

2025年12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2025年12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 17 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(2025-12) • 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**.

Do You Know When to Quit Wisely?

A) Projects, relationships, and jobs don't always work out as planned — and it's not always clear when to give up. We've all repeatedly heard the saying that "quitters never win", but sometimes the best decision is to cut our losses.

项目、关系和工作并不总是按计划进行——而且并不总是清楚何时应该放弃。我们都反复听过“放弃者永远不会成功”这句话,但有时最好的决定是及时止损。

B) Think about that relationship you held on to even after it had run its course or the job you stayed in despite your boss making you miserable. Many of us try to hold onto the last ray of hope, thinking we can make it work, whatever "it" is. And while perseverance is generally an excellent quality, it may also incline you to over-invest in something that is no longer a good idea.

想想那段你即使在它已经走到尽头后仍坚持的关系,或者那份尽管老板让你痛苦不堪却仍留守的工作。我们中的许多人试图抓住最后一线希望,认为我们可以让它成功,无论“它”是什么。虽然坚持不懈通常是一种优秀的品质,但它也可能使你过度投资于一件不再明智的事情。

C) As an executive coach, I work with numerous passionate and hard-working leaders who don't want to "quit". But the smartest leaders learn to discern the difference between quitting too soon and holding onto something that they shouldn't.

作为一名高管教练,我与许多充满热情和勤奋工作的领导者共事,他们不想“放弃”。但最聪明的领导者学会辨别过早放弃和坚持不该坚持的事情之间的区别。

- D) We are all susceptible to the sunk-cost delusion, an unconscious bias that leads us to persist in an endeavor we have already invested time, effort, or money into — even when abandoning it would be more beneficial. We realize that we can't get back the resources we've given, so we persevere — investing in a project that should be halted, staying in a relationship that should be over, or finishing a book we no longer enjoy and should put down, because we're already halfway through it. If quitting is "not your thing", you may be especially susceptible to this bias.

我们都容易受到沉没成本谬误的影响,这是一种无意识的偏见,导致我们坚持已经投入了时间、精力或金钱的事业——即使放弃它会更有益。我们意识到无法收回已经付出的资源,所以我们坚持下去——投资于应该停止的项目,待在应该结束的关系中,或者读完我们不再喜欢、应该放下的书,因为我们已经读了一半。如果放弃“不是你的风格”,你可能特别容易受到这种偏见的影响。

- E) The sunk-cost delusion causes us to overly worry about what we'll lose if we move on and not think enough about the costs of not moving on. To offset this bias, deliberately refocus your thinking on the gains so you can more objectively weigh the alternatives. Ask yourself: What might I gain by cutting my losses now? Will you be happier or have time for another (better) opportunity? Then ask yourself: What will it cost me to soldier on? For example, is it possible that you'll be throwing more good money after what you've already lost? Or that you won't have the energy to capitalize on other promising possibilities?

沉没成本谬误使我们过分担心如果继续前进会失去什么,而没有充分考虑不继续前进的成本。为了抵消这种偏见,有意识地将思维重新聚焦于收益,这样你就能更客观地权衡各种选择。问问自己:现在及时止损我可能获得什么?你会更快乐还是会有时间去把握另一个(更好的)机会?然后问自己:坚持下去会让我付出什么代价?例如,你是否可能在已经损失的基础上投入更多好钱?或者你是否没有精力去利用其他有前景的可能性?

- F) The illusion of control can also interfere with our best judgment, leading us to overestimate our ability to control events and attain a positive outcome. This bias gives us a sense of agency and can promote mental health. However, the bias can also result in escalating commitment to a losing course of action. Especially when combined with an "I'm not a quitter" mentality, feeling like we have more control over an event or person than we do puts us at risk of doubling down when we should pull out.

控制幻觉也会干扰我们的最佳判断,导致我们高估自己控制事件和获得积极结果的能力。这种偏见给我们一种掌控感,可以促进心理健康。然而,这种偏见也可能导致对失败行动方针的不断升级投入。特别是当与“我不是放弃者”的心态结合时,感觉我们对事件或他人的控制力比实际更强,会使我们在应该退出时加倍投入,从而面临风险。

- G) To counteract this bias, consider your situation and make a simple two-column list of what's in your control and what's not. Think rigorously. While you may be able to influence other people and various circumstances, you can't force them to change or go your way.

为了抵消这种偏见,考虑你的情况并列一个简单的两栏清单,列出什么在你的控制之内,什么不在。严格思考。虽然你可能能够影响其他人和各种情况,但你不能强迫他们改变或按你的方式行事。

- H) Getting clear on what you can control and what you can't is essential to making a quality decision about whether to call it quits or persevere. With a written list in hand, you can ensure you focus on

what you can control and better assess whether your continued efforts are worth the expense. Expending effort and emotion on things you can't control can be both draining and disempowering. 弄清楚你能控制什么和不能控制什么,对于就是否放弃还是坚持做出高质量决策至关重要。有了书面清单在手,你可以确保专注于你能控制的事情,并更好地评估你的持续努力是否值得付出代价。在你无法控制的事情上花费精力和情感既会令人疲惫又会使人丧失力量。

- I) Research indicates that people link their self-identity and social status to their commitments. And because we identify with our commitments, withdrawing from one can feel like a threat to our identity or status.

研究表明,人们将自我认同和社会地位与他们的承诺联系在一起。因为我们认同自己的承诺,从一项承诺中退出可能感觉像是对我们身份或地位的威胁。

- J) Take my client Ryan, a leader at a technology company. Ryan had invested two years and a lot of effort in a design project that wasn't delivering the needed outcomes, but the thought of abandoning it after all she had put in was hard to bear. As Ryan and I explored whether she should cancel the initiative she'd been leading or continue to persevere, she stated, "The thing is, I'm not a quitter." This singular, fixed sense of self was clouding her judgment and limiting her choices for action.

