答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2023年6月·第1套 英语六级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 13 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2023-06) · 六级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

The lifesaving power of gratitude

A) Gratitude may be more beneficial than we commonly suppose. One recent study asked participants to write a note of thanks to someone and then estimate how surprised and happy the recipient would feel—an impact that they consistently underestimated. Another study assessed the health benefits of writing thank-you notes. The researchers found that writing as few as three weekly thank-you notes over the course of three weeks improved life satisfaction, increased happy feelings and reduced symptoms of depression.

感恩可能比我们通常认为的更有益。最近一项研究要求参与者给某人写一封感谢信,然后估计收信人会感到多么惊讶和快乐——他们一贯低估了这种影响。另一项研究评估了写感谢信对健康的益处。研究人员发现,在三周的时间里每周只写三封感谢信,就能提高生活满意度,增加幸福感并减轻抑郁症状。

B) While this research into gratitude is relatively new, the principles involved are anything but. Students of mine in a political philosophy course at Indiana University are reading Daniel Defoe's 300-year-old Robinson Crusoe, often regarded as the first novel published in English. Left alone on an unknown island with no apparent prospect of rescue or escape, Crusoe has much to lament(悲叹). But instead of giving in to despair, he makes a list of things for which he is grateful, including the fact that he is the sole survivor from the shipwreck(海难) and has been able to salvage many useful items from the wreckage.

虽然这项关于感恩的研究相对较新,但其中涉及的原则却绝非如此。我在Indiana University政治哲学课程的学生正在阅读Daniel Defoe三百年前的《鲁滨逊漂流记》,该书通常被认为是用英语出版的第一部小说。独自留在一个陌生的岛屿上,看不到获救或逃脱的明显希望,Crusoe有很多值得悲叹的事情。

但他没有屈服于绝望,而是列出了他所感激的事情,包括他是海难中唯一的幸存者这一事实,并且能够从残骸中打捞出许多有用的物品。

- C) Defoe's masterpiece, which is often ranked as one of the world's greatest novels, provides a portrait of gratitude in action that is as timely and relevant today as it has ever been. It is also one with which contemporary psychology and medicine are just beginning to catch up. Simply put, for most of us, it is far more helpful to focus on the things in life for which we can express gratitude than those that incline us toward resentment and lamentation.

Defoe的这部杰作常被列为世界上最伟大的小说之一,它呈现了一幅感恩行动的画像,这幅画像在今天和以往任何时候一样及时而切题。当代心理学和医学也才刚刚开始赶上它。简单地说,对我们大多数人来说,关注生活中我们可以表达感激的事情,远比关注那些使我们倾向于怨恨和悲叹的事情更有帮助。

- D) When we focus on the things we regret, such as failed relationships, family disputes, and setbacks in career and finance, we tend to become more regretful. Conversely, when we focus on the things we are grateful for, a greater sense of happiness tends to spread through our lives. And while no one would argue for cultivating a false sense of blessedness, there is mounting evidence that counting our blessings is one of the best habits we can develop to promote mental and physical health.

当我们关注我们后悔的事情时,比如失败的关系、家庭纠纷以及事业和财务上的挫折,我们往往会变得更加后悔。相反,当我们关注我们感激的事情时,更强烈的幸福感往往会传播到我们的生活中。虽然没有人会主张培养一种虚假的幸福感,但越来越多的证据表明,细数我们的幸事是我们可以养成的促进心理和身体健康的最佳习惯之一。

- E) Gratitude has long enjoyed a privileged position in many of the world's cultural traditions. For example, some ancient Western philosophers counsel gratitude that is both enduring and complete, and some Eastern thinkers portray it as not merely an attitude but a virtue to be put into practice.

感恩长期以来在世界上许多文化传统中享有特权地位。例如,一些古代西方哲学家倡导既持久又完整的感恩,一些东方思想家将其描绘为不仅仅是一种态度,而是一种要付诸实践的美德。

- F) Recent scientific studies support these ancient teachings. Individuals who regularly engage in gratitude exercises, such as counting their blessings or expressing gratitude to others, exhibit increased satisfaction with relationships and fewer symptoms of physical illness. And the benefits are not only psychological and physical. They may also be moral—those who practice gratitude also view their lives less materialistically and suffer from less envy.

最近的科学研究支持这些古老的教义。定期进行感恩练习的个人,如细数自己的幸事或向他人表达感激,表现出对人际关系更高的满意度和更少的身体疾病症状。这些益处不仅是心理上和身体上的。它们也可能是道德上的——那些践行感恩的人也较少用物质主义的眼光看待自己的生活,并且较少遭受嫉妒之苦。

- G) There are multiple explanations for such benefits of gratefulness. One is the fact that expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships. Similarly, grateful people may be more likely to reciprocate(回报) with acts of kindness of their own. Broadly speaking, a community in which people feel grateful to one another is likely to be a more pleasant place to live than one characterized by mutual suspicion and resentment. The beneficial effects of gratitude may extend even further. For example, when many people feel good about what someone else has done for them, they experience a sense of being lifted up, with a corresponding enhancement of their regard for humanity. Some are inspired to attempt to

become better people themselves, doing more to help bring out the best in others and bringing more goodness into the world around them.

对感恩的这些益处有多种解释。一个是这样的事实:表达感激鼓励他人继续慷慨大方,从而促进人际关系中善意的良性循环。同样,心怀感激的人可能更有可能用自己的善举来回报。从广义上讲,一个人们彼此心怀感激的社区,很可能比一个以相互猜疑和怨恨为特征的社区更宜居。感恩的有益影响可能延伸得更远。例如,当许多人对别人为他们所做的事情感到高兴时,他们会体验到一种被提升的感觉,相应地提高了他们对人性的尊重。有些人受到启发,试图成为更好的人,做更多的事来帮助激发他人的优点,并为周围的世界带来更多的善意。

- H) Gratitude also tends to strengthen a sense of connection with others. When people want to do good things that inspire gratitude, the level of dedication in relationships tends to grow and relationships seem to last longer. And when people feel more connected, they are more likely to choose to spend their time with one another and demonstrate their feelings of affection in daily acts.

