

2024年6月·第2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2024年6月·第2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 12 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2套(2024-06) · 英语六级

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**.

These are the habits to avoid if you want to make a behavior change

A) According to recent research, behavioral change involves physical changes in the brain. In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer. Even for the most productive and disciplined among us, undoing something that has become an automatic part of who we are takes more than an overnight effort. Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.

根据最近的研究,行为改变涉及大脑的物理变化。在过去十年中,研究人员已经表明,当涉及到将新行为转变为根深蒂固的习惯所需的时间时,并没有一个简单的答案。即使对于我们当中最高效和最自律的人来说,改掉已经成为我们自身自动组成部分的行为也需要付出不止一夜的努力。一旦我们成功做出了这种改变,我们还必须对生活进行其他调整,以确保我们继续保持这种改变,这本身往往是一个完全不同的挑战。

B) At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system. When there isn't the right framework in place, we face a greater likelihood of derailing our hard-earned progress. To ensure success in changing and maintaining a behavior, we should stay away from some detrimental habits.

从本质上讲,改变和保持行为的成功很少在没有引入某种系统的情况下发生。当没有适当的框架时,我们面临更大的可能性使我们来之不易的进步脱轨。为了确保成功地改变和保持行为,我们应该远离一些有害的习惯。

- C) The first one to avoid is relying on willpower. Think about the last time you vowed to resist a temptation. Perhaps you didn't want to check your phone every 15 minutes, or you were determined not to reach for a chocolate bar at 3 p. m. Think about how difficult it must have been not to glance at your phone when it was within reach, or not to walk to the vending machine when your afternoon slump hit.

首先要避免的是依赖意志力。想想你上次发誓抵制诱惑的时候。也许你不想每15分钟查看一次手机,或者你下定决心不在下午3点伸手去拿巧克力棒。想想当手机触手可及时不瞥一眼它有多困难,或者当下午的疲惫期来临时不走到自动售货机前有多困难。

- D) The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone. The old military saying "You never rise to the occasion, you only sink to the level of training" also applies to behavior change. The idea is simple—you repeat something so many times that it becomes automatic.

关于我们的意志力是有限还是无限的研究尚无定论,但专家普遍认为,如果你仅仅依靠意志力,就无法改变和维持一个习惯。古老的军事格言"你永远不会临场发挥超常,你只会沉到训练的水平"也适用于行为改变。这个想法很简单——你重复某件事很多次,直到它变得自动化。

- E) Think about what else you can change about your surrounding that makes it easier for you to perform this change on a daily basis. This is called your "cue." Basically, it's a trigger to perform that particular habit. If you don't want to reach for a sugary treat at 3 p. m. , have a box of herbal tea ready at your desk. When 3 p. m. comes around, that's your cue to pour yourself a cup of hot water and drink that tea, instead of walking to the vending machine.

想想你还可以改变周围环境的什么,使你更容易每天执行这种改变。这被称为你的"提示"。基本上,它是执行该特定习惯的触发器。如果你不想在下午3点伸手去拿含糖零食,就在你的桌子上准备好一盒花草茶。当下午3点到来时,那就是你给自己倒一杯热水喝茶的提示,而不是走到自动售货机前。

- F) The second one to avoid is focusing on negative goals. Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place. For starters, not eating chocolate to beat your afternoon slump is a harder goal than swapping chocolate for herbal tea when you reach the designated time. Your brain wants to find routines that have succeeded in the past and allow you to repeat those actions again in the future without having to think about them explicitly. However, this habit-learning system isn't so effective when it comes to learning not to do something. That's why rather than giving up something, think about introducing something in its place. Focus on actions you are going to take that will ultimately conflict with the behaviors you want to stop. When your attention is on doing something new, you give your habit system a chance to operate.

第二个要避免的是关注消极目标。有时候,让你失望的不是你的过程,而是你首先想要改变的习惯。首先,不吃巧克力来战胜下午的疲惫期是一个比在到达指定时间时用花草茶替换巧克力更难的目标。你的大脑想要找到过去成功的例行程序,并允许你在未来再次重复这些行动,而不必明确地思考它们。然而,当涉及到学习不做某事时,这种习惯学习系统并不那么有效。这就是为什么与其放弃某件事,不如考虑引入某件事来取代它。专注于你将要采取的行动,这些行动最终会与你想要停止的行为相冲突。当你的注意力集中在做新事情上时,你给了你的习惯系统一个运作的机会。

- G) The third one to avoid is using the same strategies in different circumstances. Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's

not always the case. Sometimes, the system that got you to change one behavior might not work for another.