以我的客户Ryan为例,她是一家科技公司的领导者。Ryan在一个设计项目上投入了两年时间和大量精力,但该项目没有产生所需的成果,然而在投入了这么多之后放弃它的想法让她难以承受。当Ryan和我探讨她是否应该取消她一直领导的这个项目还是继续坚持时,她说:"问题是,我不是一个放弃者。"这种单一、固定的自我意识正在影响她的判断并限制她的行动选择。

- K) Our self-concept and identity are mental concepts that influence our behavior. If you strongly identify as not being a quitter, you can end up staying stuck in a course of action due to your narrow and rigid self-concept. To overcome this kind of internal obstacle, recall your other positive traits and personality characteristics. Ask yourself: What additional strengths do I have (or aspire to have) that would be helpful to employ here? For example, when I asked Ryan what other positive qualities from her personality she needed to leverage for decision making, she replied, "Discernment and bravery."

我们的自我概念和身份是影响我们行为的心理概念。如果你强烈认同自己不是一个放弃者,你最终可能会因为狭隘和僵化的自我概念而困在某个行动方针中。为了克服这种内在障碍,回想你的其他积极特质和性格特征。问问自己:我还有(或渴望拥有)什么额外的优势可以在这里运用?例如,当我问Ryan她需要利用自己性格中的哪些其他积极品质来进行决策时,她回答说:"辨别力和勇气。"

- L) Now, examine your situation through the lens of each of these facets of yourself. What does the discerning part of you say? The brave part? Considering your decision through these different characteristics will enable you to see that you have more choices. It's also helpful to seek external sources of information, rather than relying solely on your thinking and instincts. But it's important to think through whose opinions you solicit.

现在,通过你自己的这些不同方面来审视你的情况。你有辨别力的那一面说什么?勇敢的那一面呢?通过这些不同的特征来考虑你的决定将使你看到你有更多选择。寻求外部信息来源也很有帮助,而不是仅仅依赖于你的思考和直觉。但重要的是要考虑清楚你征求谁的意见。

- M) Ideally, seek out people who are less invested in your decision than you are. If you're considering whether to shut down your entrepreneurial venture, for instance, reach out to other founders as opposed to just your business partner. Similarly, if you're looking for love advice, ask someone

removed from the ups and downs of your relationship instead of relying only on your best friend. In all cases, I recommend describing your situation and following up with a question like: "How would you manage this situation?"

理想情况下,寻找那些对你的决定投入程度不如你的人。例如,如果你正在考虑是否关闭你的创业企业,请联系其他创始人,而不是仅仅联系你的商业伙伴。同样,如果你在寻求爱情建议,问一个与你关系起伏保持距离的人,而不是仅仅依赖你最好的朋友。在所有情况下,我建议描述你的情况,然后提出这样的问题:"你会如何处理这种情况?"

- N) Alternately, you could also seek out hard data that illuminates your real chance of success in whatever endeavor you are contemplating. Sticking with the example of the entrepreneurial venture, numbers are your best friend. Use them to remove yourself from the love you have for this idea and consider your burn rate relative to growth plan, industry growth rates, and other factors that predict start-up success. External sources of information can help you see angles and possibilities you might not have considered.

或者,你也可以寻求能够揭示你在正在考虑的任何事业中真正成功机会的硬数据。继续以创业企业为例,数字是你最好的朋友。用它们来让自己摆脱对这个想法的热爱,考虑你的烧钱率相对于增长计划、行业增长率以及预测初创企业成功的其他因素。外部信息来源可以帮助你看到你可能没有考虑过的角度和可能性。

- O) When something that seemed so promising at the start doesn't turn out the way we imagined, we can become overly self-critical. Nobody likes to feel that they've made a poor decision, especially if making intelligent decisions is a quality you hold in high esteem. The most effective strategy here is to give yourself a break. Practicing self-compassion increases your resilience(韧性), emotional intelligence, compassion toward others, and can boost your performance as well as help you develop a growth mindset.

当一开始看起来很有希望的事情没有按我们想象的方式发展时,我们可能会变得过度自我批评。没有人喜欢感觉自己做出了糟糕的决定,特别是如果做出明智决策是你高度重视的品质。这里最有效的策略是放自己一马。练习自我同情可以增强你的韧性、情商、对他人的同情心,还可以提升你的表现并帮助你培养成长型思维。

- P) Instead of deliberating and criticizing yourself, focus instead on what you can learn from this situation. For example, Ryan recognized she had developed various new skills and leadership capabilities from leading the design project. And despite ultimately deciding to drop it, she was still happy she had tried and grateful for what the experience taught her.

与其深思和批评自己,不如专注于你可以从这种情况中学到什么。例如,Ryan认识到她从领导设计项目中培养了各种新技能和领导能力。尽管最终决定放弃它,但她仍然为自己尝试过而感到高兴,并对这段经历教给她的东西心怀感激。

- Q) Undeniably, perseverance can help us succeed. But for your well-being, it's important to learn how to distinguish quitting too soon and clinging to a losing course of action. While letting go can be difficult, it will free up your time, energy, and mental space to imagine new possibilities and pursue new opportunities.

不可否认,坚持不懈可以帮助我们成功。但为了你的幸福,学会如何区分过早放弃和坚持失败的行动方针是很重要的。虽然放手可能很难,但它会释放你的时间、精力和心理空间,让你想象新的可能性并追求新的机会。

陈述句与逐句解析

36. Feeling like they have more control over something or someone than they do, people get more committed to their pursuit when they should give up.

当人们感觉自己某事或某人的控制力比实际情况更强时,他们会在本应放弃的时候对追求变得更加执着。

【答案】 **F** 段 (强锚点)

【锚点】 高估掌控感导致继续投入

【定位】 Especially when combined with an "I'm not a quitter" mentality, feeling like we have more control over an event or person than we do puts us at risk of doubling down when we should pull out.

尤其当与"我不是放弃者"的心态结合时, 觉得自己对某件事或某个人有比实际更多的掌控感, 会让我们在本该退出时反而加码投入。

【改写】 Feeling like they have more control over something or someone than they do ↔

feeling like we have more control over an event or person than we do

代词与名词的同义替换

get more committed to their pursuit when they should give up ↔

doubling down when we should pull out

口语短语的解释式改写

37. If you regard yourself as one who never quits, you may end up trapped in your course of action.

如果你把自己看作一个从不放弃的人,你可能最终会被困在自己的行动路线中。

【答案】 **K** 段 (强锚点)

【锚点】 自认从不放弃者会被困住

【定位】 If you strongly identify as not being a quitter, you can end up staying stuck in a course of action due to your narrow and rigid self-concept.