感恩也往往会加强与他人的联系感。当人们想做激发感激的好事时,人际关系中的投入程度往往会增长,关系似乎会持续更久。当人们感到更紧密联系时,他们更有可能选择共度时光,并在日常行为中表达他们的感情。

- I) Of course, acts of kindness can also foster discomfort. For example, if people feel they are not worthy of kindness or suspect that some ulterior(别有用心的) motive lies behind it, the benefits of gratitude will not be realized. Likewise, receiving a kindness can give rise to a sense of indebtedness, leaving beneficiaries feeling that they must now pay back whatever good they have received. Gratitude can flourish only if people are secure enough in themselves and sufficiently trusting to allow it to do so. Another obstacle to gratitude is often called a sense of entitlement. Instead of experiencing a benefaction(善行) as a good turn, people sometimes regard it as a mere payment of what they are owed, for which no one deserves any moral credit.

当然,善举也可能引发不适。例如,如果人们觉得自己不配得到善意,或怀疑其背后隐藏着某种别有用心的动机,感恩的益处就无法实现。同样,接受善意可能会产生一种负债感,使受益者觉得他们现在必须偿还所得到的任何好处。感恩只有在人们对自己足够有安全感并且有足够的信任允许它这样做时才能蓬勃发展。感恩的另一个障碍通常被称为特权感。人们有时不是将善行视为好意,而是将其视为对自己所应得之物的单纯支付,没有人因此应得任何道德赞誉。

- J) There are a number of practical steps anyone can take to promote a sense of gratitude. One is simply spending time on a regular basis thinking about someone who has made a difference, or perhaps writing a thank-you note or expressing such gratitude in person. Others are found in ancient religious disciplines, such as reflecting on benefactions received from another person or actually praying for the health and happiness of a benefactor. In addition to benefactions received, it is also possible to focus on opportunities to do good oneself, whether those acted on in the past or hoped for in the future. Some people are most grateful not for what others have done for them but for chances they enjoyed to help others. In regularly reflecting on the things in his life he is grateful for, Defoe's Crusoe believes that he becomes a far better person than he would have been had he remained in the society from which he originally set out on his voyage.

任何人都可以采取许多实际步骤来培养感恩之心。一个是简单地定期花时间思考一个产生过影响的人,或者写一封感谢信或当面表达这种感激。其他方法见于古老的宗教修行,如反思从他人那里得到的善行,或实际为恩人的健康和幸福祈祷。除了收到的善行,还可以关注自己行善的机会,无论是过去付诸行动的,还是未来希望做到的。有些人最感激的不是别人为他们做了什么,而是他们享有的帮助他人的机会。在

定期反思生活中他所感激的事情时,Defoe笔下的Crusoe相信,他成为了一个比他如果留在他最初出发航行的那个社会中会成为的人要好得多的人。

- K) Reflecting on generosity and gratitude, the great basketball coach John Wooden once offered two counsels to his players and students. First, he said, "It is impossible to have a perfect day unless you have done something for someone who will never be able to repay you." In saying this, Wooden sought to promote purely generous acts, as opposed to those performed with an expectation of reward. Second, he said, "Give thanks for your blessings every day."

在反思慷慨和感恩时,伟大的篮球教练John Wooden曾向他的球员和学生提出两条建议。首先,他说:"除非你为一个永远无法报答你的人做了一些事,否则不可能拥有完美的一天。"说这话时,Wooden试图促进纯粹慷慨的行为,而不是那些期待回报的行为。其次,他说:"每天为你的幸事而感恩。"

- L) Some faith traditions incorporate such practices into the rhythm of daily life. For example, adherents of some religions offer prayers of thanksgiving every morning before rising and every night before lying down to sleep. Others offer thanks throughout the day, such as before meals. Other less frequent special events, such as births, deaths and marriages, may also be heralded by such prayers.

一些信仰传统将这类实践融入日常生活的节奏中。例如,某些宗教的信徒每天早上起床前和每晚睡觉前都会做感恩祈祷。其他人则全天表达感谢,比如在饭前。其他不太频繁的特殊事件,如出生、死亡和婚姻,也可能通过这样的祈祷来宣告。

- M) When Defoe depicted Robinson Crusoe making thanksgiving a daily part of his island life, he was anticipating findings in social science and medicine that would not appear for hundreds of years. Yet he was also reflecting the wisdom of religious and philosophical traditions that extend back thousands of years. Gratitude is one of the healthiest and most nourishing of all states of mind, and those who adopt it as a habit are enriching not only their own lives but also the lives of those around them.

当Defoe描绘鲁滨逊·克鲁索使感恩成为他岛屿生活的日常部分时,他预见了几百年后才会出现的社会科学和医学发现。然而,他也反映了延续数千年的宗教和哲学传统的智慧。感恩是所有心理状态中最健康、最滋养的状态之一,那些将其作为习惯的人不仅丰富了自己的生活,也丰富了周围人的生活。

陈述句与逐句解析

36. It does us far more good to focus on things we can be grateful for than what makes us sad and resentful.

关注那些我们能够感恩的事情比关注让我们悲伤和怨恨的事情对我们更有益。

【答案】 C 段 (强锚点)

【锚点】 对比聚焦点的核心命题

【定位】 Simply put, for most of us, it is far more helpful to focus on the things in life for which we can express gratitude than those that incline us toward resentment and lamentation.