第三个要避免的是在不同情况下使用相同的策略。因为我们是习惯的生物,所以很自然地认为,当我们确实设法采纳和维持一种理想的行为时,同样的策略在我们想要做出另一个行为改变时也会奏效。但情况并非总是如此。有时候,让你改变一种行为的系统可能对另一种行为不起作用。

- H) Sometimes we become accustomed to relying on our guts when it comes to decision-making. This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything. For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place. But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.

有时候,当涉及到决策时,我们习惯于依靠直觉。这在某些情况下对我们有好处,但在其他情况下可能会阻碍我们,特别是当我们需要考虑指标和数据,而不是让我们的本能凌驾于一切之上时。例如,如果你想停止在早上第一件事就是查看电子邮件,你可能会决定用另一项活动来替代它。但如果你想停止沉迷于电子游戏,仅仅决定你会去跑步可能不会那么有效。你可能需要引入另一种强化,比如约朋友一起预订健身课程。

- I) The fourth one to avoid is not forgiving ourselves for slipping up. Of course, even the best-laid plans fail sometimes. You might have stuck to your screen-free nighttime routine for five days, and then a big project landed on your desk and you found yourself in bed with your laptop before you went to sleep. Or you prepared meals on Sunday and stuck to eating healthy dinners at home, but by Friday you found yourself so exhausted and opted to order greasy takeout. Life happens and even if your behavior change is small, every single day can prove pretty inflexible, and at some point your luck may run out, even if just for a day. The perfectionist in you might be screaming to abandon your goals altogether, but try to see it in the bigger picture. Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

第四个要避免的是不原谅自己的失误。当然,即使是最好的计划有时也会失败。你可能已经坚持了五天无屏幕的夜间例行程序,然后一个大项目落在了你的桌子上,你发现自己在睡觉前躺在床上拿着笔记本电脑。或者你在星期天准备了饭菜,并坚持在家吃健康的晚餐,但到了星期五,你发现自己筋疲力尽,选择订购油腻的外卖。生活就是这样,即使你的行为改变很小,每一天都可能证明相当不灵活,在某个时候你的运气可能会用完,即使只是一天。你内心的完美主义者可能会尖叫着要完全放弃你的目标,但试着从更大的角度看待它。仅仅因为你可能暂时偏离了轨道,并不意味着你不能在第二天重新开始。

- J) The final one to avoid is discounting small progress. There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process. Your brain responds to rewards. The basal ganglia, the brain region linked to our performance of habits, is most active at the beginning of a behavior, when the habit is cued, and at the end, when it's rewarded. Say your goal is to run five miles three times a week, and this week you ran one mile on Monday, Wednesday, and Friday. Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made. It doesn't have to be big or expensive; it can be

something as simple as making your favorite fruit juice after your run. Whatever your reward, it has to be more than just the activity itself to get you going.

最后一个要避免的是低估小进步。许多完美主义者在试图建立行为改变时往往会陷入一种习惯。他们过于关注大目标,而不花时间庆祝他们在过程中取得的小进步。你的大脑对奖励有反应。基底神经节是与我们的习惯表现相关的大脑区域,在行为开始时,当习惯被提示时,以及在结束时,当它被奖励时,是最活跃的。假设你的目标是每周跑三次五英里,而这周你在星期一、星期三和星期五各跑了一英里。与其关注你离目标有多远,不如想想你如何为你取得的进步奖励自己。它不必很大或很昂贵;它可以像跑步后制作你最喜欢的果汁一样简单。无论你的奖励是什么,它必须不仅仅是活动本身才能让你继续前进。

- K) Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it. One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't. Where changing a strongly deep-rooted habit requires changing our belief about that habit that penetrates deeply into our lives, continually manifesting that wisdom requires that we maintain a positive outlook. If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less. The key, then, to maintaining new behaviors is to be happy! Which is why it's so hard to maintain new behaviors.

启动新行为通常似乎是改变过程中最困难的部分。然而,人们往往未能充分准备好维持它。原因之一是因为我们错误地认为,我们用来启动改变的策略在帮助我们继续改变方面同样有效。但它们不会。改变一个根深蒂固的习惯需要改变我们对该习惯的信念,这种信念深入渗透到我们的生活中,而持续体现这种智慧需要我们保持积极的态度。如果我们的情绪低落,以不同方式行事的智慧似乎就会消失,我们又回到吃得更多、锻炼更少的状态。因此,保持新行为的关键是快乐!这就是为什么保持新行为如此困难的原因。

- L) Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health. No one was born with habits. They were all learned, and can all, therefore, be unlearned. The question is: how badly do you really want to change?