如果你强烈地把自己认同为不是一个放弃者, 那么你会因为狭隘僵化的自我概念, 最终被困在某一行动路线里。

【改写】 If you regard yourself as one who never quits ↔ **If you strongly identify as not being a quitter**

动词与短语同义替换

trapped in your course of action ↔ **staying stuck in a course of action**

近义动词同义替换

【辨邻】 **F** F段出现了I'm not a quitter这一相同表述, 容易让人误以为是源头段; 但它的核心论点是控制错觉与该心态叠加导致doubling down, 并不是题干所说的trapped in your course of action。

Especially when combined with an "I'm not a quitter" mentality, feeling like we have more control over an event or person than we do puts us at risk of doubling down when we should pull out.

38. One of the author's clients found it hard to give up a design project, in which she had put in a lot of time and effort.

作者的一位客户发现很难放弃一个设计项目,她在这个项目上投入了大量时间和精力。

【答案】 J 段 (强锚点)

【锚点】 客户与设计项目的难放手

【定位】 Ryan had invested two years and a lot of effort in a design project that wasn't delivering the needed outcomes, but the thought of abandoning it after all she had put in was hard to bear.

Ryan在一个迟迟拿不出预期成果的设计项目上投入了两年时间和大量精力,但一想到要在投入这么多之后放弃它就难以承受。

【改写】 One of the author's clients ↔ **my client Ryan**

专名与泛指对应

found it hard to give up a design project ↔

the thought of abandoning it after all she had put in was hard to bear

形容词短语同义替换

in which she had put in a lot of time and effort ↔

invested two years and a lot of effort in a design project

具体时长概括为时间

【辨邻】 P P段同样提到leading the design project, 但内容是Ryan从中获得new skills and leadership capabilities并感激这段经历; 它叙述的是后续学习与释怀, 不是题干强调的found it hard to give up这一时刻。

Ryan recognized she had developed various new skills and leadership capabilities from leading the design project.

39. The author suggests that one should direct their thoughts to the gains of quitting timely so as to move on.

作者建议人们应该将思绪转向及时放弃所能获得的收益,以便继续前进。

【答案】 E 段 (强锚点)

【锚点】 把思考转向及时放弃的收益

【定位】 To offset this bias, deliberately refocus your thinking on the gains so you can more objectively weigh the alternatives.

为抵消这一偏差,要刻意把思考重心转向收益,这样你才能更客观地权衡各种选择。

【改写】 direct their thoughts to the gains ↔ **refocus your thinking on the gains**

动词与名词同义替换

the gains of quitting timely ↔ **What might I gain by cutting my losses now?**

及时止损的同义表达

so as to move on ↔ **so you can more objectively weigh the alternatives**

目的状语的概括式改写

40. When making a decision, you'd better ask for opinions of those who have less stake in your decision.

在做决定时,你最好征求那些在你的决定中利益关系较小的人的意见。

【答案】 **M** 段 (强锚点)

【锚点】 向利益相关度低的人征询

【定位】 Ideally, seek out people who are less invested in your decision than you are.

理想情况下, 要找那些比你在这项决定中投入度更低的人征询意见。

【改写】 ask for opinions of those who have less stake in your decision ↔

seek out people who are less invested in your decision than you are

动词与利益关系词同义

【辨邻】 **L** L段只说seek external sources of information, rather than relying solely on your thinking and instincts并提示要think through whose opinions you solicit, 把谁来征询这一具体回答推到下一段; 它没有less stake这层意思, 因此不是源头段。

It's also helpful to seek external sources of information, rather than relying solely on your thinking and instincts. But it's important to think through whose opinions you solicit.

41. For people associating their identity with their commitments, quitting can feel like their identity is threatened.

对于那些将身份认同与承诺联系在一起的人来说,放弃可能会让他们感觉自己的身份认同受到了威胁。

【答案】 **I** 段 (强锚点)

【锚点】 身份与承诺挂钩

【定位】 Research indicates that people link their self-identity and social status to their commitments. And because we identify with our commitments, withdrawing from one can feel like a threat to our identity or status.

研究表明, 人们会把自我认同与社会地位与自己的承诺挂钩。正因为我们把自己等同于这些承诺, 退出其中一项就会让人觉得像是对身份或地位的威胁。

【改写】 associating their identity with their commitments ↔

people link their self-identity and social status to their commitments

动词同义替换

quitting can feel like their identity is threatened ↔

withdrawing from one can feel like a threat to our identity or status

动名词被动改写

42. People who regard highly the quality of making wise decisions do not feel good when they make a bad one.

高度重视做出明智决策这一品质的人在做出错误决定时不会感觉良好。

【答案】 O 段（强锚点）

【锚点】 看重明智决策者面对坏决定的感受

【定位】 Nobody likes to feel that they've made a poor decision, especially if making intelligent decisions is a quality you hold in high esteem.

没有人喜欢觉得自己做了一个糟糕的决定，尤其当你把做出明智决定视为自己很看重的品质时。

【改写】 regard highly the quality of making wise decisions ↔

making intelligent decisions is a quality you hold in high esteem

动词短语与形容词同义

do not feel good when they make a bad one ↔

Nobody likes to feel that they've made a poor decision

否定改写+近义形容词

43. The wisest leaders learn to distinguish between giving up too soon and sticking with something irrationally.

最明智的领导者学会区分过早放弃和非理性地坚持某事。

【答案】 C 段（强锚点）

【锚点】 最聪明领导者懂得分辨

【定位】 But the smartest leaders learn to discern the difference between quitting too soon and holding onto something that they shouldn't.

但最聪明的领导者会学着分辨过早放弃与不该坚持却继续坚持之间的差别。

【改写】 The wisest leaders ↔ **the smartest leaders**

近义形容词最高级

distinguish between giving up too soon and sticking with something irrationally ↔

discern the difference between quitting too soon and holding onto something that they shouldn't

动词与短语的同义概括

【辨邻】 **Q** Q段出现learn how to distinguish quitting too soon and clinging to a losing course of action这一题干高度相似的并置，是最容易让人误选的相邻段；但它谈的对象是普遍意义的人，并未限定The wisest leaders这一主语，故不是源头段。

But for your well-being, it's important to learn how to distinguish quitting too soon and clinging to a losing course of action.