简单地说,对我们大多数人而言,专注于生活中那些值得感恩之事,远比专注于让人心生怨恨、悲叹之事更有益处。

【改写】 does us far more good ↔ **far more helpful**

比较级同义替换

focus on things we can be grateful for ↔

focus on the things in life for which we can express gratitude

动词到名词的同义改写

what makes us sad and resentful ↔ **those that incline us toward resentment and lamentation**

形容词与抽象名词的同义对换

【辨邻】 **D** When we focus on the things we regret... we tend to become more regretful 与 when we focus on the things we are grateful for, a greater sense of happiness tends to spread through our lives 只是分别从两端各说一面，没有把“X 远比 Y 更有益”这种比较关系整合在一句里；陈述句的 does us far more good 这一比较关系，只有 C 段的 far more helpful 直接承载。

When we focus on the things we regret, such as failed relationships, family disputes, and setbacks in career and finance, we tend to become more regretful. Conversely, when we focus on the things we are grateful for, a greater sense of happiness tends to spread through our lives.

37. The beneficial impacts of gratitude can extend from individuals to their community and to the wider society.

感恩的有益影响可以从个人延伸到他们的社区以及更广泛的社会。

【答案】 **G** 段（强锚点）

【锚点】 影响范围从个体扩散到社会

【定位】 Broadly speaking, a community in which people feel grateful to one another is likely to be a more pleasant place to live than one characterized by mutual suspicion and resentment. The beneficial effects of gratitude may extend even further.

总体来说，一个彼此感恩的社区，比一个充满相互猜忌与怨恨的社区更适合居住。感恩的有益影响甚至可能延伸得更远。

【改写】 individuals ↔ **grateful people may be more likely to reciprocate**

从抽象到具体的同义对应

community ↔ **a community in which people feel grateful to one another**

关键词原样复现

the wider society ↔ **The beneficial effects of gratitude may extend even further**

范围扩展的同义表达

beneficial impacts ↔ **The beneficial effects of gratitude**

近义词替换

【辨邻】 H Gratitude also tends to strengthen a sense of connection with others 与 they are more likely to choose to spend their time with one another 都停留在双人或小圈子的连接，没有出现 community/wider society 这样的范围扩张词，无法覆盖陈述句的“扩散至社区与更广社会”。

Gratitude also tends to strengthen a sense of connection with others. When people want to do good things that inspire gratitude, the level of dedication in relationships tends to grow and relationships seem to last longer.

M those who adopt it as a habit are enriching not only their own lives but also the lives of those around them 只把益处扩到 those around them (周围他人)，没有出现 community 或 wider society 的明确扩展。

those who adopt it as a habit are enriching not only their own lives but also the lives of those around them

38. The participants in a recent study repeatedly underestimated the positive effect on those who received thank-you notes.

最近一项研究中的参与者反复低估了感谢信对收信人产生的积极影响。

【答案】 A 段 (强锚点)

【锚点】 一项新研究 + 反复低估收信人正面反应

【定位】 One recent study asked participants to write a note of thanks to someone and then estimate how surprised and happy the recipient would feel—an impact that they consistently underestimated.

最近一项研究让参与者给某人写一封感谢信，然后预估收信人会有多么惊讶与开心——而他们对这一影响始终估计得过低。

【改写】 The participants in a recent study ↔ One recent study asked participants

句式重构与关键词原样复现

those who received thank-you notes ↔ write a note of thanks to someone

角色视角互换

repeatedly underestimated the positive effect ↔ an impact that they consistently underestimated

近义副词与同根名词替换

【辨邻】 F Individuals who regularly engage in gratitude exercises, such as counting their blessings or expressing gratitude to others 描述的是常规感恩练习与人际关系/生理症状的关系，没有“写感谢信 + 预估收信人反应 + 持续低估”这一组实验细节。

Recent scientific studies support these ancient teachings. Individuals who regularly engage in gratitude exercises, such as counting their blessings or expressing gratitude to others, exhibit increased satisfaction with relationships and fewer symptoms of physical illness.

39. Good deeds can sometimes make people feel uncomfortable.

善行有时会让人感到不自在。

【答案】 I 段 (强锚点)

【锚点】 好事也会让人不舒服

【定位】 Of course, acts of kindness can also foster discomfort.

当然, 善举有时也会让人感到不适。

【改写】 Good deeds ↔ acts of kindness

同义替换

make people feel uncomfortable ↔ foster discomfort

形容词与同根名词的同义改写

sometimes ↔ can also

情态副词的同义对应

40. People who regularly express gratitude can benefit in moral terms.

经常表达感恩的人可以在道德方面受益。

【答案】 F 段 (强锚点)

【锚点】 感恩带来道德层面的益处

【定位】 And the benefits are not only psychological and physical. They may also be moral—those who practice gratitude also view their lives less materialistically and suffer from less envy.

而且这些益处不仅是心理和生理上的, 还可能是道德上的——践行感恩的人对生活的物质化看法更少、嫉妒心也更少。

【改写】 People who regularly express gratitude ↔ those who practice gratitude

近义动词与隐含的常态意思

benefit in moral terms ↔ They may also be moral

名词加修饰词与“系动词 + 形容词”的同义

【辨邻】 G expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships 谈的是关系层面的善意循环, Some are inspired to attempt to become better people themselves 偏“成为更好的人”, 整体没有出现 moral 这个明确的道德维度词, 与陈述句要求的 in moral terms 错位。

expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships

41. A basketball coach advocated performing generous acts without expecting anything in return.

一位篮球教练提倡做慷慨之举而不期待任何回报。

【答案】 K 段 (强锚点)

【锚点】篮球教练 + 不求回报

【定位】In saying this, Wooden sought to promote purely generous acts, as opposed to those performed with an expectation of reward.

伍登说这番话，意在倡导纯粹的慷慨之举，而不是那些抱着期待回报心态去做的善行。

【改写】A basketball coach ↔ **the great basketball coach John Wooden**

上位词到具体专名的同义对应

performing generous acts ↔ **purely generous acts**

动词化原文的名词短语

without expecting anything in return ↔

as opposed to those performed with an expectation of reward

把对照式表达压缩为否定修饰

【辨邻】**G** expressing gratitude encourages others to continue being generous 与 grateful people may be more likely to reciprocate 谈的是慷慨与回报的循环，但通篇没有提及任何篮球教练，与陈述句明确要求的 a basketball coach 错位。

expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships. Similarly, grateful people may be more likely to reciprocate with acts of kindness of their own.

