

2026年6月·第2套 英语六级阅读理解（四选一） 第1篇·46–50 题 答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2026年6月·第2套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1–P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2026-06) • 英语六级

Part III Section C

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

Passage One

Questions 46 to 50 are based on the following passage.

P1 What does self-discipline look like at work? Sometimes, it's the ability to resist temptation, such as distractions to avoid a particular task. Other times it's the ability to persist with a task when your energy and motivation seem low.

在工作中，自律是什么样的表现？有时，它是抵制诱惑的能力，比如抵制那些让你逃避某项特定任务的干扰。还有些时候，它是在精力和动力似乎都很低的时候，仍然坚持完成一项任务的能力。

P2 What do you believe about the nature of your own self-discipline? Is it something that runs on internal energy that is spent with use? Or is it something that is bolstered as you apply it and persist?

你如何看待自身自律的本质？它是否依靠一种会随着使用而消耗的内在能量运行？还是说，它会在你运用自律并坚持下去的过程中得到增强？

P3 Your answer matters, as it determines how much self-discipline you experience. For years, research in psychology pointed to self-control as a resource that is depleted with use and needs to be restored through breaks, rest, or sleep. More recently, however, research points to the importance of mindset. If you view self-discipline as an expendable resource, your willpower tends to fade with use. If you believe that exercising your self-control strengthens and fuels it, that is more likely to be your experience as you resist temptation or push yourself to get something done that is not appealing.

你的答案很重要，因为它决定了你能体验到多少自律。多年来，心理学研究认为，自我控制是一种会因使用而消耗、需要通过休息、放松或睡眠来恢复的资源。然而，近来的研究更加重视思维方式的重要性。如

果你把自律看作一种会耗尽的资源，你的意志力往往会随着使用而减弱。如果你相信运用自我控制能够增强并补充它，那么当你抵制诱惑，或迫使自己完成一件并不吸引人的事情时，你更有可能获得这样的体验。

P4 If you don't already view self-discipline as a force that feeds itself, what might you do? Reflect on times that you had initial difficulty resisting temptation, getting started on something, or sticking with it, but pushed ahead and accomplished the task or met the goal. That's the kind of experience we're talking about with this particular belief about self-discipline, and you've already had such an experience, so you've shown that it's possible. When you feel your willpower and motivation fading, remind yourself of those previous experiences and imagine the same happening now.

如果你还没有把自律看作一种能够自我补充的力量，可以做些什么呢？回想一下这样的时刻：起初你很难抵制诱惑、开始做某件事，或者坚持做下去，但后来你还是继续努力，完成了任务或实现了目标。这正是我们所说的关于自律的这种特定信念所对应的经历，而你已经有过这样的经历，所以你已经证明了这是可能的。当你感到意志力和动力逐渐消退时，提醒自己想起以往的这些经历，并想象现在也会发生同样的情况。

P5 What if your experiences have always seemed to indicate that your self-control diminishes with use, and you need breaks to recharge? There's nothing wrong with that as long as you can afford to take those breaks. If not, remind yourself that not everyone experiences self-discipline as a depletable resource and that your experience might be different if you focus on gathering more energy at this point rather than focusing on how difficult it is to continue or the need for a break.

如果你的经历一直表明，你的自我控制会随着使用而减弱，需要通过休息来充电，那该怎么办？只要有条件休息，这本身没有什么问题。如果没有条件，那么就提醒自己，并非每个人都会把自律体验为一种会耗尽的资源；如果此时你把注意力放在积蓄更多能量上，而不是关注继续下去有多么困难或认为自己需要休息，你的体验可能会有所不同。

P6 Also, if you know someone who is a role model of self-discipline, picture that person in your situation, persisting in the task. Regardless of how you do it, as you push forward to continue to accomplish progress, be sure to mentally reinforce yourself by taking pride in your ability to exert more willpower as you persist.

此外，如果你认识一位自律方面的榜样，可以想象那个人处在你的情境中，坚持完成这项任务。无论你采用什么方式，当你继续向前、不断取得进展时，一定要通过为自己能够在坚持过程中发挥出更强的意志力而感到自豪，在心理上不断强化自己。

P7 The benefits of exerting willpower are cumulative. Your self-discipline is akin to a muscle, and each time you resist temptation or persist in a task despite a lack of motivation, you strengthen that muscle, leading to less effort and resistance in similar instances in the future.