44. When people are thinking of an endeavor, they should dig out reliable data that tells them how likely they are to succeed.

当人们考虑一项事业时,他们应该挖掘能够告诉他们成功可能性有多大的可靠数据。

【答案】 **N** 段 (强锚点)

【锚点】 用可靠数据评估成功概率

【定位】 Alternately, you could also seek out hard data that illuminates your real chance of success in whatever endeavor you are contemplating.

或者,你也可以去寻找能够照亮你成功真实概率的硬数据,无论你在考虑哪种事业。

【改写】 dig out reliable data ↔ **seek out hard data**

动词与形容词同义

how likely they are to succeed ↔ **your real chance of success**

名词短语改写为从句

When people are thinking of an endeavor ↔ **in whatever endeavor you are contemplating**

近义动词替换

45. Having a clear view of what's in your control and what's not is vital to making a good decision regarding whether to give up or stick it out.

清楚地了解什么在你的控制范围内、什么不在你的控制范围内,对于就是否放弃还是坚持做出正确决定至关重要。

【答案】 **H** 段 (强锚点)

【锚点】 看清可控与否对决策至关重要

【定位】 Getting clear on what you can control and what you can't is essential to making a quality decision about whether to call it quits or persevere.

把自己能控制什么、不能控制什么搞清楚,对于做出关于该放弃还是该坚持的高质量决定至关重要。

【改写】 Having a clear view of what's in your control and what's not ↔

Getting clear on what you can control and what you can't

动名词短语同义

vital to making a good decision ↔ essential to making a quality decision

近义形容词同义

whether to give up or stick it out ↔ whether to call it quits or persevere

并置短语整体同义

【辨邻】 G G段聚焦工具：make a simple two-column list of what's in your control and what's not; 它没有vital to making a good decision这层论点，因此不是源头段。

To counteract this bias, consider your situation and make a simple two-column list of what's in your control and what's not.

PARAGRAPH MAP • 段落主旨图

17 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 开场提出问题：项目、关系、工作并不总按计划进行，何时放弃并不清晰，并引出俗语quitters never win与有时止损才是上策的张力。

信息指纹 俗语引入与止损主张

B 把抽象问题落到生活实例：人们抓住已结束的关系或痛苦的工作不放，指出毅力虽好但可能让人在不再可行的事上over-invest。

信息指纹 毅力的两面性

C 作者亮身份As an executive coach，并提出最聪明的领导者会学着分辨the difference between quitting too soon and holding onto something that they shouldn't。

信息指纹 最聪明领导者的辨别能力

D 引入第一个偏差——sunk-cost delusion：因已投入时间、金钱、精力而继续做明明该停的事；并指出自认为不轻易放弃的人尤其易中招。

信息指纹 沉没成本错觉的定义

E 针对沉没成本错觉给出对策：把注意力主动转向refocus your thinking on the gains, 权衡及时止损的收益与继续硬扛的代价。

信息指纹 把思考重心转向止损收益

F 引入第二个偏差——The illusion of control：高估自己掌控事件与他人的能力；当它和I'm not a quitter心态叠加，就会让人本该退出时反而加码。

信息指纹 控制错觉与加码风险

G 对策：列一个two-column list of what's in your control and what's not，严肃区分可控与不可控，并指出你无法强迫他人或环境改变。

信息指纹 可控/不可控两栏清单

H 把可控/不可控分清是做出去留高质量决策的essential前提；有了清单才能聚焦真正能控制的事，并评估继续投入是否值得。

信息指纹 分清可控与否对决策至关重要

I 研究表明人们把自我认同与社会地位绑在自己的commitments上；因此放弃一项承诺会让人感到a threat to our identity or status。

信息指纹 承诺与身份/地位绑定

J 用客户Ryan的例子：她在一个设计项目里投入了two years and a lot of effort却看不到成效；她以I'm not a quitter自我设限，判断力受蒙蔽。

信息指纹 客户Ryan的两年设计项目

K 解释身份认同的内在障碍：若强烈认同not being a quitter，会被狭隘僵化的自我概念困在原地；对策是回想自己其他正面品质，比如Ryan想到的Discernment and bravery。

信息指纹 僵化自我概念把人困住

L 进一步用这些品质的视角审视处境，并提出要寻求external sources of information，而非只依赖自己的想法和直觉，但要想清向谁征询意见。

信息指纹 用不同品质视角看问题并求外部意见

M 求外部意见时，要找people who are less invested in your decision than you are：例如考虑结束创业时找别的创始人而不是合伙人，恋爱问题别只问最好的朋友。

信息指纹 找利益相关度低的人征询

N 另一条路：去找hard data来照亮自己真正的成功概率；以创业为例，用烧钱速率、行业增长率等数字把自己从对点子的爱里拉出来。

信息指纹 用硬数据评估成功概率

O 当原本看好的事不如意，人容易overly self-critical，尤其当你把做明智决定看得很重时；对策是给自己一些self-compassion，提升韧性。

信息指纹 过度自责与自我宽容的对策

P 再回到Ryan：与其反复自责，不如关注从中学到了什么——她从设计项目里发展出新技能和领导力，即使最终放弃也庆幸尝试过。

信息指纹 从经历中提取学习而非自责

Q 结尾收束：毅力确能帮我们成功，但学会分辨quitting too soon and clinging to a losing course of action同样重要；放手能腾出时间、精力、心理空间去追求新机会。

信息指纹 全文收束与放手价值

SENTENCE INSIGHTS • 句子精讲

37 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。

Projects, relationships, and jobs don't always work out as planned — and it's not always clear when to give up.

A段，第1句

本句的结构非常典型：两个并列主句通过破折号连接，是考试中常见的句式；形式主语“it”配合主语从句的用法也是四六级和考研的高频考点；并列主语、方式状语以及“疑问词 + 不定式”结构都是常考句式。掌握这个句子的分析方法可以迁移到大量真题句子上。

Think about that relationship you held on to even after it had run its course or the job you stayed in despite your boss making you miserable.