42. More and more evidence shows it makes us mentally and physically healthier to routinely count our blessings.

越来越多的证据表明，常规地数算我们的幸运会让我们在精神上和身体上更健康。

【答案】**D** 段（强锚点）

【锚点】越来越多证据 + 身心健康

【定位】And while no one would argue for cultivating a false sense of blessedness, there is mounting evidence that counting our blessings is one of the best habits we can develop to promote mental and physical health.

尽管没人会主张刻意培养一种虚假的幸福感，但越来越多的证据表明，时常细数自己的福分是我们能养成的最佳习惯之一，对身心健康都有益。

【改写】More and more evidence ↔ **mounting evidence**

近义形容词替换

routinely count our blessings ↔ **counting our blessings is one of the best habits we can develop**

副词与“习惯”概念的等值

mentally and physically healthier ↔ **promote mental and physical health**

形容词比较级与“促进健康”的同义

【辨邻】 F Recent scientific studies support these ancient teachings 只用 recent scientific studies 而非 mounting evidence; increased satisfaction with relationships and fewer symptoms of physical illness 侧重关系满意度与生理症状，没有同时出现“心理 + 生理健康”的双指纹。

Recent scientific studies support these ancient teachings. Individuals who regularly engage in gratitude exercises, such as counting their blessings or expressing gratitude to others, exhibit increased satisfaction with relationships and fewer symptoms of physical illness.

43. Of all states of mind, feeling grateful is considered one of the most healthy and beneficial.

在所有的心理状态中,感恩被认为是最健康和最有益的心态之一。

【答案】 M 段 (强锚点)

【锚点】 感恩是最健康、最有益的心态之一

【定位】 Gratitude is one of the healthiest and most nourishing of all states of mind, and those who adopt it as a habit are enriching not only their own lives but also the lives of those around them.

感恩是所有心态中最健康、最滋养的心态之一；养成感恩习惯的人，不仅在丰盈自己的生活，也在丰盈身边人的生活。

【改写】 Of all states of mind ↔ of all states of mind

短语原样复现

feeling grateful ↔ Gratitude

动名词与抽象名词同义

one of the most healthy and beneficial ↔ one of the healthiest and most nourishing

最高级框架内的近义形容词替换

【辨邻】 D counting our blessings is one of the best habits we can develop to promote mental and physical health 中的 one of the best 修饰的是 habits，而陈述句要求 of all states of mind 中的最高级修饰对象是“心态”，对象错位即不构成匹配。

counting our blessings is one of the best habits we can develop to promote mental and physical health

44. The principles underlying the research into gratitude are nothing new at all.

感恩研究所依据的原则完全不是什么新事物。

【答案】 B 段 (强锚点)

【锚点】 感恩研究背后的原理并不新

【定位】 While this research into gratitude is relatively new, the principles involved are anything but.

虽然这类关于感恩的研究相对较新，但其中所涉的原理一点都不新。

【改写】 The principles underlying the research into gratitude ↔

this research into gratitude is relatively new, the principles involved

句式重构与同义替换

are nothing new at all ↔ the principles involved are anything but

习语级强否定的同义

【辨邻】 E Gratitude has long enjoyed a privileged position in many of the world's cultural traditions 与 some ancient Western philosophers counsel gratitude 谈的是古代文化态度，没有出现“研究背后的原理一点都不新”这一对照句框架，与陈述句要求错位。

Gratitude has long enjoyed a privileged position in many of the world's cultural traditions.

45. Gratitude is likely to enhance one's sense of being connected with other people.

感恩很可能增强一个人与他人相连的感觉。

【答案】 H 段（强锚点）

【锚点】 增强与他人的连接感

【定位】 Gratitude also tends to strengthen a sense of connection with others.

感恩也倾向于增强人与他人之间的连接感。

【改写】 is likely to enhance ↔ tends to strengthen

近义动词与情态副词同义

sense of being connected with other people ↔ sense of connection with others

动词过去分词与同根名词同义

【辨邻】 G a virtuous cycle of goodness in relationships 谈的是 relationships 中的善意循环，并未直接讲“增强连接感”；陈述句的“sense of being connected”需对 H 段的 sense of connection 主题句，与 G 段错位。

expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships.

PARAGRAPH MAP • 段落主旨图

13 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 用两项最新研究开篇：一项让人写感谢信并预估收信人的反应，结果发现人们持续低估收信人会有多惊喜；另一项发现每周写三封感谢信、坚持三周即可提升生活满意度、增加幸福感、减轻抑郁症状。

信息指纹 两项新研究的具体数字

B 指出关于感恩的研究虽新，背后的原理却毫不新鲜：举笛福三百年前的小说《鲁滨逊漂流记》为例，说明主人公在海难后没有沉湎悲叹，而是列出值得感恩的事。

信息指纹 鲁滨逊与三百年前小说

C 承接上一段，指出笛福这部小说为感恩提供了一个至今仍然适用的范本；并提炼出全文的核心命题——对大多数人而言，专注于值得感恩之事比专注于令人怨恨悲叹之事更有益。

信息指纹 对比感恩与怨恨的核心命题

D 用对照的方式展开第三段的命题：聚焦于遗憾会让人更遗憾，聚焦于感恩则带来幸福感蔓延；并明确给出“越来越多证据”支持感恩有益于心理与生理健康。

信息指纹 越来越多证据 + 心理与生理健康

E 把感恩放回文化传统的长河里：古代西方哲学劝人持久而完整的感恩，东方思想则把感恩视为应付诸实践的德性。

信息指纹 东西方古代思想中的感恩

F 用现代科学研究为古代教诲背书：经常做感恩练习的人，人际关系满意度更高、生理症状更少；并强调这种益处不只是心理与生理的，也可能是道德上的——较少物欲、较少嫉妒。

信息指纹 感恩练习者收获道德层面的益处

G 解释感恩为何有益：一是它会鼓励他人继续慷慨、促成善意的良性循环；二是受惠者更愿意回报；三是把益处从个体扩展到社区乃至更广的人类社会——人们因他人善行而被提振，对人性的评价提高，甚至受激励去成为更好的人。