请记住,克服阻止我们实施新改变的行为惯性,比如吃健康饮食或锻炼,从长远来看可以使我们受益,并可以改善我们的身心健康。没有人生来就有习惯。它们都是习得的,因此都可以被取消学习。问题是:你到底有多想改变?

陈述句与逐句解析

36. There is general consensus among experts that willpower alone cannot guarantee one's success in changing and maintaining a habit.

专家们普遍认为,仅凭意志力无法保证一个人在改变和保持习惯方面取得成功。

【答案】 D 段 (强锚点)

【锚点】 experts/general consensus + willpower alone

【定位】 The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone.
关于我们意志力是有限还是无限的研究尚无定论，但专家们普遍同意：单靠意志力，你无法改变并维持一个习惯。

【改写】 general consensus among experts ↔ **experts do generally agree**

名词化同义替换

willpower alone cannot guarantee one's success in changing and maintaining a habit ↔

you can't change and sustain a habit if you rely on your willpower alone

条件-结果句式重构

【辨邻】 **C** Think about the last time you vowed to resist a temptation只是描写场景，并没有出现题干所要求的general consensus among experts，因此不是答案段。

Think about how difficult it must have been not to glance at your phone when it was within reach

37. One need not abandon their goals completely just because they missed their target temporarily; they can start anew.

一个人不必仅仅因为暂时错过了目标就完全放弃自己的目标;他们可以重新开始。

【答案】 **I** 段（强锚点）

【锚点】 abandon goals temporarily + start anew

【定位】 Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

你也许只是暂时偏离了航线，但这并不意味着第二天你不能重新开始。

【改写】 One need not abandon their goals completely just because they missed their target temporarily ↔

Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day

Just because...doesn't mean...的等价改写

they can start anew ↔ **you can't start afresh the next day**

start anew = start afresh

【辨邻】 **B** we face a greater likelihood of derailing our hard-earned progress只描述"会脱轨"的风险，但不像题干那样指明"暂时失败后第二天可以重新开始"，因此不是源头段。

we face a greater likelihood of derailing our hard-earned progress

38. Research shows it is quite another challenge to maintain a behavioral change after you have initiated it.

研究表明,在启动行为改变之后,保持这种行为改变是一个完全不同的挑战。

【答案】 **A** 段（强锚点）

【锚点】 Research + another challenge to maintain

【定位】 Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.

一旦我们成功完成了改变，接下来还要对生活做出其他调整以确保能够继续维持，而这往往本身就是另一道难题。

【改写】 Research shows ↔ According to recent research

同义词替换

it is quite another challenge to maintain a behavioral change after you have initiated it ↔

we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself

短语同义 + 时序改写

【辨邻】 K K段以Initiating a new behavior usually seems like the hardest part of the process of change开场，谈维持难，但归因是策略与情绪，且不挂“研究”招牌，与题干Research shows不符。

Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it.

39. It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.

假设我们用来启动行为改变的策略在帮助保持这种改变方面同样有效是错误的。

【答案】 K 段（强锚点）

【锚点】 strategies to start a change won't work for maintaining

【定位】 One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't.

原因之一是：我们错误地以为，启动改变时用的那些策略，对维持改变同样有效，但其实不会。

【改写】 It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it

↔

we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change

It is wrong to assume = mistakenly believe

【辨邻】 G G段说the system that got you to change one behavior might not work for another——“另一个行为”，而题干Q39说的是“helping maintain it”，对象是同一行为为的维持阶段。两者维度不同，G不是答案段。

Sometimes, the system that got you to change one behavior might not work for another

40. Sometimes, it may not be successful to simply substitute one activity with another to effect a change of habit; you may need extra reinforcement.

有时候,仅仅用一种活动替代另一种活动来实现习惯改变可能并不成功;你可能需要额外的强化。

【答案】 **H** 段 (强锚点)

【锚点】 substitute one activity with another + extra reinforcement

【定位】 But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.

