

For Teachers: Please have the students read the sentences one at a time and correct their pronunciation of each sentence then have them repeat after you. Wait until after they read the sentence (use the number in place of the missing word) to have the students choose the correct answer to fill in the blank. When the students finish the article, move on to the further questions.

日本語訳なタイプBもごさいます。スクロールダウンするとごさいますのでお好きな方をご利用下さい。

2[A] – Emotions at Work



Version3 G1 11-2

1. In the 1990s, the idea that “emotional intelligence”—a person’s ability to be aware of and understand their emotions—may correlate to workplace effectiveness began to take hold in the United States. While the theory itself is still controversial, a greater sensitivity to

2. emotional behavior has certainly emerged in corporate America.

One might suppose, then, that people are now (26) expressing emotions at work. A recent study by author Anne Kreamer found that

3. open displays of emotion have indeed become commonplace.

At the same time, though, many people still consider such behavior in the workplace inappropriate.

*Choose the correct answer to fill in the blank from these choices.

- 4. (26) 1 being punished for 2 more comfortable with
- 5. 3 trying to resist 4 less tolerant of colleagues

Further Questions&A

*Ask student to answer the question on their own at first. If the student can't answer correctly, have him look at the last page and read the “example answer” for the question. Have the student try to memorize the answer, if it's too long or difficult, you should divide the sentence into 2 or 3 parts to make it easier to remember. Once they have memorized the answer, the teacher should ask the question one last time so that the student can practice answering. Also if you find any mistakes, please mark the page and let me know ASAP.

- 6.1) What is “emotional intelligence”? “感情的な知性”とは何ですか。
- 7. It is a person’s ability to be aware of and understand their emotions.
- 8.2) What is seen as inappropriate? 何が不適切ですか。
- 9. Displays of emotion in the workplace are seen as inappropriate.

10. Kreamer set out to examine the physiological, sociological, and psychological factors underlying our emotional behavior. Previous research has shown that emotions have (27). Anger, for example,

triggers increased heart rate and blood flow. As a response to

11. natural threats, it provided a significant advantage to humans in the struggle to survive. Although most threats faced by people in the

workplace today are psychological, they provoke physical responses that are hard-wired in humans now as they always have been.

*Choose the correct answer to fill in the blank from these choices.

12. (27) 1 an evolutionary origin 2 largely been ignored
 13. 3 no scientific explanation 4 gradually become stronger

Further Questions & A eTOC English Teachers On Call

14. 3) What physical responses are triggered by anger?
 15. 怒りによってどの様な身体的反応が誘発されますか。
 16. Anger triggers increased heart rate and blood flow.
 17. 4) Why did anger evolve in humans? なぜ怒りが人類を進化させたのですか。
 18. It evolved in humans because as a response to natural threats, it provided a significant advantage.
 19. 5) Do psychological threats provoke the same responses as natural threats? Why?
 20. 心理学的な恐れは自然な恐れと同様の反応を引き起こしますか。またそれはなぜですか。
 21. Yes, they do, because the physical responses have been hard-wired in humans now.

22. Despite the physical nature of emotional behavior, Kreamer found that people tend to judge it from a psychological standpoint. Crying, for example, is largely physiological : The production of tears is stimulated by a hormone, and women tend to cry more than men primarily because they produce more of this hormone. Crying generally acts as a kind of emotional "reset button," causing a release of chemicals in the brain that calm and refresh us. At work however, while most men report feeling better after crying, women more often report feeling guilty and ashamed. Furthermore, women often view those who cry in the workplace—especially other women—as mentally unstable or weak . In short, women whose body chemistry makes them more prone to tears, seem to see crying as (28). Kreamer believes we should learn to accept that crying is a physiological mechanism just like sneezing and yawning, and focus instead on addressing factors that affect people's attitudes towards emotional expression, such as stress, social inhibitions, biases and stereotypes .

*Choose the correct answer to fill in the blank from these choices.

26. (28) 1 a healthy stress release 2 a way to control emotions
 27. 3 something to avoid 4 inappropriate for men from

Further Questions & A

28. 6) Why do people cry? ひとびと 人々はなぜ泣くのですか。

It acts as an emotional “reset button” causing a release of chemicals in the brain that calm and refresh us.

29. 7) How do women view those who cry in the workplace?

30. じょせい 女性は職場で泣く人々をどのように見なしますか。

They view them as mentally unstable or weak.

31. 8) On what does Kramer believe we should focus?

32. Kramer わたしたち は私達は何に なに 集中 しゅうちゅう すべきだと かんが 考えていますか。

He believes we should focus on addressing factors that affect people’s attitudes towards emotional expression.

Review Questions

33. 1) What is “emotional intelligence”?

It is a person’s ability to be aware of and understand their emotions.

34. 2) What is seen as inappropriate?

Displays of emotion in the workplace are seen as inappropriate.

35. 3) What physical responses are triggered by anger?

Anger triggers increased heart rate and bloodflow.

36. 4) Why did anger evolve in humans?

It evolved in humans because as a response to natural threats, it provided a significant advantage.

37. 5) Do psychological threats provoke the same responses as natural threats? Why?

Yes, they do, because the physical responses have been hard-wired in humans now.

38. 6) Why do people cry?

It acts as an emotional “reset” button causing a release of chemicals in the brain that calm and refresh us.

39. 7) How do women view those who cry in the workplace?

They view them as mentally unstable or weak.

40. 8) On what does Kramer believe we should focus?

He believes we should focus on addressing factors that affect people’s attitudes towards emotional expression.

解答: (26) 2 (27) 1 (28) 3

Type B 日本語訳なし

2[A] – Emotions at Work



Version3 G1 11-2

41. In the 1990s, the idea that “emotional intelligence”—a person’s ability to be aware of and understand their emotions—may correlate to workplace effectiveness began to take hold in the United States.

63. Furthermore, women often view those who cry in the workplace—especially other women—as mentally unstable or weak. In short, women whose body chemistry makes them more prone to tears, seem to see crying as (28).
64. Kreamer believes we should learn to accept that crying is a physiological mechanism just like sneezing and yawning, and focus instead on addressing factors that affect people’s attitudes towards emotional expression, such as stress, social inhibitions, biases and stereotypes.

*Choose the correct answer to fill in the blank from these choices.

65. (28) 1 a healthy stress release 2 a way to control emotions
66. 3 something to avoid 4 inappropriate for men from

Further Questions&A



67. 6) Why do people cry?
68. 7) How do women view those who cry in the workplace?
69. 8) On what does Kramer believe we should focus?

Review Questions



70. 1) What is “emotional intelligence”?
It is a person’s ability to be aware of and understand their emotions.
71. 2) What is seen as inappropriate?
Displays of emotion in the workplace are seen as inappropriate.
72. 3) What physical responses are triggered by anger?
Anger triggers increased heart rate and bloodflow.
73. 4) Why did anger evolve in humans?
It evolved in humans because as a response to natural threats, it provided a significant advantage.
74. 5) Do psychological threats provoke the same responses as natural threats? Why?
Yes, they do, because the physical responses have been hard-wired in humans now.
75. 6) Why do people cry?
It acts as an emotional “reset” button causing a release of chemicals in the brain that calm and refresh us.
76. 7) How do women view those who cry in the workplace?
They view them as mentally unstable or weak.
77. 8) On what does Kramer believe we should focus?
He believes we should focus on addressing factors that affect people’s attitudes towards emotional expression.

解答: (26) 2 (27) 1 (28) 3