信息指纹 益处从个体扩散到社区与更广社会

H 聚焦感恩对人际“连接感”的强化：当人们想做激发感恩的好事时，关系中的投入度更高、关系更持久；人们感到更紧密时也更愿意花时间相处、在日常行为中表达情感。

信息指纹 感恩强化人际连接感

I 话锋一转谈障碍：善意有时反让人不适——若受助者觉得自己不配、怀疑对方别有用、产生亏欠感、或抱有“理所应得”的心态，感恩就难以萌发。

信息指纹 感恩的不适与障碍

J 列出培养感恩的实际做法：定期想想曾帮过自己的人、写感谢信或当面致谢、借鉴古老的宗教做法（默想善行、为恩人祈祷）、关注自己帮助他人的机会；并回扣鲁滨逊——他通过反思值得感恩之事而成为比原来更好的人。

信息指纹 培养感恩的实际步骤

K 引用名篮球教练约翰·伍登给学生和球员的两条忠告：一是真正完美的一天得为永远无法回报你的人做点事；二是每天为所拥有的福祉致谢。

信息指纹 篮球教练伍登的两条忠告

L 举宗教传统为例：有些信仰把感恩并入日常作息——晨起就寝前祈祷致谢、餐前致谢，以及在生育、丧葬、婚礼这些不那么频繁的特殊场合上献上感恩祷文。

信息指纹 宗教传统中的日常感恩仪式

M 结尾段：笛福让鲁滨逊把每日致谢化入生活，既预见了几百年后的社科与医学发现，也呼应了几千年前的宗教与哲学传统。结论——感恩是最健康、最滋养的心态之一，养成感恩习惯既丰盈自己也滋润他人。

信息指纹 感恩是最健康、最滋养的心态之一

SENTENCE INSIGHTS • 句子精讲

23 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。

The researchers found that writing as few as three weekly thank-you notes over the course of three weeks improved life satisfaction, increased happy feelings and reduced symptoms of depression.

A段，第4句

主句 + that 引导的宾语从句是四六级和考研中的高频结构,从句内并列谓语也很常见,整体句式非常典型,学习后可大量迁移到其他阅读和写作场景

While this research into gratitude is relatively new, the principles involved are anything but.

B段，第1句

"While" 引导的让步状语从句 + 主句是四六级和考研阅读中的常见句式,具有一定代表性。固定搭配 "anything but" 也是高频考点。但句子整体结构较简单,缺乏更复杂的典型真题特征如多层嵌套或长难句式。

Students of mine in a political philosophy course at Indiana University are reading Daniel Defoe's 300-year-old Robinson Crusoe, often regarded as the first novel published in English.

B段，第2句

句中覆盖了主语、谓语、宾语及多层定语（介词短语定语、所有格定语、形容词定语、过去分词短语定语），成分类型较丰富。后置定语的识别和长定语的剥离对初学者有练习价值，但缺少状语、补语等其他成分类型，整体训练覆盖面中等。

Left alone on an unknown island with no apparent prospect of rescue or escape, Crusoe has much to lament(悲叹).

B段，第3句

过去分词短语置于句首作状语是英语书面语中的常见句式，在考试阅读和写作中频繁出现，具有较高的典型性和迁移价值。掌握这种状语前置结构对理解复杂句型很有帮助。

But instead of giving in to despair, he makes a list of things for which he is grateful, including the fact that he is the sole survivor from the shipwreck(海难) and has been able to salvage many useful items from the wreckage.

B段，第4句

本句成分丰富:主句含主语、谓语、宾语、方式状语、范围状语,宾语内嵌定语从句,状语内嵌同位语从句,同位语从句内有并列谓语和双宾语结构的变体。涵盖了定语从句的介词前置用法、同位语从句的识别、并列谓语的划分、以及多层修饰的剥离,是较好的成分划分练习材料,尤其适合训练从句归属和修饰层次的判断能力。

It is also one with which contemporary psychology and medicine are just beginning to catch up.

C段，第2句

本句涵盖主系表结构、定语从句、介词前置关系代词 (with which)、现在进行时谓语、不定式作宾语、并列主语等多种成分和结构，适合训练学生识别关系代词的句法作用、区分主句从句、分析复杂谓语形式，训练价值较高

Simply put, for most of us, it is far more helpful to focus on the things in life for which we can express gratitude than those that incline us toward resentment and lamentation.

C段，第3句

本句是考试高频句式的集合体：形式主语 it is...to do 结构、比较级 more...than 结构、限制性定语从句（包括 for which 介词前置和 that 引导两种常见形式）。这些都是四六级和考研英语阅读理解、翻译中反复出现的句式。掌握本句的分析方法后，可直接迁移到大量类似句子，实用性和代表性都很强。

And while no one would argue for cultivating a false sense of blessedness, there is mounting evidence that counting our blessings is one of the best habits we can develop to promote mental and physical health.

D段，第3句

本句在结构典型性和成分训练价值两方面得分最高,同位语从句与定语从句嵌套是考试重点且学生常错点;嵌套复杂度和时态难度也达到中上水平,能有效训练拆解能力;主干识别虽有一定难度但仍在可控范围。综合来看,这是一个兼具代表性、训练价值和适度挑战的优质练习句,值得优先学习

One is the fact that expressing gratitude encourages others to continue being generous, thus promoting a virtuous cycle of goodness in relationships.

G段，第2句

主句涵盖主系表结构及同位语从句的识别，从句内部包含动名词短语作主语、及物动词带宾语和宾补、现在分词短语作结果状语等多种成分；尤其同位语从句与定语从句的区分、动名词与现在分词的功能差异、宾语与宾补的边界划分，都是学生常见易错点；句子成分种类丰富，作为划分练习句能让学生在一个句子里接触到多个知识点，训练价值较高。

Similarly, grateful people may be more likely to reciprocate(回报) with acts of kindness of their own.