B段，第1句

限制性定语从句省略关系代词、过去完成时表示时间先后、并列名词短语作宾语，这些都是四六级和考研阅读中的高频句式。掌握后可迁移到大量真题句子。

Many of us try to hold onto the last ray of hope, thinking we can make it work, whatever "it" is.

B段，第2句

句中包含主谓宾、宾语从句、宾语补足语、让步状语从句、现在分词作状语等多种成分，覆盖面广。特别是"make + 宾语 + 宾补"结构和"whatever"引导的从句，是学习者容易混淆的点，具有较高的训练价值。

But the smartest leaders learn to discern the difference between quitting too soon and holding onto something that they shouldn't.

C段，第2句

本句的结构高度典型：主句 + 嵌套定语从句 + 不定式作宾语 + 并列结构，这些都是四六级和考研阅读中的高频句式。定语从句修饰并列结构中的名词、关系代词作宾语、从句谓语省略等现象也是真题中反复出现的考点，具有很强的代表性和可迁移性。

We are all susceptible to the sunk-cost delusion, an unconscious bias that leads us to persist in an endeavor we have already invested time, effort, or money into — even when abandoning it would be more beneficial.

D段，第1句

涵盖主系表、主谓宾补、同位语、多层定语从句（含省略关系代词）、让步状语从句、动名词作主语等丰富成分。同位语与定语从句的区分、省略关系代词的识别、宾语补足语的判定都是常见易错点，训练价值高。

We realize that we can't get back the resources we've given, so we persevere — investing in a project that should be halted, staying in a relationship that should be over, or finishing a book we no longer enjoy and should put down, because we're already halfway through it.

D段，第2句

该句是练习识别多种类型从句、定语从句关系词省略、以及动名词充当伴随状语的绝佳素材。

If quitting is "not your thing", you may be especially susceptible to this bias.

D段，第3句

条件状语从句搭配主句表达假设与结果，这是四六级和考研阅读中高频出现的句式结构。主句使用情态动词表推测，从句用一般现在时描述假设条件，符合真实条件句的标准用法。掌握此类句式后可大量迁移应用到其他条件复合句的理解中，具有较强的典型性和实用性。

To offset this bias, deliberately refocus your thinking on the gains so you can more objectively weigh the alternatives.

E段，第2句

祈使句加状语从句的结构在四六级和考研阅读中较为常见，尤其是科普、建议类文本中经常出现“动词原形开头 + so 引导结果或目的从句”的句式。句首的不定式短语作目的状语也是高频考点。整体句式典型性较高，掌握后可迁移到类似句型。

Then ask yourself: What will it cost me to soldier on?

E段，第5句

涵盖祈使句主语省略、双宾语结构（ask yourself + 从句、cost me what）、形式主语 it 与真正主语不定式后置、疑问词作宾语等多个知识点。状语（Then、to soldier on）和宾语从句的识别也有练习价值。成分种类较丰富，适合巩固基础句型分析。

For example, is it possible that you'll be throwing more good money after what you've already lost?

E段，第6句

覆盖形式主语、真正主语(主语从句)、系表结构、宾语、状语(介词短语)、宾语从句等多种成分;形式主语 it 和后置主语从句是重要易错点;宾语从句中 what 的双重作用(引导词兼宾语)也是典型考点;成分种类丰富且包含多个值得反复练习的结构

The illusion of control can also interfere with our best judgment, leading us to overestimate our ability to control events and attain a positive outcome.

F段，第1句

简单句配现在分词作结果或伴随状语是四六级和考研阅读中的常见句式，情态动词can interfere with也是高频搭配。状语内部的复合宾语结构leading us to do和并列不定式to control...and attain...同样是典型考点。掌握本句结构后，可迁移到大量类似句型的分析中。

However, the bias can also result in escalating commitment to a losing course of action.

F段，第3句

"情态动词 + 不及物动词 + in + 动名词短语" 是四六级和考研阅读中常见的表达因果或结果的句式，具有一定代表性，掌握后可迁移到类似句型（如 may lead to、could contribute to 等），但本句结构相对直白，不属于高频考点中的复杂变体。

Especially when combined with an "I'm not a quitter" mentality, feeling like we have more control over an event or person than we do puts us at risk of doubling down when we should pull out.

F段，第4句

本句成分丰富且涵盖多个易错点：动名词短语作主语、宾语从句嵌套、比较从句的省略结构、宾语补足语的识别、时间状语从句的修饰对象判定、句首状语短语的作用。特别是动名词主语中嵌套从句、比较从句的承前省略、以及宾语补足语与状语的区别，都是典型的难点。作为成分划分练习句，覆盖面广、训练价值高。

To counteract this bias, consider your situation and make a simple two-column list of what's in your control and what's not.

G段，第1句

句子涵盖祈使句的并列谓语、双宾语结构、目的状语(不定式)、宾语从句(含并列)等多种成分;特别是宾语从句嵌套在介词短语中,以及 "what" 在从句内既作引导词又充当主语,适合练习成分识别和层次划分

Research indicates that people link their self-identity and social status to their commitments.

I段，第1句

"主句 + that 引导的宾语从句"是四六级和考研阅读中极为常见的句式,尤其在学术性文本中频繁出现。本句结构简洁典型,掌握后可大量迁移。

And because we identify with our commitments, withdrawing from one can feel like a threat to our identity or status.

I段，第2句

句子涵盖动名词短语作主语、情态动词谓语、系动词表语、原因状语从句、介词短语作状语等多种成分，成分类型较为丰富。动名词作主语和情态动词结构是学生常见易错点，具有较好的训练价值。

As Ryan and I explored whether she should cancel the initiative she'd been leading or continue to persevere, she stated, "The thing is, I'm not a quitter."

J段，第3句

本句成分丰富：包含主语、谓语、宾语、状语、表语、定语等多种成分，且涉及直接引语、并列谓语、定语从句修饰宾语、表语从句等多个易错点。特别是定语从句的先行词识别、宾语从句的并列谓语、表语从句的判定，都是值得练习的典型问题。

If you strongly identify as not being a quitter, you can end up staying stuck in a course of action due to your narrow and rigid self-concept.

