

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the **ANSWER SHEET**. (10 points)

There are many understandable reasons why you might find it difficult to ask for help when you need it. Psychologists have been interested in this 1 for decades, not least because people's widespread 2 to ask for help has led to some high-profile failures.

Asking for help takes 3. It involves communicating a need on your part—there's something you can't do. 4 you're broadcasting your own weaknesses, which can be 5. You might worry about coming across as incompetent. You might have 6 about losing control of whatever it is you're asking for help with. 7 someone starts to help, perhaps they'll take over, or get credit for your earlier efforts. Yet another 8 that you might be worried about is being a nuisance or 9 the person you go to for help.

If you struggle with low self-esteem, you might find it especially difficult to 10 for help because you have the added worry of the other person 11 your request. You might see such refusals as implying something 12 about the status of your relationship with them. To 13 these difficulties, try to remind yourself that everyone needs help sometimes. Nobody knows everything and can do everything all by themselves. And while you might 14 coming across as incompetent, there's actually research that shows that advice-seekers are 15 as more competent, not less.

Perhaps most encouraging of all is a paper from 2022 by researchers at Stanford University that involved a mix of contrived help-seeking interactions and asking people to 16 times they'd sought help in the past. The findings showed that help-seekers generally underestimate how 17 other people will be to help and how good it'll make the help-giver feel (for most people, having the chance to help someone is highly 18).

So, bear all this in mind the next time you need to ask for help. 19 take care over who you ask and when you ask them. And if someone can't help right now, avoid taking it personally. They might just be too 20, or they might not feel confident about their ability to help.

1. [A] illusion
[B] discussion
[C] tradition
[D] question
2. [A] reluctance
[B] ambition
[C] tendency
[D] enthusiasm
3. [A] attention
[B] talent
[C] courage
[D] patience

4. [A] At any time
[B] In other words
[C] By all means
[D] On the contrary
5. [A] unrealistic
[B] deceptive
[C] tiresome
[D] uncomfortable
6. [A] doubts
[B] concerns
[C] suggestions
[D] secrets
7. [A] Once
[B] Unless
[C] Although
[D] Before
8. [A] theory
[B] choice
[C] factor
[D] context
9. [A] overpraising
[B] outperforming
[C] reassessing
[D] inconveniencing
10. [A] reach out
[B] settle down
[C] turn over
[D] look back
11. [A] declining
[B] considering
[C] criticising
[D] evaluating
12. [A] unnecessary
[B] negative
[C] strange
[D] impractical

13. [A] explain
[B] identify
[C] predict
[D] overcome
14. [A] deny
[B] forget
[C] miss
[D] fear
15. [A] disguised
[B] perceived
[C] followed
[D] introduced
16. [A] recall
[B] classify
[C] analyse
[D] compare
17. [A] brave
[B] disappointed
[C] willing
[D] hesitant
18. [A] relaxing
[B] surprising
[C] rewarding
[D] demanding
19. [A] Thus
[B] Also
[C] Finally
[D] Instead
20. [A] polite
[B] proud
[C] busy
[D] lazy