G段，第3句

'主语 + 情态动词 + be + 形容词短语（含不定式）'是四六级和考研阅读中常见的句式，尤其情态动词表推测、系表结构后接不定式的用法频繁出现。虽然本句较短、无复杂嵌套，但结构具有一定代表性。

Of course, acts of kindness can also foster discomfort.

I段，第1句

简单句配情态动词的结构在四六级和考研阅读中常见，但本句结构过于基础，不涉及从句嵌套、倒装、分隔等真题高频难点；作为入门级例句有一定代表性，但作为备考重点练习句略显单薄，典型性居中。

Likewise, receiving a kindness can give rise to a sense of indebtedness, leaving beneficiaries feeling that they must now pay back whatever good they have received.

I段，第3句

本句在主干识别上中等难度，嵌套层次较深但边界清晰，时态组合有一定复杂度但不算极难，成分丰富且包含多个典型考点，结构在真题中高度典型。综合来看，本句适合作为中高级难度的句子结构和时态训练材料，能够帮助学习者掌握分词状语、从句嵌套、关系代词省略等常考结构的分析方法，具有较高的训练价值和迁移性。

Others are found in ancient religious disciplines, such as reflecting on benefactions received from another person or actually praying for the health and happiness of a benefactor.

J段，第3句

简单句 + 被动语态 + 介词短语作状语是四六级和考研阅读中的常见句式,具有一定代表性。"such as" 引导举例也是高频结构,掌握后迁移价值较高

In addition to benefactions received, it is also possible to focus on opportunities to do good oneself, whether those acted on in the past or hoped for in the future.

J段，第4句

句子涵盖形式主语、真正主语、系表结构、状语、被动语态、并列结构、省略等多种成分和现象,适合作为综合练习句。特别是形式主语结构和被动语态的省略,是学习者常见的易错点,训练价值较高。

Some people are most grateful not for what others have done for them but for chances they enjoyed to help others.

J段，第5句

本句的 not ... but ... 对比结构、what 引导的宾语从句、省略关系代词的定语从句,都是四六级和考研阅读中的高频句式。主系表 + 复杂状语的模式也是常考结构,学生掌握后可直接迁移到大量同类句子,典型性很高。

In regularly reflecting on the things in his life he is grateful for, Defoe's Crusoe believes that he becomes a far better person than he would have been had he remained in the society from which he originally set out on his voyage.

J段，第6句

这句话在结构和时态上都很有代表性,难度虽高但训练回报也高。对需要提升长难句拆解与时态判断能力的学习者,值得优先精练。

Reflecting on generosity and gratitude, the great basketball coach John Wooden once offered two counsels to his players and students.

K段，第1句

本句的“分词短语作状语 + 主句”结构在四六级和考研阅读中非常常见，是书面语中常用的句式，用于增加信息密度。主句的“主语 + 谓语 + 宾语 + 介词短语”也是典型的及物动词句型。掌握这种分词状语的识别和主干提取方法后，可以迁移到大量类似句子。结构具有较高的代表性和复用价值。

First, he said, "It is impossible to have a perfect day unless you have done something for someone who will never be able to repay you."

K段，第2句

本句成分丰富：包含形式主语 It 与真正主语 to have a perfect day 的对应，直接引语作宾语，unless 条件状语从句，介词短语 for someone 作状语，who 定语从句修饰先行词，覆盖多种常考成分类型；形式主语结构和多层修饰关系是典型易错点，训练价值高。

Second, he said, "Give thanks for your blessings every day."

K段，第4句

引述动词 + 直接引语是考试中常见的宾语从句形式，具有一定典型性。但祈使句作宾语的情况相对少见，且整体结构较简单，不如定语从句、状语从句等更高频的复杂句式具有代表性。

For example, adherents of some religions offer prayers of thanksgiving every morning before rising and every night before lying down to sleep.

L段，第2句

覆盖了主谓宾和时间状语四种基本成分，时间状语内部包含介词短语和动名词，有一定辨识练习价值，但成分种类不够丰富，缺少定语从句、宾补、表语等其他常考成分。

When Defoe depicted Robinson Crusoe making thanksgiving a daily part of his island life, he was anticipating findings in social science and medicine that would not appear for hundreds of years.

M段，第1句

主句包含主谓宾和时间状语，时间状语从句含宾语补足语，定语从句中关系代词 that 充当主语，成分类型较丰富；尤其宾语补足语 making 和定语从句主语 that 的识别是常见易错点，训练价值较高

Gratitude is one of the healthiest and most nourishing of all states of mind, and those who adopt it as a habit are enriching not only their own lives but also the lives of those around them.

M段，第3句

句子结构非常典型：两个主句并列，第二个主句包含限定性定语从句修饰主语，宾语使用 not only ... but also 并列结构。这种"并列句 + 定语从句 + 并列宾语"的组合在四六级和考研真题中频繁出现，掌握后可迁移到大量类似句子。

It does us far more good to focus on things we can be grateful for than what makes us sad and resentful.

第36题题干

本句的"It + 谓语 + 宾语 + to do"形式主语结构、定语从句省略关系词、"what"引导的名词性从句、"than"引出的比较结构,都是四六级和考研阅读中的高频句式;掌握本句的分析方法可以大量迁移到类似真题句中;结构典型性很高。

HIGH-FREQUENCY · 真题高频词

本篇出现的 149 个英语六级真题高频词

下列单词既在本篇真题中出现，又是 **英语六级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

gratitude B2

n. 感激

本篇25次 · 真题 28 句

grateful B1

adj. 感激的

本篇8次 · 真题 14 句

benefit B1

n. 好处

本篇5次 · 真题 244 句

focus B1

n. 重点

本篇5次 · 真题 200 句

relationship B1

n. 关系

本篇5次 · 真题 168 句

would A1

aux. (will 的过去式) 将要，会

本篇4次 · 真题 568 句

likely A2

adj. 很可能的

本篇4次·真题 228 句

tend B1

v. 倾向于, 往往会

本篇4次·真题 170 句

promote B2

v. 促进

本篇4次·真题 82 句

reflect B1

v. 反映, 显示

本篇4次·真题 71 句

beneficial B2

adj. 有益的

本篇4次·真题 24 句

kindness B1

n. 善良,仁慈(品质)

