Lesson6 This document is for use in eTOC training sessions, use outside of eTOC is strictly prohibited. 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.

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

感情(かんじょう) - Emotions at Work

職場 (しょくば)

eTOC

Version3 G1 11-2

IIn the 1990s, the idea that "emotional intelligence"—a person's # 相互 (そうご) に関係 (かんけい) する 理解(りかい)する 感情(かんじょう) be aware of and understand their emotions—may correlate to 定着(ていちゃく)する 効力(こうりょく) workplace effectiveness began to take hold in the United States. While _{理論 (りろん)} (ぎろん) の余地 (よち) がある 感受性 (かんじゅせい) controversial , a greater sensitivity to the theory itself is still 確(たし)かに 見(み)られるようになる 企業社会 (きぎょうしゃかい) 行動(こうどう) 2emotional behavior has certainly emerged America. corporate ın One might suppose, then, that people are now (26) expressing emotions 最近 (さいきん) の 研究 (けんきゅう) by author Anne Kreamer found that at work. A recent study 広(ひろ) げた 見(み) せびらかし displays of emotion have indeed become commonplace. 3. open

At the same time, though, many people still consider such behavior in the 不適切(ふてきせつ)だ 職場(しょくば) workplace inappropriate.

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

罰 (ばつ) を受 (う) ける for **4(26)** 1 punished being

2 more comfortable with gea (かんよう) な less +01つ

抵抗 (ていこう) する

4 less tolerant of colleagues

trying to resist

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"? "感情的な類性"とは何ですか。

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

82) What is seen as inappropriate? 何が不適切ですか。

9. Displays of emotion in the workplace are seen as inappropriate.

生理学(せいりがく)の 社会学(しゃかいがく)の ~し始(はじ)める調査 (ちょうさ) する 10 Kreamer set out to examine the physiological, sociological, and 心理学 (しんりがく) の 要因 (よういん) 潜在的 (せんざいてき) な 振 (ふ) る舞 (ま) い 以前 (いぜん) の psychological factors underlying our emotional behavior . Previous 怒 (いか) り 例(たと)えば 研究 (けんきゅう) research has shown that emotions have (27). Anger, for example, 誘発(ゆうはつ)する 上昇(じょうしょう) 心拍数(しんぱくすう) 血液 (けつえき) の 流 (なが) れ increased <u>heart rate</u> and flow . As a response to blood 自然 (しぜん) の 脅威 (きょうい) 与 (あた) えた 重要 (じゅうよう) な 利点 (りてん) 人間 (にんげん) 11. natural threats, it provided a significant advantage to humans in the 戦 (たたか) い 生存 (せいぞん) する ~だけれども 直面 (ちょくめん) する struggle to survive . Although most threats faced by people in the

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Lesson6
                            心理的(しんりてき)なもの
                                                 引(ひ)き起(お)こす
                today are psychological, they
                                                   provoke
                                                               physical responses
            深(ふか)く組(く)み込(こ)まれた
                                    人間(にんげん)
                                in humans now as they always have been.
               hard-wired
 *Choose the correct answer to fill in the blank from these choices.
               進化(しんか)の
                         起源(きげん)
<sub>12</sub>(27) 1
         an evolutionary origin
                                              largely been ignored
                           説明 (せつめい)
             科学的(かがくてき)な
                                              徐々 (じょじょ) に
              scientific
                        explanation
                                              gradually become stronger
 Further Questions&A English Tachers 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心理学的な怒れは自然な怒れと同様の茂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.
 ~に関(かか)わらず
             the physical nature of emotional behavior, Kreamer
22. Despite
                 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
                           作(つく)る
23 primarily because they produce more of this hormone. Crying
                        感情的 (かんじょうてき) な リセットボタン 放 emotional "reset button," causing a 

頭脳 (ずのう) 落 (お) ち着 (つ) かせる 元気 (げんき) へ
            as a kind of
                                          calm
     chemicals in the brain that
                                                             refresh
                                                      and
 職場(しょくば)
           however, while most men report feeling better after crying, women
                                          恥(は)じる
   more often report feeling guilty and ashamed. Furthermore, women often
                                 職場(しょくば)
    view those who cry in the workplace—especially other women—as mentally
                  弱(よわ) い 要(よう) するに
              or weak. In short, women whose body chemistry makes them
         ~の傾向(けいこう)がある
                        to tears, seem to see crying as (28). Kreamer believes
   more
                     受(う)け入(い)れる
25.we should learn to
                                  that crying is a physiological mechanism just
                        accept
                                     集中(しゅうちゅう)する代(か)わりに
                       あくびをする
   like sneezing and yawning, and
                                         focus
                                                    instead on addressing
                  影響 (えいきょう) する
                                         態度 (たいど) ~に対 (たい) する
                             people's attitudes towards emotional
   factors that
                     affect
   表現(ひょうげん)
                        ストレス 社会的(しゃかいてき) 抑制(よくせい) 偏見(へんけん)
   expression, such as stress,
                                 social
                                          inhibitions, biases
                                                                and
                                                                      stereotypes.
 *Choose the correct answer to fill in the blank from these choices.
                            解放 (かいほう)
          a healthy stress release
                                           2
                                              a way to control emotions
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4

inappropriate for men from

3

something to avoid

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Further Questions&A English Touchurs Cir Call

286) Why do people cry? 人々はなぜ溢くのですか。

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. 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 は私達は何に集中すべきだと考えていますか。

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.

342) 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





Version3 G1 11-2

⁴¹In 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 <u>take hold</u> in the United States.

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- While the theory itself is still controversial, a greater sensitivity to emotional behavior has certainly emerged in corporate America.
- 43.One might suppose, then, that people are now (*26*) expressing emotions at work.
- ⁴⁴A recent study by author Anne Kreamer found that open displays of emotion have indeed become commonplace.
- 45At 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.

46(26) 1 being punished for

2 more comfortable with

47. 3 trying to resist

4 less tolerant of colleagues

Further Questions&A

- 48.1) What is "emotional intelligence"?
- 49.2) What is seen as inappropriate?
- ⁵⁰Kreamer <u>set out to examine the physiological</u>, sociological, and psychological factors underlying our emotional behavior.
- 51 Previous research has shown that emotions have (27).
- 52Anger, for example, triggers increased heart rate and blood flow.
- ⁵³As a response to natural threats, it provided a significant advantage to humans in the struggle to survive.
- ⁵⁴Although most threats faced by people in the workplace today are psychological, they provoke physical responses that are <u>hard-wired</u> in humans now as they always have been.
- *Choose the correct answer to fill in the blank from these choices.
- $_{55}$ (27) 1 an evolutionary origin

2 largely been ignored

3 no scientific explanation

4 gradually become stronger

Further Questions&A English Touchers Co Call

56.

- 57.3) What physical responses are triggered by anger?
- 584) Why did anger evolve in humans?
- 59.5) Do psychological threats provoke the same responses as natural threats? Why?
- ⁶⁰Despite the physical nature of emotional behavior, Kreamer found that people tend to judge it from a psychological standpoint.
- 61. 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.
- ⁶²At work however, while most men report feeling better after crying, women more often report feeling guilty and ashamed.

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- Furthermore, women often view those who cry in the workplace—especially other women—as mentally unstable or weak. <u>In short</u>, 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.
- 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 English Touchers Co Call

- 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.

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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