K段，第2句

"If 条件从句 + 主句（含情态动词）"是四六级和考研阅读中高频出现的句式，典型性较强。学生掌握这种结构后可以应用到大量类似句子的理解中。

To overcome this kind of internal obstacle, recall your other positive traits and personality characteristics.

K段，第3句

祈使句在四六级和考研中偶尔出现，但不算高频句式。句首不定式短语作目的状语是常见结构，有一定代表性。整体句式较为基础，典型性中等。

For example, when I asked Ryan what other positive qualities from her personality she needed to leverage for decision making, she replied, "Discernment and bravery."

K段，第5句

时间状语从句 + 嵌套宾语从句 + 双宾语结构，是四六级和考研阅读中常见的句式组合，典型性强，掌握后可大量复用。

It's also helpful to seek external sources of information, rather than relying solely on your thinking and instincts.

L段，第5句

"It is + 形容词 + to do" 是四六级和考研阅读写作中的高频句型，形式主语结构在真题中反复出现。"rather than" 引导的对比也是常考考点。本句结构具有较强的代表性和迁移价值，掌握后可在多种语境中复用。

But it's important to think through whose opinions you solicit.

L段，第6句

句式具有很强的代表性。形式主语 it + 系表结构 + 不定式真正主语是四六级和考研阅读中的高频句型（如 It is necessary to...、It seems important to...），宾语从句嵌套在不定式中也是常考结构。掌握本句的分析方法可直接迁移到大量类似真题句，实用价值高。

If you're considering whether to shut down your entrepreneurial venture, for instance, reach out to other founders as opposed to just your business partner.

M段，第2句

条件状语从句 + 主句是四六级和考研阅读中的高频句式，宾语从句嵌套在状语从句中也是常见复杂结构。祈使句在实用建议类文本中经常出现。本句的结构组合具有较高的代表性，掌握后可迁移到大量类似句子。

Similarly, if you're looking for love advice, ask someone removed from the ups and downs of your relationship instead of relying only on your best friend.

M段，第3句

祈使句 + 条件状语从句的组合在四六级和考研阅读中较为常见，尤其在议论文和建议类文本中。主句宾语后接过去分词短语作定语、方式状语使用 "instead of" 结构，都是考试中的高频句式。掌握后可迁移到类似语境。

Alternately, you could also seek out hard data that illuminates your real chance of success in whatever endeavor you are contemplating.

N段，第1句

本句的“主句 + 定语从句 + 嵌套定语从句”结构，以及“could + 动词原形”表建议、“that”引导限制性定语从句、“whatever”引导复合关系词从句等用法，都是四六级和考研阅读中的高频句式。特别是定语从句的嵌套使用和情态动词表达建议的语气，在学术类和议论类文本中极为常见。掌握本句的分析方法，可以直接迁移到大量真题句子的理解中，具有很强的代表性和复用价值。

When something that seemed so promising at the start doesn't turn out the way we imagined, we can become overly self-critical.

O段，第1句

“When 从句(含定语从句),主句”是四六级和考研真题中极为常见的复杂句式,用于表达条件-结果关系。状语从句内嵌套定语从句修饰主语、以及方式状语部分再嵌套定语从句的结构,在议论文和说明文中频繁出现。掌握这种“状语从句 + 定语从句多层修饰”的模式,能够复用到大量类似长难句的分析中。

Instead of deliberating and criticizing yourself, focus instead on what you can learn from this situation.

P段，第1句

祈使句 + 宾语从句的组合在考试中较为常见,what 引导的名词性从句更是高频考点。句中 Instead of 表达对比的方式状语也是典型结构,学习者掌握后可迁移到其他类似句式中。

For example, Ryan recognized she had developed various new skills and leadership capabilities from leading the design project.

P段，第2句

主句 + 宾语从句的结构在四六级和考研真题中高频出现，宾语从句省略 that 也是典型用法；过去完成时与一般过去时的搭配是考试常考的时态组合；本句结构具有较高的代表性和可迁移性

And despite ultimately deciding to drop it, she was still happy she had tried and grateful for what the experience taught her.

P段，第3句

本句主干识别难度适中，嵌套和时态有一定挑战性，成分种类丰富且包含多个典型结构和易错点，句式在考试中具有较高代表性，综合来看是一个值得优先练习的句子，可以帮助学生掌握复合句分析、时态区分、成分识别等核心技能。

But for your well-being, it's important to learn how to distinguish quitting too soon and clinging to a losing course of action.

Q段，第2句

"It is + 形容词 + to do" 句式是英语中的高频典型结构,在四六级和考研英语阅读中常见;宾语从句 "疑问词 + to do" 作动词宾语也是标准句式;并列动名词作宾语同样常见。本句结构具有很强的代表性,掌握后可大量迁移到类似句子,训练价值高。

While letting go can be difficult, it will free up your time, energy, and mental space to imagine new possibilities and pursue new opportunities.

Q段，第3句

"While" 引导的让步状语从句加主句是四六级和考研英语阅读中常见的句式，用于表达对比或转折逻辑。主句中 "free up" 加宾语再加目的状语的结构也较为典型。动名词作主语、并列名词短语作宾语、并列不定式作状语均为高频考点。本句结构代表性强，掌握后可迁移到大量类似句子。

One of the author's clients found it hard to give up a design project, in which she had put in a lot of time and effort.

第38题 题干

本句包含两个高频考点结构:形式宾语 "find it + 形容词 + to do" 和非限制性定语从句修饰名词。这两种结构在四六级和考研真题中极为常见,掌握后可应用于大量类似句型。介词加关系代词 "in which" 的用法也是定语从句的经典考点。句子长度适中,结构典型性强,学习迁移价值高。

The author suggests that one should direct their thoughts to the gains of quitting timely so as to move on.

第39题 题干

'主句 + that 宾语从句' 是考试高频句式，从句内部的 'should + 动词原形' 也是常考情态用法。'so as to' 目的状语在阅读理解和写作中都很常见。本句结构具有很强的代表性和可迁移性。

When making a decision, you'd better ask for opinions of those who have less stake in your decision.

第40题 题干

情态动词 + 动词原形、时间状语从句省略主语和 be 动词、定语从句修饰宾语中的先行词，这些都是四六级和考研英语阅读中的高频句式。句子结构在真题中有较强的代表性，掌握后可应用于大量类似句型。

People who regard highly the quality of making wise decisions do not feel good when they make a bad one.

第42题 题干

本句的结构在四六级和考研阅读中非常典型：主句 + 嵌套定语从句 + 时间状语从句的组合频繁出现。限制性定语从句修饰主语、用 when 引导时间状语从句说明条件，都是考试常见的句式。掌握这种结构后可以直接迁移到大量真题句子中。结构代表性较强，是值得重点练习的典型句式。

The wisest leaders learn to distinguish between giving up too soon and sticking with something irrationally.

第43题 题干

"动词 + 不定式作宾语" 是四六级和考研阅读中的高频句式（如 learn to do、decide to do 等），且本句宾语内部涉及 "distinguish between A and B" 这一常考搭配，具有较强的代表性和迁移价值，掌握后可应用于大量类似结构。

Having a clear view of what's in your control and what's not is vital to making a good decision regarding whether to give up or stick it out.

第45题 题干

动名词短语作主语 + 主系表结构 + 宾语从句,这是四六级和考研阅读中非常典型的句式。"what" 引导宾语从句、"whether" 表达选择、介词短语作定语,这些都是高频考点。掌握这个句子的分析方法,可以直接迁移到大量类似真题句型上。

HIGH-FREQUENCY • 真题高频词

本篇出现的 133 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。

quit

B1

v. 离开（工作、学校等）

本篇8次 · 真题 24 句

bias

B2

n. 偏见

本篇6次 · 真题 29 句

project A2

n. 项目

本篇5次·真题 116 句

quality A2

n. 质量

本篇5次·真题 112 句

would A1

aux. (will 的过去式) 将要, 会

本篇4次·真题 568 句

relationship B1

n. 关系

本篇4次·真题 168 句

identity B2

n. 身份

本篇4次·真题 39 句

commitment B2

n. 承诺

本篇4次·真题 23 句

positive B1

adj. 积极的

本篇3次·真题 144 句

mental B1

adj. 精神的

本篇3次·真题 120 句

design B1

n. 设计

本篇3次·真题 119 句

growth B1

n. 增长

本篇3次·真题 104 句

gain B1

v. 获得;赢得

本篇3次·真题 96 句

seek B1

v. 寻找

本篇3次·真题 70 句

invest B2

v. 投资 (金钱、时间等以期获得回报)

本篇3次·真题 45 句

possibility B1

n. 可能性

本篇3次·真题 35 句

endeavor C1

v. 努力

本篇3次·真题 16 句

less A1

det. 较少的

本篇2次·真题 273 句

author A2

n. 作者

本篇2次 · 真题 264 句

better A1

adj. 更好的 (good 的比较级)

本篇2次 · 真题 205 句

focus B1

n. 重点

本篇2次 · 真题 200 句

data B1

n. 数据

本篇2次 · 真题 181 句

rate A2

n. 速度

本篇2次 · 真题 121 句

opportunity B1

n. 机会

本篇2次 · 真题 115 句

event A2

n. 事件

本篇2次 · 真题 99 句

despite B1

prep. 尽管

本篇2次 · 真题 77 句

identify B1

v. 识别

本篇2次 · 真题 75 句

source B1

n. 来源

本篇2次 · 真题 75 句

thinking A2

n. 思考

本篇2次 · 真题 68 句

various B1

adj. 各种各样的

本篇2次 · 真题 63 句

loss B1

n. 丧失

本篇2次 · 真题 56 句

rely B1

v. 依赖; 依靠

本篇2次 · 真题 51 句

status B2

n. 地位

本篇2次 · 真题 48 句

personality B1

n. 个性

本篇2次 · 真题 46 句

outcome B2

n. 结果

本篇2次·真题 40 句

opinion A2

n. 观点

本篇2次·真题 37 句

characteristic B2

n. 特征

本篇2次·真题 36 句

client B1

n. 客户

本篇2次·真题 36 句

remove A2

v. 移开

本篇2次·真题 34 句

judgment B2

n. 判断力;识别力

本篇2次·真题 29 句

distinguish B2

v. 区分

本篇2次·真题 23 句

abandon B2

v. 离弃

本篇2次·真题 22 句

external B2

adj. 外部的;外面的

本篇2次·真题 18 句

promising B2

adj. 有希望的

本篇2次·真题 15 句

venture B2

n. 冒险事业

本篇2次·真题 15 句

susceptible C1

adj. 易受影响的

本篇2次·真题 13 句

overly B2

adv. 过度地

本篇2次·真题 9 句

entrepreneurial C1

adj. 创业的

本篇2次·真题 8 句

likely A2

adj. 很可能的

本篇1次·真题 228 句

behavior B1

n. 行为

本篇1次·真题 171 句

risk A2

n. 风险

本篇1次 · 真题 167 句

view A2

n. 观点, 看法

本篇1次 · 真题 134 句

resource B1

n. 资源

本篇1次 · 真题 119 句

factor B1

n. 因素

本篇1次 · 真题 108 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

effective B1

adj. 有效的, 起作用的

本篇1次 · 真题 94 句

promote B2

v. 促进

本篇1次 · 真题 82 句

due B1

adj. 预期的

本篇1次 · 真题 70 句

enable B1

v. 使能够

本篇1次 · 真题 68 句

intelligence B2

n. 智力

本篇1次 · 真题 64 句

realize B1

v. 意识到, 认识到

本篇1次 · 真题 64 句

strategy B2

n. 策略

本篇1次 · 真题 63 句

generally B1

adv. 通常, 一般地

本篇1次 · 真题 60 句

concept B2

n. 概念

本篇1次 · 真题 59 句

ensure B2

v. 确保

本篇1次 · 真题 57 句

boost B2

v. 提高

本篇1次·真题 55 句

essential B1

adj. 必不可少的

本篇1次·真题 55 句

associate B2

v. 联系

本篇1次·真题 54 句

link A2

n. 联系

本篇1次·真题 53 句

emotional B1

adj. 情绪的

本篇1次·真题 52 句

explore B1

v. 探索

本篇1次·真题 52 句

limit B1

n. 限度

本篇1次·真题 51 句

threat B1

n. 威胁

本篇1次·真题 51 句

recommend B1

v. 推荐

本篇1次·真题 47 句

expense B1

n. 花费

本篇1次·真题 46 句

indicate B2

v. 表明

本篇1次·真题 46 句

pursue B2

v. 追求

本篇1次·真题 43 句

agency B2

n. 代理机构

本篇1次·真题 42 句

recognize B1

v. 认出

本篇1次·真题 42 句

alternative B2

n. 可供选择的事物

本篇1次·真题 41 句

partner B1

n. 伴侣

本篇1次·真题 39 句

trait

B2

n. 特征

本篇1次·真题 39 句

deliver

B1

v. 递送, 运送 (货物、信件等)

本篇1次·真题 37 句

instance

B2

n. 例子

本篇1次·真题 35 句

highly

B1

adv. 非常

本篇1次·真题 34 句

ultimately

B2

adv. 最终; 终归

本篇1次·真题 34 句

combine

B1

v. (使) 结合、组合

本篇1次·真题 33 句

executive

B2

n. 主管; 经理; 管理人员

本篇1次·真题 32 句

assess

B2

v. 评估

本篇1次·真题 30 句

employ

B1

v. 雇用

本篇1次·真题 30 句

vital

B2

adj. 极其重要的, 必不可少的

本篇1次·真题 29 句

relative

B1

n. 亲戚, 亲属

本篇1次·真题 26 句

initiative

B2

n. 主动性

本篇1次·真题 25 句

numerous

B2

adj. 众多的, 许多的

本篇1次·真题 25 句

pursuit

B2

n. 追求

本篇1次·真题 25 句

additional

B1

adj. 额外的

本篇1次·真题 24 句

beneficial

B2

adj. 有益的

本篇1次·真题 24 句

intelligent B1

adj. 聪明的

本篇1次·真题 24 句

strength B1

n. 力量

本篇1次·真题 23 句

strongly B1

adv. 强烈地

本篇1次·真题 23 句

oppose B2

v. 反对

本篇1次·真题 21 句

capability B2

n. 能力

本篇1次·真题 20 句

overcome B2

v. 克服

本篇1次·真题 20 句

reliable B1

adj. 可靠的

本篇1次·真题 20 句

threaten B1

v. 威胁;恐吓

本篇1次·真题 20 句

trap B1

n. 陷阱

本篇1次·真题 20 句

narrow B1

adj. 狭窄的

本篇1次·真题 19 句

founder B2

n. 创始人

本篇1次·真题 18 句

recall B2

v. 回忆起, 记起

本篇1次·真题 18 句

internal B2

adj. 内部的

本篇1次·真题 17 句

leadership B2

n. 领导地位;领导权

本篇1次·真题 15 句

obstacle B2

n. 障碍物

本篇1次·真题 15 句

similarly B2

adv. 相似地

本篇1次·真题 15 句

circumstance

B2

n. 情况

本篇1次·真题 14 句

criticize

B2

v. 批评

本篇1次·真题 14 句

grateful

B1

adj. 感激的

本篇1次·真题 14 句

passionate

B2

adj. 热情的

本篇1次·真题 14 句

regarding

B2

prep. 关于

本篇1次·真题 14 句

persist

B2

v. 坚持

本篇1次·真题 13 句

resilience

C1

n. 恢复力

本篇1次·真题 13 句

halt

B2

v. 停止

本篇1次·真题 12 句

mindset

B2

n. 思维模式

本篇1次·真题 12 句

saying

B1

n. 谚语

本篇1次·真题 12 句

self

B1

n. 自我

本篇1次·真题 12 句

repeatedly

B1

adv. 反复地

本篇1次·真题 11 句

timely

B2

adj. 及时的

本篇1次·真题 10 句

compassion

B2

n. 同情

本篇1次·真题 9 句

attain

B2

v. 达到

本篇1次·真题 8 句

illusion

B2

n. 错觉

本篇1次·真题 8 句

leverage

C1

n. 影响力

本篇1次 · 真题 8 句

making

A2

n. 制作

本篇1次 · 真题 8 句

stake

B2

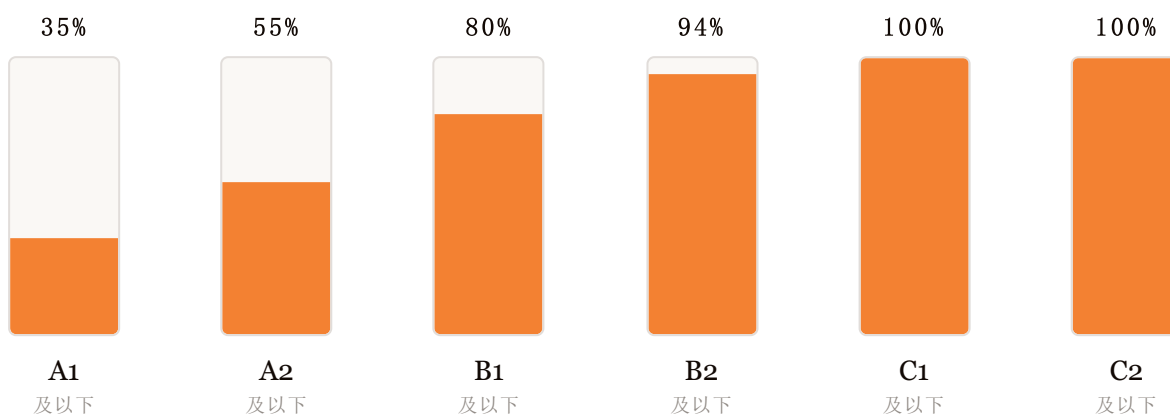
n. 股份

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 407 词按 CEFR 难度累积覆盖

全文去重后共 **407** 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 25 个 · 约 6%。



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 407 个 · 末柱为 100%

去重总词数

407

B2 以上难词

6%

B1 及以下覆盖

80%

英语六级 2025年12月·第2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	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 →