发挥意志力所带来的益处会不断累积。你的自律就像一块肌肉，每当你抵制诱惑，或在缺乏动力的情况下仍坚持完成一项任务时，你都会锻炼并强化这块肌肉，从而使自己在今后遇到类似情况时付出更少的努力，也能减少阻力。

题目与逐题解析

46. What plays an important role in determining how much self-discipline people experience?

- A) Their belief about the nature of motivation.
- B) Their use of internal energy for persisting.
- C) Their conception of self-discipline.
- D) Their ability to resist temptation.

什么在决定人们所能体验到的自律程度方面发挥着重要作用？

- A) 他们对动机本质的看法。 B) 他们为坚持下去而使用内在能量的方式。 C) 他们对自律的理解。
- D) 他们抵制诱惑的能力。

【答案】 C (细节题)

【判型】 What plays an important role in determining...询问的是某一结果的决定因素，属于‘某事由什么造成’的事实定位型提问。

【拆句】 What plays an important role in determining how much self-discipline people experience?是主谓宾结构：what作主语，plays作谓语，an important role作宾语，in determining...作后置定语修饰role。整体语法平铺直叙，无否定或比较陷阱。

【定位】 Your answer matters, as it determines how much self-discipline you experience.
你的答案很重要，因为它决定了你体验到多少自律。

【选项】 A) 偷换概念

选项把原文关于self-discipline本性的信念，偷换成了about the nature of motivation，属于概念替换。

B) 偷换概念

‘internal energy’只是人们可能持有的一种信念内容，不是决定自律体验的因素本身。

C) ✓ 正确

Your answer matters ↔ **Their conception of self-discipline**

determines how much self-discipline you experience ↔

plays an important role in determining how much self-discipline people experience

Their conception of self-discipline对应‘你对self-discipline本性的回答/信念’，与定位句完全贴合。

D) 答非所问

抵抗诱惑是self-discipline的一种表现形式，而不是决定人们体验到多少自律的因素。

47. What did years of research suggest about self-discipline?

- A) It is a depletable resource.
- B) It is bolstered through use.
- C) Its strength is dependent on willpower.
- D) Its exercise is an exhausting experience.

多年的研究表明，自律具有什么特点？

- A) 它是一种可以耗竭的资源。 B) 它会通过使用得到增强。 C) 它的强度取决于意志力。

D) 运用它是一种令人精疲力竭的经历。

【答案】 **A** (细节题)

【判型】 What did years of research suggest about self-discipline? 直接询问过去研究的观点，属于事实细节题。

【拆句】 What did years of research suggest about self-discipline? 是特殊疑问句，主语为 years of research，谓语为 suggest，about self-discipline 为介词短语。无复杂从句或否定结构。

【定位】 For years, research in psychology pointed to self-control as a resource that is depleted with use and needs to be restored through breaks, rest, or sleep.

多年来，心理学研究把 self-control 视为一种会随使用而耗尽、需要通过休息、睡眠来恢复的资源。

【选项】 **A) ✓ 正确**

a resource that is depleted with use ↔ **It is a depletable resource**

It is a depletable resource 准确对应 a resource that is depleted with use.

B) 与原文相反

这是较新研究/积极信念的观点，不是 'years of research' 早期研究的结论。

C) 无中生有

原文并未说 self-control 的强度 dependent on willpower，二者在这里几乎是同义循环。

D) 过度推断

原文说需要休息恢复，不等于说使用体验是 'exhausting experience' (令人筋疲力尽的经历)。

48. Why does the author ask us to reflect on our experience of meeting the goal despite initial difficulty?

A) To show the urgency of abandoning outdated beliefs about self-control.

B) To show the feasibility of viewing self-discipline as a force fueling itself.

C) To support the argument for persistence in workplace accomplishments.

D) To add evidence to consistent findings in previous psychological research.

尽管一开始困难重重却最终实现目标，作者为什么要求我们回想这样的经历？

A) 说明摒弃关于自我控制的过时观念的紧迫性。

B) 说明将自律视为一种能够自我提供动力的力量是可行的。 C) 支持在工作成就方面坚持不懈的观点。

D) 为以往心理学研究中的一致发现增添证据。

【答案】 **B** (细节题)

【判型】 Why does the author ask us to reflect on... 虽含 why，但仍是就文中具体建议的意图提问，答案可在该建议句附近找到，归为细节题而非推断题。

【拆句】 Why does the author ask us to reflect on our experience of meeting the goal despite initial difficulty? 中，why 问目的，主句为 the author asks us to reflect on..., of meeting the goal despite initial difficulty 为 experience 的后置定语。无否定或比较结构。

【定位】 Reflect on times that you had initial difficulty resisting temptation, getting started on something, or sticking with it, but pushed ahead and accomplished the task or met the goal. That's the kind of experience we're talking about with this particular belief about self-discipline, and you've already had such an experience, so you've shown that it's possible.

回想那些你起初难以抵制诱惑、难以开始或难以坚持，但最终推进并完成任务或达成目标的时刻。这正是我们所说的关于自律的那种特定信念所对应的体验，而且你已经有过这样的体验，所以你已证明这是可能的。

【选项】 A) **过度推断**

原文并未说要 'abandon outdated beliefs'，只是建议补充一种积极信念，没有 urgency 或彻底抛弃旧信念的意思。

B) **✓ 正确**

That's the kind of experience we're talking about with this particular belief about self-discipline

↔ **viewing self-discipline as a force fueling itself**

you've shown that it's possible ↔ **the feasibility of**

viewing self-discipline as a force fueling itself 对应 this particular belief, the feasibility of 对应 you've shown that it's possible.

C) **答非所问**

虽然文中提到 workplace，但本段建议的目的不是支持 '职场成就中的坚持'，而是证明自律信念的可行性。

D) **张冠李戴**

定位句所支持的是 '自律可自我强化' 的新信念，而非 previous psychological research 中 'self-control 会耗尽' 的一致发现。

49. What are we advised to do if we cannot afford to take breaks to recharge?

- A) Figure out what has gone wrong.
- B) Focus on the hardest part of our task.
- C) Exert ourselves to go on with the work.
- D) Gather new energy from people around.

如果我们无法抽出时间休息来恢复精力，建议我们怎么做？

- A) 弄清楚哪里出了问题。
- B) 专注于任务中最困难的部分。
- C) 使出全力继续工作。
- D) 从身边的人那里汲取新的能量。

【答案】 C (细节题)

【判型】 What are we advised to do if we cannot afford to take breaks to recharge? 询问在特定条件下作者的建议，属于事实细节题。

【拆句】 What are we advised to do if we cannot afford to take breaks to recharge?中，what作do的宾语，if引导条件状语从句，to recharge为目的状语。整体结构清晰。

【定位】 If not, remind yourself that not everyone experiences self-discipline as a depletable resource and that your experience might be different if you focus on gathering more energy at this point rather than focusing on how difficult it is to continue or the need for a break.

如果不能休息，提醒自己并非所有人都把自律体验为会耗尽资源；如果你此刻专注于积聚更多能量，而不是专注于继续有多难或需要休息，你的体验可能会不同。

【选项】 A) **无中生有**

原文并未建议去'figure out what has gone wrong'，而是直接给出调整心态的建议。

B) **与原文相反**

原文明确说不要focus on how difficult it is to continue，而该选项说focus on the hardest part，与作者建议相反。

C) **✓ 正确**

focus on gathering more energy at this point rather than focusing on how difficult it is to continue

↔ **Exert ourselves to go on with the work**

Exert ourselves to go on with the work对应定位句中'focus on gathering more energy...continue'的核心动作。

D) **偷换概念**

原文说'focus on gathering more energy'，并未说从'people around'那里获取能量；第六段提到role model，但也不是本题条件建议的内容。

50. Why does the author compare our self-discipline to a muscle?

A) The more it is applied, the more resistance it encounters.

B) The more it is exerted, the more proud we become.

C) The more it is enforced, the stronger our willpower proves.

D) The more it is exercised, the more strengthened it gets.

作者为什么把我们的自律比作肌肉？

A) 运用得越多，遇到的阻力就越大。 B) 越是运用它，我们就越感到自豪。

C) 越是强行运用它，我们的意志力就越能得到证明。 D) 锻炼得越多，它就越强大。

【答案】 D (细节题)

【判型】 Why does the author compare our self-discipline to a muscle?询问比喻的论证目的，答案在比喻句及其后续解释中可直接找到。

【拆句】 Why does the author compare our self-discipline to a muscle?中，why问原因/目的，compare...to...是固定搭配，表示把A比作B。无复杂从句。

【定位】 Your self-discipline is akin to a muscle, and each time you resist temptation or persist in a task despite a lack of motivation, you strengthen that muscle, leading to less effort and resistance in similar instances in the future.

你的自律 akin to 肌肉，每次你抵制诱惑或在缺乏动力时坚持任务，你都在强化那块肌肉，从而在未来类似情况下减少努力和阻力。

【选项】 A) 与原文相反

原文说强化肌肉后'leading to less effort and resistance'，即阻力更少，而不是 encounters more resistance。

B) 张冠李戴

proud是第六段mental reinforce的内容，不是肌肉比喻要说明的要点。

C) 偷换概念

原文说strengthen that muscle（强化自律本身），而选项说stronger our willpower proves，把主语从self-discipline换成了willpower，且语义上二者在此文中近于同义反复。

D) ✓ 正确

each time you resist temptation or persist in a task despite a lack of motivation, you strengthen that muscle

↔ **The more it is exercised, the more strengthened it gets**

The more it is exercised, the more strengthened it gets完整对应each time...you strengthen that muscle的解释。

SENTENCE INSIGHTS • 句子精讲

22 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。

Is it something that runs on internal energy that is spent with use?

第2段，第2句

代词后接定语从句、以及从句内部名词再带第二重定语从句的层层修饰结构，在四六级与考研阅读中极为常见，具有很高的迁移价值。

For years, research in psychology pointed to self-control as a resource that is depleted with use and needs to be restored through breaks, rest, or sleep.

第3段，第2句

"Research pointed to A as B that..." 是学术阅读与各类英语考试中极高频出现的阐述研究观点和定义概念的典型句式，掌握后复用价值高。

If you view self-discipline as an expendable resource, your willpower tends to fade with use.

第3段，第4句

"If" 引导的条件主从复合句以及 "view A as B"、"tend to do" 等习惯搭配在各类英语考试阅读中频繁出现，具有极高的句式代表性与教学迁移价值。

If you believe that exercising your self-control strengthens and fuels it, that is more likely to be your experience as you resist temptation or push yourself to get something done that is not appealing.

第3段，第5句

"条件从句 + 主句 + 状语从句（含定语从句）"是英语议论文和四六级、考研英语阅读真题中极其典型的长难句句式，掌握后复用迁移价值极高。

If you don't already view self-discipline as a force that feeds itself, what might you do?

第4段，第1句

"If 从句 + 情态动词疑问句"是四六级与考研英语阅读中高频出现的引导式句型，嵌套定语从句修饰名词的做法也非常典型，具有极高的可迁移学习价值。

Reflect on times that you had initial difficulty resisting temptation, getting started on something, or sticking with it, but pushed ahead and accomplished the task or met the goal.

第4段，第2句

句式结构呈现典型的"祈使句 + 定语从句 + 多重并列谓语"，非常符合大学英语四六级及考研英语写作与阅读分析的常见范式，迁移应用价值极高。

When you feel your willpower and motivation fading, remind yourself of those previous experiences and imagine the same happening now.

第4段，第4句

本句包含了祈使句的主语隐去、并列谓语结构、感官动词与心理动词后的“宾语+现在分词补足语”搭配，以及句首时间状语从句，是练习划分复合成分与区分谓语与非谓语动词的优质素材。

What if your experiences have always seemed to indicate that your self-control diminishes with use, and you need breaks to recharge?

第5段，第1句

“What if...”引导的假设句以及“seem to do that...”的表达在四六级与考研阅读中高频出现，掌握该句型的层级拆解与省略还原具有极高的迁移价值。

There's nothing wrong with that as long as you can afford to take those breaks.

第5段，第2句

句中 'There be' 结构、'as long as' 引导条件状语从句以及 'afford to do' 搭配均为四六级与考研真题中的高频典型句式。

If not, remind yourself that not everyone experiences self-discipline as a depletable resource and that your experience might be different if you focus on gathering more energy at this point rather than focusing on how difficult it is to continue or the need for a break.

第5段，第3句

综合来看，虽然时态语态难度适中，但其嵌套层级深、语法考点密集且结构极具代表性，是非常优质的长难句结构分析训练材料。

Also, if you know someone who is a role model of self-discipline, picture that person in your situation, persisting in the task.

第6段，第1句

包含“条件从句 + 祈使句主句”的标准写作句式，配合定语从句修饰与分词补足结构，是四六级与考研阅读及写作中的高度典型句型。

Regardless of how you do it, as you push forward to continue to accomplish progress, be sure to mentally reinforce yourself by taking pride in your ability to exert more willpower as you persist.

第6段，第2句

这种“前置状语/让步成分 + 祈使主句 + 多重非谓语修饰”的结构在四六级和考研阅读的励志与心理学类文章中极其常见，属于高度典型的考研与四六级真题句式。

Your self-discipline is akin to a muscle, and each time you resist temptation or persist in a task despite a lack of motivation, you strengthen that muscle, leading to less effort and resistance in similar instances in the future.

第7段，第2句

“概念比喻 + 条件/时间从句 + 主句动作 + 分词作结果状语”是四六级与考研阅读中极其常见的议论文表达结构，迁移价值很高。

What plays an important role in determining how much self-discipline people experience?

第46题 题干

融合了“What plays a role in doing sth”与“how much + 名词 + 主谓”两种高频考点句式，在四六级与考研阅读中极具代表性 & 复用价值。

Its strength is dependent on willpower.

第47题，C

“主语 + 系动词 + 形容词 + 介词短语”是英语中最常见的高频主系表句式之一，具有极强的代表性和复用价值。

Why does the author ask us to reflect on our experience of meeting the goal despite initial difficulty?

第48题 题干

“Why does the author ask...”是各类英语考试阅读理解题干中最典型的提问句型之一，结构高度标准化，复用迁移价值高。

Figure out what has gone wrong.

第49题，A

“祈使句 + 疑问词引导的宾语从句”属于日常交流与各类考试的高频常见句式，具有极高的可迁移性。

Focus on the hardest part of our task.

第49题，B

祈使句搭配 “focus on...” 这一固定短语及后置介词短语修饰属于极为常见的英语日常与写作句式，具有较高的迁移复用价值。

The more it is applied, the more resistance it encounters.

第50题，A

“the + 比较级..., the + 比较级...” 是各类英语考试中极具代表性的高频句式，掌握其结构拆解与成分还原方法后具有很高的解题与阅读迁移价值。

The more it is exerted, the more proud we become.

第50题，B

“the + 比较级 ..., the + 比较级 ...” 是各类英语考试中极高频出现的联动比较句型，结构高度典型，迁移复用价值高。

The more it is enforced, the stronger our willpower proves.

第50题，C

“the + 比较级, the + 比较级” 是各类英语考试中极高频考查的比例对比句式，结构极具代表性，掌握后迁移价值高。

The more it is exercised, the more strengthened it gets.

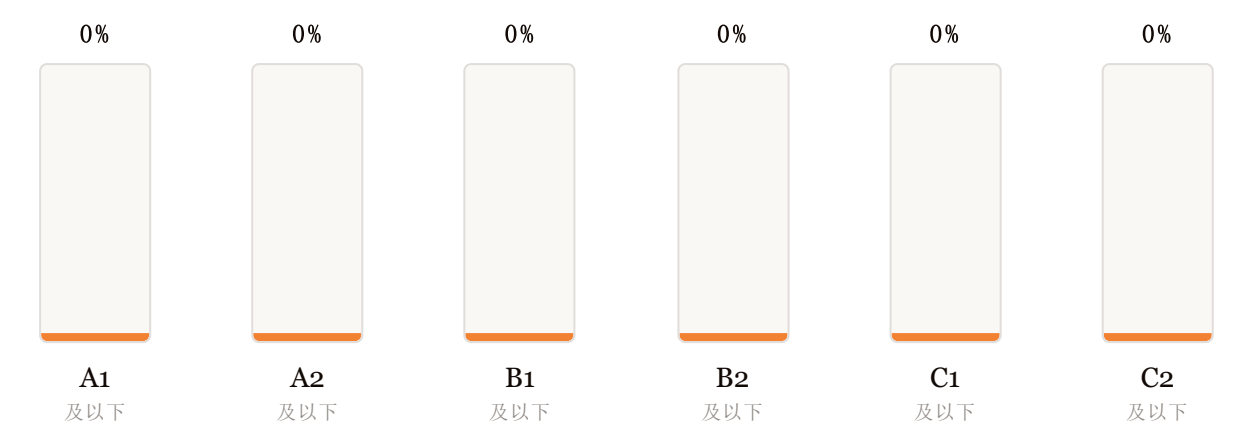
第50题，D

“The + 比较级..., the + 比较级...” 属于各类英语考试中高频考查的经典比例递进句式，语法规则明确，学后迁移复用价值极高。

VOCABULARY · 词汇难度分布

全文 o 词按 CEFR 难度累积覆盖

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



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

去重总词数

0

B2 以上难词

0 %

B1 及以下覆盖

0 %

英语六级 2026年6月·第2套 · 全卷构成

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