本篇4次·真题 10 句

blessing B2

n. 幸事

本篇4次·真题 8 句

less A1

det. 较少的

本篇3次·真题 273 句

physical B1

adj. 身体的

本篇3次·真题 91 句

moral B2

adj. 道德的

本篇3次·真题 32 句

tradition B1

n. 传统

本篇3次·真题 30 句

extend B1

v. 延伸,延长

本篇3次·真题 28 句

regularly A2

adv. 经常地

本篇3次·真题 27 句

generous B1

adj. 慷慨的, 大方的

本篇3次·真题 8 句

better A1

adj. 更好的 (good 的比较级)

本篇2次·真题 205 句

effect A2

n. 影响

本篇2次·真题 191 句

impact B2

n. 影响

本篇2次 · 真题 185 句

community B1

n. 社区

本篇2次 · 真题 163 句

individual B2

adj. 单独的

本篇2次 · 真题 142 句

simply B1

adv. 仅仅, 只不过

本篇2次 · 真题 119 句

participant B2

n. 参与者

本篇2次 · 真题 91 句

evidence B1

n. 证据

本篇2次 · 真题 87 句

perform B1

v. 执行

本篇2次 · 真题 61 句

principle B2

n. 原则, 准则

本篇2次 · 真题 54 句

happiness A2

n. 幸福

本篇2次 · 真题 53 句

novel B1

n. 小说

本篇2次 · 真题 43 句

satisfaction B2

n. 满意

本篇2次 · 真题 28 句

thanks A1

intj. 谢谢

本篇2次 · 真题 24 句

connected B1

adj. 连接的

本篇2次 · 真题 22 句

inspire B2

v. 激励

本篇2次 · 真题 20 句

wooden A2

adj. 木制的, 木头的

本篇2次 · 真题 19 句

underestimate B2

v. 低估

本篇2次 · 真题 18 句

symptom

B2

n. 症状

本篇2次 · 真题 15 句

religious

B1

adj. 宗教的

本篇2次 · 真题 10 句

resentment

C1

n. 愤恨

本篇2次 · 真题 10 句

researcher

B2

n. 研究人员

本篇1次 · 真题 363 句

actually

A2

adv. 实际上，事实上（用于纠正或补充信息）

本篇1次 · 真题 182 句

positive

B1

adj. 积极的

本篇1次 · 真题 144 句

reduce

B1

v. 减少，降低（数量、大小、程度等）

本篇1次 · 真题 138 句

view

A2

n. 观点，看法

本篇1次 · 真题 134 句

power

A2

n. 权力

本篇1次 · 真题 128 句

finding

B2

n. 调查结果

本篇1次 · 真题 121 句

mental

B1

adj. 精神的

本篇1次 · 真题 120 句

opportunity

B1

n. 机会

本篇1次 · 真题 115 句

argue

B1

v. 争论

本篇1次 · 真题 106 句

career

B1

n. 职业

本篇1次 · 真题 106 句

scientific

B1

adj. 科学的

本篇1次 · 真题 103 句

support

A2

v. 支持

本篇1次 · 真题 103 句

event A2

n. 事件

本篇1次·真题 99 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本篇1次·真题 94 句

involve B1

v. 包含

本篇1次·真题 82 句

further B1

adv. 更远地

本篇1次·真题 79 句

seek B1

v. 寻找

本篇1次·真题 70 句

cultural B1

adj. 文化的

本篇1次·真题 68 句

engage B2

v. 参与;从事

本篇1次·真题 68 句

realize B1

v. 意识到, 认识到

本篇1次·真题 64 句

political B1

adj. 政治的

本篇1次·真题 59 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次·真题 59 句

advocate B2

v. 拥护

本篇1次·真题 55 句

credit B1

n. 赊购, 赊账

本篇1次·真题 54 句

psychology B2

n. 心理学

本篇1次·真题 52 句

connection B1

n. 联系

本篇1次·真题 50 句

thus B2

adv. 因此, 所以

本篇1次·真题 47 句

adopt B1

v. 采纳

本篇1次·真题 46 句

demonstrate

B2

v. 证明

本篇1次·真题 45 句

reward

B1

n. 报酬

本篇1次·真题 43 句

practical

B1

adj. 实际的

本篇1次·真题 42 句

addition

A2

n. 增加

本篇1次·真题 41 句

player

A2

n. 运动员

本篇1次·真题 41 句

attempt

B1

v. 试图

本篇1次·真题 39 句

psychological

B2

adj. 心理的

本篇1次·真题 39 句

relevant

B2

adj. 相关的

本篇1次·真题 38 句

basis

B2

n. 基础;根据

本篇1次·真题 37 句

relatively

B2

adv. 相对地

本篇1次·真题 37 句

estimate

B2

v. 估计

本篇1次·真题 36 句

regular

B1

adj. 经常的

本篇1次·真题 33 句

enhance

B2

v. 提高

本篇1次·真题 32 句

expectation

B2

n. 期待;预期

本篇1次·真题 32 句

humanity

B2

n. 人类 (总称)

本篇1次·真题 32 句

cultivate

B2

v. 培养, 发展 (技能、态度、关系等)

本篇1次·真题 31 句

depression

B2

n. 抑郁症

本篇1次·真题 31 句

explanation

B1

n. 解释

本篇1次·真题 31 句

item

A2

n. 项目

本篇1次·真题 31 句

assess

B2

v. 评估

本篇1次·真题 30 句

discipline

B2

n. 纪律

本篇1次·真题 28 句

increased

A2

v. 增加了

本篇1次·真题 28 句

strengthen

B2

v. 加强

本篇1次·真题 27 句

teaching

A2

n. 教学工作,教书

本篇1次·真题 27 句

escape

A2

v. 逃跑,逃脱

本篇1次·真题 24 句

payment

B1

n. 支付

本篇1次·真题 24 句

finance

B2

n. 财政

本篇1次·真题 23 句

incorporate

B2

v. 包含

本篇1次·真题 23 句

foster

B2

v. 培养

本篇1次·真题 22 句

anticipate

B2

v. 预料, 预期 (某事将发生)