但如果你想戒掉沉迷电子游戏, 仅仅决定去跑步未必有效; 你可能需要引入另一种强化手段, 比如约朋友一起报一节锻炼课。

【改写】 it may not be successful to simply substitute one activity with another to effect a change of habit ↔
simply deciding you will go for a run might not be as effective

委婉否定同义

you may need extra reinforcement ↔ **You might need to introduce another reinforcement**

extra=another (同义替换)

【辨邻】 **F** F段说rather than giving up something, think about introducing something in its place——这是"替换有效"的主张, 但题干Q40在说"简单替换可能不够"+"还要额外强化", 需要的是H段的进一步推论。

rather than giving up something, think about introducing something in its place

G G段the system that got you to change one behavior might not work for another是策略不通用的总论, 没有another reinforcement这类具体强化手段, 因此不是源头段。

it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's not always the case

41. One should introduce something new to replace an old habit instead of simply kicking it.

一个人应该引入新的东西来替代旧习惯,而不是简单地戒掉它。

【答案】 **F** 段 (强锚点)

【锚点】 introduce something new to replace an old habit

【定位】 That's why rather than giving up something, think about introducing something in its place.

这就是为什么与其放弃某个东西, 不如想想引入新东西去取代它。

【改写】 One should introduce something new to replace an old habit ↔

think about introducing something in its place

introduce+in its place=introduce+replace

instead of simply kicking it ↔ **rather than giving up something**

instead of=rather than, kick=give up

【辨邻】 E E段This is called your "cue."核心在解释"线索"概念，例子里虽然有"花草茶换售货机"，但段落主张是"设置触发线索"，不是Q41主张的"introduce instead of kicking"。

This is called your "cue." Basically, it's a trigger to perform that particular habit

42. Perfectionists focus too much on their big target and neglect celebrating the small gains they make in the process.

完美主义者过于关注他们的宏大目标,而忽视了庆祝他们在过程中取得的小进步。

【答案】 J 段 (强锚点)

【锚点】 Perfectionists + big target + small gains

【定位】 There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process.

完美主义者在尝试建立行为改变时常陷入一个习惯：他们太专注于大目标，没有花时间庆祝过程中的小进步。

【改写】 Perfectionists focus too much on their big target ↔ **They focus too much on the big goal**
几乎同形

neglect celebrating the small gains they make in the process ↔

don't take the time to celebrate the small progress they make in the process

neglect=don't take the time to + gains=progress

【辨邻】 I I段The perfectionist in you might be screaming to abandon your goals altogether讲的是"失败后被劝放弃"，与Q42主张的"忽视小进步"不是一回事，因此不是答案段。

The perfectionist in you might be screaming to abandon your goals altogether

43. It is of great benefit to us in the long term to conquer the inertia that stops us from making behavioral changes.

从长远来看,克服阻止我们做出行为改变的惰性对我们大有裨益。

【答案】 L 段 (强锚点)

【锚点】 long term benefit + conquer the inertia

【定位】 Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health.

记住，克服阻碍我们实施新改变（如健康饮食或运动）的行为惯性，长期来看能让我们受益，并改善身心健康。

【改写】 to conquer the inertia that stops us from making behavioral changes ↔

overcoming the behavioral inertia that prevents us from implementing new changes

conquer=overcome, stops=prevents

It is of great benefit to us in the long term ↔ **can benefit us in the long run**

in the long term=in the long run

44. The strategy that successfully changed one of your behaviors may not work for some other behavior of yours.

成功改变你某一行为的策略可能对你的其他某些行为不起作用。

【答案】 G 段（强锚点）

【锚点】 strategy that changed one behavior may not work for another

【定位】 Sometimes, the system that got you to change one behavior might not work for another.

有时候，让你改变某种行为成功的那个系统，对另一种行为未必有效。

【改写】 The strategy that successfully changed one of your behaviors ↔

the system that got you to change one behavior

strategy=system, successfully changed=got you to change

may not work for some other behavior of yours ↔ **might not work for another**

几乎同形

【辨邻】 K 段 the strategies we used to initiate the change will be equally effective in

helping us continue the change 谈“启动到维持”的策略迁移，对象是同一个行为的两个阶段；Q44要的是“两个不同行为”。

the strategies we used to initiate the change will be equally effective in helping us continue the change

H 段 You might need to introduce another reinforcement 给的是替换之外强化的具体例子，没有像G段那样把“策略不通用”作为主张提出。

You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together

45. Without a happy mood, it seems that our wisdom to adopt a different behavior vanishes.

没有愉快的心情，我们采用不同行为的智慧似乎就会消失。

【答案】 K 段（强锚点）

【锚点】 without a happy mood + wisdom vanishes

【定位】 If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less.

如果心情低落，那种采取另一种行为的智慧仿佛就消失了，我们又会回到多吃少动的状态。

【改写】 Without a happy mood ↔ If our mood is low

正反条件互换

our wisdom to adopt a different behavior vanishes ↔

the wisdom to behave differently seems to disappear

vanish=disappear, adopt a different behavior=behave differently

【辨邻】 I 段 by Friday you found yourself so exhausted and opted to order greasy takeout 描述疲惫导致失败，但没有像K段那样把"行为智慧"与"心情"挂钩。

by Friday you found yourself so exhausted and opted to order greasy takeout

PARAGRAPH MAP • 段落主旨图

12 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 引出研究：行为改变涉及大脑物理变化；把新行为变成深植习惯没有简单时间答案；改完之后还要再做调整来维持，维持本身又是另一道难关。

信息指纹 维持本身是另一道难关

B 总论：改变并维持行为很少离得开某种系统；缺乏框架就容易脱轨；要避免若干有害习惯。

信息指纹 靠系统而非裸意志

C 第一个要避免的：依赖意志力。用查手机、下午三点不吃巧克力为例，描述硬抗诱惑有多难。

信息指纹 靠意志力硬抗诱惑的场景

D 专家共识：单靠意志力无法形成并维持习惯；引用军队格言，强调把动作练到自动化。

信息指纹 专家共识：单靠意志力不行

E 提出"cue (线索)"概念: 改变环境, 让某个时间点自动触发你想做的新行为, 例如3点用花草茶替代去自动售货机。

信息指纹 线索cue的设置

F 第二个要避免的: 盯着"不要做"的负面目标。大脑的习惯系统擅长重复、不擅长"学会不做", 所以要用一个新动作去替代旧动作。

信息指纹 用新动作替代旧习惯

G 第三个要避免的: 在不同情境里复用同一策略。我们是习惯的生物, 会下意识以为旧办法到新场景一样好用, 其实未必。

信息指纹 旧策略未必通用于新行为

H 进一步说明G: 有时不能只凭直觉做"替换"决策; 停玩游戏只换成跑步可能不够, 需要追加强化 (如约朋友、报班)。

信息指纹 替换之外还要追加强化

I 第四个要避免的: 失误后不肯原谅自己。最完美的计划也会偶尔翻车, 不要因为一天没做到就全盘放弃, 第二天可以重新开始。

信息指纹 失败一天后可以重新开始

J 第五个要避免的: 低估小进步。完美主义者只盯大目标、不庆祝路上的小进展; 大脑对奖励有反应, 基底节在习惯被启动与被奖励时最活跃, 所以要给小进步配奖励。

信息指纹 完美主义只盯大目标、忽视小进展

K 维持比启动更难: 人们误以为启动用的策略对维持一样有效, 其实不然; 要维持就得保持积极情绪, 心情低落时"另一种行为的智慧"就消失了, 所以维持新行为这么难。

信息指纹 维持要靠好心情, 启动策略不通用

L 收尾呼吁: 克服阻碍新行为的"行为惯性"长期看对身心都有益; 没人天生带习惯, 习惯都是学来的, 因此也都能被卸掉。

信息指纹 克服行为惯性长期有益

16 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。

According to recent research, behavioral change involves physical changes in the brain.

A段，第1句

主谓宾结构配句首状语是常见句式，具有一定代表性。但本句过于简洁，未涉及四六级或考研真题中高频出现的从句嵌套、长定语修饰、被动结构等特征，作为典型句式的代表性中等偏下。

In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer.

A段，第2句

主句 + 宾语从句 + 嵌套状语从句的结构,以及 there be 句型、when it comes to 固定搭配、动名词复合结构,都是四六级和考研阅读中的高频句式。该句高度典型,掌握后可迁移到大量真题长难句的分析中,实用价值很高。

At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system.

B段，第1句

本句体现了学术写作中常见的句式：抽象名词作主语 + 后置定语扩展 + 不及物动词 + 多个状语修饰。句首状语 At its core、频率副词 rarely、以及 without 引导的条件状语，都是四六级和考研阅读中的高频搭配。这类结构在论述性文本中反复出现，学习后迁移价值较高。

The first one to avoid is relying on willpower.

C段，第1句

主系表结构配合不定式定语和动名词表语是四六级和考研阅读中的常见句式，尤其在表达观点、定义概念时频繁出现，学生掌握后可大量复用于理解类似表达。

The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone.

D段，第1句

句子覆盖主语(含长修饰语)、系表结构、并列谓语、宾语从句、条件状语从句、介词短语作状语等多种成分,且包含典型易错点:主语内嵌套从句、并列谓语共用宾语、条件从句修饰宾语从句内部谓语,适合全面练习成分划分技能。

The idea is simple—you repeat something so many times that it becomes automatic.

D段，第3句

破折号连接并列句的用法、"so...that..."引导结果状语从句的结构,都是四六级和考研阅读中高频出现的句式。掌握后可迁移到大量同类句子的分析中。

Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place.

F段，第2句

"not ... but ..." 对比结构和限制性定语从句都是四六级、考研阅读中的高频句式;尤其 "not A but B" 配合定语从句修饰的组合在议论文中极为常见,且关系代词在从句中充当不同成分的用法是必考知识点,本句结构具有很强的典型性和迁移价值

Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change.

G段，第2句

本句成分种类丰富且包含多个训练价值高的易错点:主句使用 it 作形式主语结构,真正主语是不定式短语,这是学生常混淆的考点;宾语从句内部的主语 that same strategy 被时间状语从句插入分隔,考查识别主谓间隔的能力;句中有两个时间状语从句修饰同一个谓语 will work,练习识别平行修饰关系;do manage 的强调用法;不定式短语作宾语(to adopt and sustain、to make)。这些成分组合在一个句子中,可以同时练习形式主语、主谓分隔、状语从句嵌套、不定式宾语等多个知识点,训练价值较高

Sometimes we become accustomed to relying on our guts when it comes to decision-making.

H段，第1句

主句的 "become accustomed to + 动名词" 是四六级和考研常见的固定搭配结构，"when it comes to" 也是高频表达。这种主句 + 时间状语从句的组合在真题中经常出现，学习后可以复用到理解类似句型中。

This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything.

H段，第2句

并列主句加状语从句的结构在四六级和考研阅读中极为常见，是英语长难句的基本模式之一。句中涉及的 "not ... but ..." 对比逻辑、"when" 时间状语从句、"rather than" 对比短语等，都是高频考点。掌握本句的分析方法后，可以直接迁移到大量真题句型，典型性很强。

For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place.

H段，第3句

条件状语从句 + 主句含情态动词的结构在四六级和考研阅读中频繁出现，"if + 一般现在时，主句 + 情态动词" 是典型的条件句模式。此外，不定式和动名词的搭配 (decide to do、stop doing) 也是常考知识点。

Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

I段，第7句

本句包含主语从句、宾语从句两种名词性从句，覆盖主谓宾基本句型，还涉及多种状语成分。主语从句容易与状语从句混淆，是常见易错点。适合作为名词性从句和成分划分的综合练习

Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made.

J段，第7句

"Rather than A, B" 对比结构、宾语从句、定语从句省略关系代词，都是四六级和考研阅读中的常见句式。祈使句加复杂修饰的写法在议论文、建议类文本中频繁出现，典型性很高，掌握后可大量复用

Whatever your reward, it has to be more than just the activity itself to get you going.

J段，第9句

让步状语从句加主句的结构是考试常见句式，从句省略也是典型考点。主句中的情态结构、比较结构、不定式作状语都是高频语法现象，具有较强的代表性和迁移价值，掌握后可应用于类似句子。

One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change.

K段，第3句

本句在结构复杂度、成分训练价值、句式典型性三方面都达到较高水平，适合作为从句嵌套与成分定位的综合练习材料。虽然主干定位和时态识别有一定难度，但不至于让初学者完全无从下手，整体推荐优先用于训练。

It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.

第39题题干

形式主语结构、宾语从句省略that、定语从句省略关系代词、多层从句嵌套,都是四六级和考研真题中的高频句式,本句综合了这些典型结构,是极具代表性的复杂句范例,掌握后可迁移到大量类似句型。

HIGH-FREQUENCY • 真题高频词

本篇出现的 109 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。

behavior

B1

n. 行为

本篇19次 · 真题 171 句

maintain

B1

v. 维持

本篇10次 · 真题 64 句

focus B1

n. 重点

本篇5次 · 真题 200 句

strategy B2

n. 策略

本篇5次 · 真题 63 句

system A2

n. 系统

本篇4次 · 真题 176 句

process B1

n. 过程

本篇4次 · 真题 126 句

reward B1

n. 报酬

本篇4次 · 真题 43 句

behavioral B2

adj. 行为的

本篇4次 · 真题 22 句

willpower B2

n. 意志力

本篇4次 · 真题 11 句

simply B1

adv. 仅仅, 只不过

本篇3次 · 真题 119 句

effective B1

adj. 有效的, 起作用的

本篇3次 · 真题 94 句

rely B1

v. 依赖; 依靠

本篇3次 · 真题 51 句

wisdom B2

n. 智慧

本篇3次 · 真题 20 句

cue B2

n. 提示

本篇3次 · 真题 12 句

initiate C1

v. 开始

本篇3次 · 真题 11 句

perfectionist C1

n. 完美主义者

本篇3次 · 真题 9 句

benefit B1

n. 好处

本篇2次 · 真题 244 句

challenge B1

n. 挑战

本篇2次 · 真题 119 句

expert B1

n. 专家

本篇2次 · 真题 114 句

physical B1

adj. 身体的

本篇2次 · 真题 91 句

perform B1

v. 执行

本篇2次 · 真题 61 句

ensure B2

v. 确保

本篇2次 · 真题 57 句

adopt B1

v. 采纳

本篇2次 · 真题 46 句

assume B2

v. 假定

本篇2次 · 真题 31 句

mood A2

n. 心情

本篇2次 · 真题 27 句

target B1

n. 目标, 靶子

本篇2次 · 真题 26 句

successfully B1

adv. 成功地

本篇2次 · 真题 24 句

routine B1

n. 常规

本篇2次 · 真题 23 句

abandon B2

v. 离弃

本篇2次 · 真题 22 句

equally B1

adv. 同样地

本篇2次 · 真题 17 句

substitute B2

n. 替代品

本篇2次 · 真题 14 句

sustain B2

v. 维持

本篇2次 · 真题 14 句

automatic B1

adj. 自动的

本篇2次 · 真题 10 句

researcher B2

n. 研究人员

本篇1次 · 真题 363 句

effect B2

n. 影响

本篇1次 · 真题 191 句

data B1

n. 数据

本篇1次 · 真题 181 句

tend B1

v. 倾向于, 往往会

本篇1次 · 真题 170 句

positive B1

adj. 积极的

本篇1次 · 真题 144 句

negative B1

adj. 否定的

本篇1次 · 真题 132 句

decade B1

n. 十年

本篇1次 · 真题 120 句

mental B1

adj. 精神的

本篇1次 · 真题 120 句

project A2

n. 项目

本篇1次 · 真题 116 句

performance B1

n. 表演

本篇1次 · 真题 98 句

case A2

n. 情况

本篇1次 · 真题 97 句

according B1

prep. 根据

本篇1次 · 真题 96 句

gain B1

v. 获得; 赢得

本篇1次 · 真题 96 句

belief B1

n. 相信

本篇1次 · 真题 85 句

diet A2

n. 日常饮食

本篇1次 · 真题 82 句

involve B1

v. 包含

本篇1次 · 真题 82 句

region B1

n. 地区

本篇1次 · 真题 78 句

conflict B2

n. 冲突

本篇1次·真题 66 句

wrong A2

adj. 错误的

本篇1次·真题 66 句

apply A2

v. 申请

本篇1次·真题 63 句

occur B1

v. 发生, 出现

本篇1次·真题 62 句

generally B1

adv. 通常, 一般地

本篇1次·真题 60 句

email A2

n. 电子邮件

本篇1次·真题 53 句

link A2

n. 联系

本篇1次·真题 53 句

operate B1

v. 运转

本篇1次·真题 52 句

particular B2

adj. 特定的

本篇1次·真题 52 句

respond B1

v. 回答, 答复

本篇1次·真题 52 句

completely B1

adv. 完全地

本篇1次·真题 43 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次·真题 42 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本篇1次·真题 42 句

basis B2

n. 基础, 根据

本篇1次·真题 37 句

ultimately B2

adv. 最终, 终归

本篇1次·真题 34 句

extra A2

adj. 额外的

本篇1次·真题 33 句

rarely B1

adv. 很少, 难得, 不常

本篇1次·真题 30 句

implement B2

v. 实施

本篇1次·真题 28 句

therefore B1

adv. 因此, 所以

本篇1次·真题 28 句

beginning A1

n. 开始

本篇1次·真题 25 句

behave B1

v. 表现, 举止

本篇1次·真题 25 句

differently A2

adv. 不同地

本篇1次·真题 23 句

disappear A2

v. 消失; 不见

本篇1次·真题 23 句

productive B2

adj. 富有成效的

本篇1次·真题 23 句

strongly B1

adv. 强烈地

本篇1次·真题 23 句

core B1

n. 核心

本篇1次·真题 21 句

basically B1

adv. 基本上

本篇1次·真题 20 句

overcome B2

v. 克服

本篇1次·真题 20 句

trigger B2

v. 引发

本篇1次·真题 20 句

bar A2

n. 酒吧

本篇1次·真题 19 句

deeply B1

adv. 深深地

本篇1次·真题 19 句

detrimental C1

adj. 有害的

本篇1次·真题 19 句

stray B2

v. 走失

本篇1次·真题 19 句

opt B2

v. 选择

本篇1次·真题 18 句

resist B2

v. 抵抗

本篇1次·真题 18 句

consensus C1

n. (意见的) 一致

本篇1次·真题 17 句

guarantee B2

n. 保证

本篇1次·真题 17 句

neglect B2

v. 忽视;疏忽

本篇1次·真题 16 句

occasion B1

n. 场合

本篇1次·真题 16 句

laptop A2

n. 笔记本电脑

本篇1次·真题 15 句

circumstance B2

n. 情况

本篇1次·真题 14 句

creature B1

n. 生物

本篇1次·真题 13 句

forgive B1

v. 原谅

本篇1次·真题 13 句

military B2

adj. 军事的

本篇1次·真题 13 句

slip B1

v. 滑倒

本篇1次·真题 13 句

accustomed B2

adj. 习惯的;惯常的

本篇1次·真题 12 句

altogether B2

adv. 完全地

本篇1次·真题 12 句

determined B1

adj. 坚决的

本篇1次·真题 12 句

discount

B1

n. 折扣; 减价

本篇1次 · 真题 12 句

hinder

B2

v. 阻碍, 妨碍

本篇1次 · 真题 12 句

saying

B1

n. 谚语

本篇1次 · 真题 12 句

indulge

C1

v. 放纵 (自己享受某事物)

本篇1次 · 真题 11 句

adjustment

B2

n. 调整

本篇1次 · 真题 10 句

desirable

B2

adj. 令人向往的

本篇1次 · 真题 10 句

exhausted

B1

adj. 精疲力竭的

本篇1次 · 真题 9 句

pour

A2

v. 倒, 灌 (液体)

本篇1次 · 真题 9 句

continually

B2

adv. 频繁地

本篇1次 · 真题 8 句

glance

B2

v. 瞥

本篇1次 · 真题 8 句

sink

A2

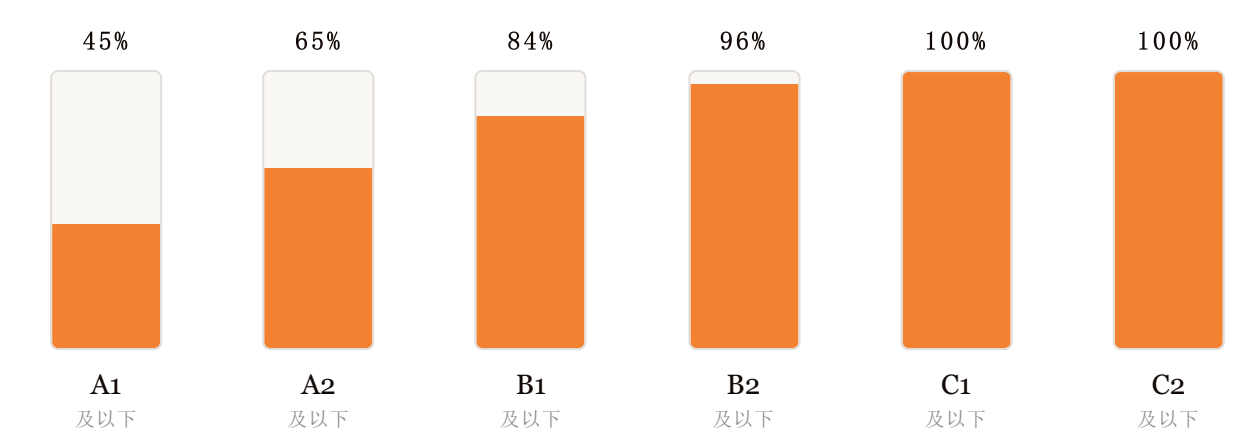
v. 下沉

本篇1次 · 真题 8 句

VOCABULARY • 词汇难度分布

全文 397 词按 CEFR 难度累积覆盖

全文去重后共 **397** 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 16 个 · 约 4%。



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 397 个 · 末柱为 100%



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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 →