本篇1次·真题 21 句

multiple

B2

adj. 多个的

本篇1次·真题 21 句

oppose

B2

v. 反对

本篇1次·真题 21 句

portray B2

v. 描绘

本篇1次·真题 20 句

secure B2

adj. 安全的

本篇1次·真题 20 句

wisdom B2

n. 智慧

本篇1次·真题 20 句

mere B2

adj. 仅仅的

本篇1次·真题 19 句

prospect B2

n. 可能性

本篇1次·真题 19 句

rank B2

n. 等级

本篇1次·真题 19 句

false A2

adj. 错误的

本篇1次·真题 18 句

mutual B2

adj. 相互的

本篇1次·真题 18 句

depict B2

v. 描绘

本篇1次·真题 17 句

deserve B1

v. 应得

本篇1次·真题 17 句

dispute B2

n. 争论

本篇1次·真题 17 句

exhibit B2

v. 展览

本篇1次·真题 17 句

consistently B2

adv. 始终如一地

本篇1次·真题 16 句

cycle B1

n. 循环

本篇1次·真题 16 句

frequent B1

adj. 频繁的

本篇1次·真题 16 句

originally B1

adv. 起初

本篇1次·真题 16 句

obstacle B2

n. 障碍物

本篇1次·真题 15 句

physically B1

adv. 身体上

本篇1次·真题 15 句

similarly B2

adv. 相似地

本篇1次·真题 15 句

characterize C1

v. 是...的特征

本篇1次·真题 14 句

deed B2

n. 行为

本篇1次·真题 14 句

philosopher B2

n. 哲学家

本篇1次·真题 14 句

virtue B2

n. 美德

本篇1次·真题 14 句

contemporary B2

adj. 当代的

本篇1次·真题 13 句

surprised A2

adj. 感到惊讶的

本篇1次·真题 13 句

uncomfortable B1

adj. 不舒服的

本篇1次·真题 13 句

underlie C1

v. 是.....的根本原因

本篇1次·真题 13 句

merely B2

adv. 仅仅, 只不过

本篇1次·真题 12 句

philosophy B2

n. 哲学

本篇1次·真题 12 句

suspect B1

v. 怀疑

本篇1次·真题 12 句

weekly A2

adj. 每周的

本篇1次·真题 12 句

commonly B1

adv. 通常, 常常

本篇1次·真题 11 句

faith B1

n. 信任

本篇1次·真题 11 句

owe B1

v. 欠 (债、钱、人情等)

本篇1次·真题 11 句

privileged C1

adj. 有特权的

本篇1次·真题 11 句

repeatedly B1

adv. 反复地

本篇1次·真题 11 句

setback B2

n. 挫折

本篇1次·真题 11 句

worthy B2

adj. 值得的

本篇1次·真题 11 句

mentally B2

adv. 精神上

本篇1次·真题 10 句

purely B2

adv. 纯粹地

本篇1次·真题 10 句

rescue B1

v. 营救, 救援

本篇1次·真题 10 句

timely B2

adj. 及时的

本篇1次·真题 10 句

enrich B2

v. 丰富

本篇1次·真题 9 句

religion B1

n. 宗教

本篇1次·真题 9 句

unknown B1

adj. 未知的

本篇1次·真题 9 句

broadly B2

adv. 大体上

本篇1次·真题 8 句

motive B2

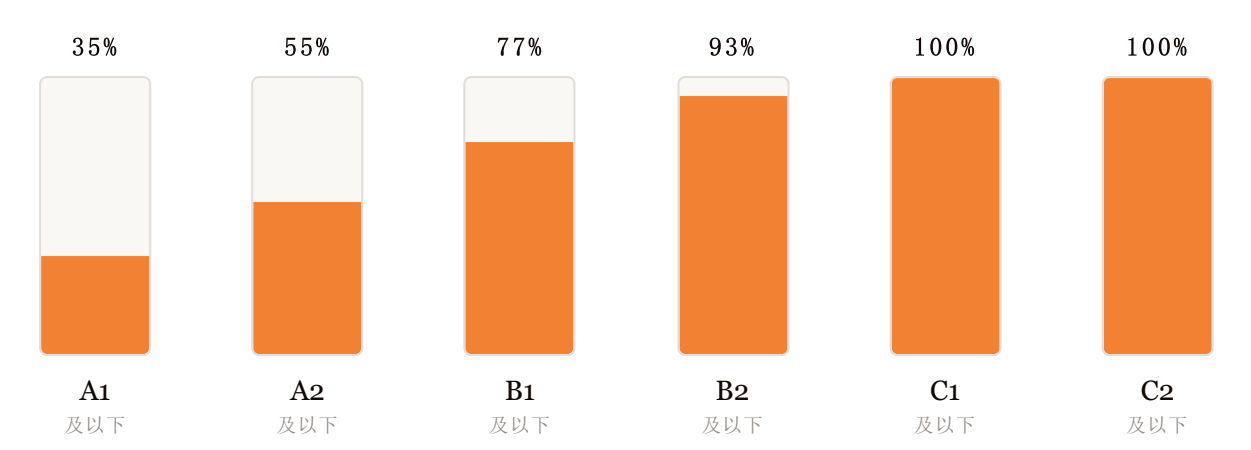
n. 动机

本篇1次·真题 8 句

VOCABULARY · 词汇难度分布

全文 415 词按 CEFRL 难度累积覆盖

全文去重后共 **415** 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 30 个·约 7%。



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 415 个·末柱为 100%

去重总词数

415

B2 以上难词

7%

B1 及以下覆盖

77%

英语六级 2023年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →