

# RIPPLE ENGLISH

## ACTIVE LEARNING PROGRAM

Workbook for:

“Our Willpower Overestimated”

問題は解きっぱなしにしないで！

英語資格試験の学習は、**解いた後の復習**をしなければほとんど効果はありません。答え合わせをしておしまいせず、**テキストの音読練習やリスニング、多読学習などのインプット学習**を何度も反復して記憶に定着させましょう。ホームページからダウンロードできる音読練習用のテキストをぜひご活用ください。また、数日置いてから再度解き直すのも効果的です。答えを記憶してしまっているかもしれませんが、回答の根拠をなぞりながら繰り返し解くことで有効な復習になります！

## Our Willpower Overestimated

1. There is a famous story in Aesop’s Fables. A grasshopper spent the summer singing and dancing, while ants worked to store up food for winter. When winter arrives, the grasshopper finds itself starving to death and begs the ants for food. Today, we are required to act like the ants in many situations, including studying, maintaining health, investing and saving assets, or even ensuring sustainability of the globe. Yet, as many people know from experience, it is not that easy. Why do we often end up being the grasshopper, even though we know we should be the ants?
2. The most popular strategy in these willpower challenges is to resist temptation with rationality; labeling emotion and desire as foe, intellect as friend. However, this approach may be fundamentally wrong. This one-to-one mapping of reason to virtue and emotion to **vice** doesn’t reflect the complicated reality of our decision-making. Contrary to our expectations, our rationality is actually quite unreliable. How should we understand the nature of our rationality and willpower? What can we do to overcome temptation and make better choices?

- (1) According to paragraph 1, which of the following is NOT true?
  - A. The grasshopper in Aesop’s Fables represents a lack of preparation for the future.
  - B. The story suggests that we should prepare for the future like the ants.
  - C. Acting like the grasshopper is sometimes necessary in certain situations.
  - D. It is often difficult to act like the ants, even when we know we should.
- (2) The word “vice” in the passage is closest in meaning to
  - A. evil
  - B. deputy
  - C. secondary
  - D. weak
- (3) According to paragraph 2, why might relying solely on rationality to resist temptation be ineffective?
  - A. Rationality is always more powerful than emotions in decision-making.
  - B. Rationality and emotions are equally reliable in overcoming temptation.
  - C. Emotions are inherently negative and should be completely ignored in decision-making.
  - D. Rationality is not always dependable, and decision-making is more complex than just opposing reason and emotion.

3. Should I watch one more episode of my favorite drama, or go to bed to benefit myself tomorrow? Will I waste the next hour watching a series of short videos or dedicate it to study for the exam next month? Am I going to choose french fries or a banana for a light snack? Many challenges of willpower are dilemmas of intertemporal choices, meaning that they pose tradeoffs between the immediate comfort and the reward in the future. If you stop watching the drama and go to bed now, your tomorrow self will be very grateful for your choice. If you choose the textbook instead of your smartphone, a month later your future self will praise your present self. However, they are not likely to happen.
4. The problem here is that the mind of Homo sapiens tends to devalue the benefit in the future. For example, studies have shown that the majority of us prefer to receive \$100 right now rather than \$400 in a year. Our biological nature was shaped in the ancient past, where our ancestors were always surrounded by various life threats, including predators, lethal microbes, and hunger. For our ancestors, one piece of fruit received right away was more valuable than four pieces of fruit received a year later. Even if we know that broccoli is better than donuts for our long-term health, that patience doesn't make sense if our survival three years from now is not guaranteed. Since our instinct doesn't understand the stability and security of the present age, it underestimates the long-term benefit of choosing broccoli. The brain has been designed to devalue the future by default, so we should recognize it and learn how to intervene.

- (4) According to paragraph 3, what are intertemporal choices?
- A. Decisions that have no impact on future outcomes.
  - B. Choices that balance current enjoyment with future benefits.
  - C. Situations where both the present and future rewards are immediate.
  - D. Tradeoffs that result in equal satisfaction for both present and future selves.
- (5) According to paragraph 4, which of the following is true?
- A. Our ancestors valued long-term benefits over immediate rewards.
  - B. The mind of Homo sapiens is naturally inclined to prioritize future benefits.
  - C. Our instinct tends to undervalue long-term benefits due to our evolutionary past.
  - D. The stability and security of the present age have made our instincts prioritize future rewards.

5. Whether it is studying, dieting, or keeping a promise, our reason is too unreliable as a partner for better self-control. First of all, reason is a limited resource. For example, there was an experiment in which participants were asked to solve difficult puzzles. Before they worked on the puzzles, cookies were served to the participants, some of whom were allowed to eat them, while some others were told to hold back. Those who had to refrain from eating the snack gave up with the puzzles earlier than the other group. When we face rapid-fire temptations, the effectiveness of our willpower decreases.
6. Besides, reason is very good at making an excuse. **Our rational self cuts both ways**; sometimes helps us fight temptations and sometimes justifies giving in. Instead of convincing us to choose salad over french fries, our reason can rationalize eating french fries by making up a justification, saying “I’m going to the gym tomorrow.” or “Since today was tough.”
7. What we expect from reason is mostly an illusion. In fact, what reason can do is to merely act as a traffic controller among different emotions and desires. Most of the time, humans hold various emotions simultaneously, and our actions and behaviors are usually the result of the conflict between several emotions. When you successfully reject french fries, it is not because your rational self **prevails** over the temptation, but because your desire for long-term health triumphed over the desire for immediate comfort. Therefore, the best strategy in willpower challenges is not to let reason fight against temptations, but to fine-tune our emotions or invoke another desire to defeat the temptation.

- (6) According to paragraph 5, what did the experiment demonstrate?
- A. People with strong willpower are unaffected by temptations.
  - B. Willpower is a limited resource that diminishes with repeated use.
  - C. Refraining from temptations increases problem-solving abilities.
  - D. Eating snacks before solving puzzles reduces willpower.

- (7) Which of the following text best expresses the essential information in the highlighted sentence?

**Our rational self cuts both ways.**

- A. Our rational mind can work in both positive and negative ways
- B. Our rational mind is always helpful in making the right decisions.
- C. Our rational self is often indecisive and cannot help us in critical situations.
- D. Our rational mind rarely influences our decisions regarding temptations.

- (8) The word “prevail” in the passage is closest in meaning to
- A. deceive
  - B. occur
  - C. go widespread
  - D. triumph

- (9) According to paragraph 7, what is a more effective strategy than relying on reason?
- A. Using rational thought to overpower all emotional desires.
  - B. Strengthening another emotion or desire to counteract the temptation.
  - C. Ignoring emotions and focusing solely on rational decisions.
  - D. Letting reason act as the primary force in resisting temptations.

8. One effective strategy is to outfight temptation with another emotion. If you are tempted to watch one more episode of your favorite drama when you actually have to go to bed, it is helpful to evoke emotions that make you hate staying up late. For example, you can recall your memory related to sleep deprivation, such as the day you felt very uncomfortable all day after staying up late, or the hardship of getting sick due to lack of sleep. You can fight off the temptation to watch the drama by generating these feelings that find lack of sleep unattractive. Also, you can evoke feelings that make you want to go to bed earlier. Knowing that sleep deprivation reduces your ability to show positive emotions can **intensify** your desire for enough sleep. After all, you'd prefer to greet your friends and colleagues tomorrow with your brightest smile rather than a tired face. By recalling other emotions or linking to different desires, you can choose to take preferable behavior without even exercising your willpower.
9. Another effective way is to make it into a habit. Those who exercise regularly may appear exceptionally disciplined, but the truth may be that they merely hate losing their habit. Since going for a run has already been established as their daily routine, they find it uncomfortable not to do it. By exploiting human nature to avoid changes, they successfully generate a powerful feeling that competes against their laziness. Awkward emotions should be subdued by other emotions, rather than by reason.

- (10) The word “intensify” in the passage is closest in meaning to
- A. integrate
  - B. produce
  - C. generate
  - D. augment
- (11) According to paragraph 8, which of the following is NOT true?
- A. Evoking negative memories associated with sleep deprivation can help resist the temptation to stay up late.
  - B. Recalling positive outcomes of going to bed early can strengthen the desire to sleep.
  - C. Exercising willpower is the most effective way to fight temptations.
  - D. Using emotions to counteract temptations can lead to preferable behavior choices.
- (12) According to paragraph 9, which of the following is true?
- A. People who exercise regularly always rely on discipline to maintain their routine.
  - B. Establishing a habit can create a feeling of discomfort when the routine is broken.
  - C. Reason is more effective than emotions in overcoming laziness.
  - D. Changing habits frequently is the best way to maintain a healthy routine.

10. Another strategy in dealing with temptations is to manage the emotions we experience. For example, those who refrain from drinking beer are not resisting the temptation; people avoiding french fries are not necessarily more rational than others. They are not even tempted in the first place because they see food and drink as toxins that clog arteries or lower sleep quality. Their desire algorithm has changed due to acquiring knowledge about health and diet. People who can refrain from using their smartphone too much do not have more willpower than others. They view social media and short movies as distractions that disrupt their reward system, harm their brain, and deprive them of their precious time. By learning the mechanism of addiction, their reward evaluation system has been revised.
11. In the long term, we need to train ourselves not to underestimate the benefit in the future. The key to this intervention is the feeling of gratitude and compassion. Studies have shown that people who often feel these emotions are more likely to make greater effort for the future. One possible explanation is the brain perceives the future self as a different person. Studies with fMRI show that when we project ourselves into the future, the medial prefrontal cortex becomes inactive, which is a part of the brain that activates when we think about ourselves. Neurologically speaking, working hard for the future self is a lot more about working for other people. In other words, those who habitually and willingly care, thank, and help other people can easily prioritize their future benefits over immediate comfort. They can be kind to their future selves in the same way they are kind to others.

- (13) According to paragraph 10, why do some people find it easier to avoid certain temptations?
- A. They have a stronger willpower and can easily resist temptations.
  - B. They use reason to suppress their desires for unhealthy habits.
  - C. Their perception of the temptations has changed, viewing them as harmful rather than desirable.
  - D. They lack any desire for these temptations in the first place.
- (14) According to paragraph 11, which of the following is NOT true?
- A. The medial prefrontal cortex is active when we think about our present self.
  - B. Gratitude and compassion can help people prioritize future benefits.
  - C. The brain perceives the future self similarly to other people.
  - D. Neurologically, making an effort for the future self is similar to working for oneself.
- (15) Within the whole passage, all of the following were mentioned, EXCEPT
- A. The influence of past experiences on current decision-making.
  - B. The role of reason in justifying temptations.
  - C. The concept of intertemporal choices in willpower challenges.
  - D. The use of emotional strategies to manage temptations.

## Answers

- (1) C
- (2) A
- (3) D
- (4) B
- (5) C
- (6) B
- (7) A
- (8) D
- (9) B
- (10) D
- (11) C
- (12) B
- (13) C
- (14) D
- (15) A

(1) 1段落の内容に合致しないのは？

- A. The grasshopper in Aesop's Fables represents a lack of preparation for the future. (イソップ童話のキリギリスは、将来に対する準備不足を表しています)
- B. The story suggests that we should prepare for the future like the ants. (この物語は、アリのように将来に備えるべきだと示唆している)
- C. Acting like the grasshopper is sometimes necessary in certain situations. (キリギリスのように行動することが、特定の状況では必要な場合がある)**
- D. It is often difficult to act like the ants, even when we know we should. (アリのように行動すべきだとわかっているにもかかわらず、そうするのは難しいことがよくある)

(2) 文中の“vice (悪徳)”と意味が最も近いのは

- A. evil (悪)**
- B. deputy (副、代理の)
- C. secondary (2番目の)
- D. weak (弱い)

(3) 2段落によると、誘惑に抵抗するために合理性だけに頼るのはなぜ効果的ではないのか？

- A. Rationality is always more powerful than emotions in decision-making. (意思決定において、合理性は常に感情よりも強力だ)
- B. Rationality and emotions are equally reliable in overcoming temptation. (誘惑を克服する上で、合理性と感情は同じくらい当てになる)
- C. Emotions are inherently negative and should be completely ignored in decision-making. (感情は本質的に否定的なものであり、意思決定では完全に無視する必要がある)
- D. Rationality is not always dependable, and decision-making is more complex than just opposing reason and emotion. (合理性は常に信頼できるわけではなく、意思決定は単なる理性と感情の対立以上に複雑だ)**

(4) 3段落によると、異時点間選択とは何か？

- A. Decisions that have no impact on future outcomes. (将来の結果に影響を与えない決定)

**B. Choices that balance current enjoyment with future benefits. (現在の楽しみと将来の利益のバランスをとる選択)**

C. Situations where both the present and future rewards are immediate. (現在と将来の報酬の両方が即時に得られる状況)

D. Tradeoffs that result in equal satisfaction for both present and future selves. (現在と将来の両方の満足が等しくなるトレードオフ)

(5) 4段落の内容に合致するのは？

- A. Our ancestors valued long-term benefits over immediate rewards. (私たちの祖先は、短期的な利益よりも長期的な利益を重視していた)
- B. The mind of Homo sapiens is naturally inclined to prioritize future benefits. (ホモサピエンスの心は、自然に将来の利益を優先する傾向がある)
- C. Our instinct tends to undervalue long-term benefits due to our evolutionary past. (私たちの本能は、進化の過程で、長期的な利益を過小評価する傾向があるように進化した)**
- D. The stability and security of the present age have made our instincts prioritize future rewards. (現代の安定と安全により、私たちの本能は将来の利益を優先するようになった)

(6) 5段落によると、実験が示しているのは？

- A. People with strong willpower are unaffected by temptations. (強い意志を持つ人は誘惑の影響を受けない)
- B. Willpower is a limited resource that diminishes with repeated use. (意志力は限られたリソースであり、繰り返し使用すると減少する)**
- C. Refraining from temptations increases problem-solving abilities. (誘惑を控えると、問題解決能力が向上する)
- D. Eating snacks before solving puzzles reduces willpower. (パズルを解く前にスナックを食べると、意志力が低下する)

(7) ハイライトされた文の意味をもっともよく表しているのは？

Our rational self cuts both ways. (理性的な心は諸刃の剣だ)

- A. Our rational mind can work in both positive and negative ways. (理性的な心は、良い方向にも悪い方向にも作用する)**
- B. Our rational mind is always helpful in making the right decisions. (理性的な心は常に正しい決定を下すのに役立つ)
- C. Our rational self is often indecisive and cannot help us in critical situations. (理性的な自己は優柔不断であることが多く、重要な状況では役に立たない)
- D. Our rational mind rarely influences our decisions regarding temptations. (理性的な心は、誘惑に関する決定にほとんど影響を与えない)

(8) 文中の“prevail (打ち勝つ)”と意味が最も近いのは

- A. deceive (欺く)
- B. occur (発生する)
- C. go widespread (広まる)
- D. triumph (勝つ、克服する)**

(9) 7段落によると、理性に頼るよりも効果的な戦略は何か？

A. Using rational thought to overpower all emotional desires. (理性的な思考を使用してあらゆる感情的な欲求を克服する)

**B. Strengthening another emotion or desire to counteract the temptation.** (誘惑に対抗するために別の感情または欲求を強化する)

C. Ignoring emotions and focusing solely on rational decisions. (感情を無視し、合理的な決定のみに焦点を当てる。)

D. Letting reason act as the primary force in resisting temptations. (誘惑に抵抗するための主な力として理性を働かせる)

(10) 文中の“intensify”と意味が最も近いのは

A. integrate (統合する)

B. produce (生み出す、作り出す)

C. generate (生み出す)

**D. augment (増強する)**

(11) 8段落の内容に合致しないのは？

A. Evoking negative memories associated with sleep deprivation can help resist the temptation to stay up late. (睡眠不足に関連する否定的な記憶を呼び起こすことで、夜更かしの誘惑に抵抗しやすくなる)

B. Recalling positive outcomes of going to bed early can strengthen the desire to sleep. (早く寝ることによる良い結果を思い出すと、眠りたいという欲求が強まる)

**C. Exercising willpower is the most effective way to fight temptations.** (意志力を働かせることが、誘惑と戦う最も効果的な方法だ)

D. Using emotions to counteract temptations can lead to preferable behavior choices. (感情を利用して誘惑に対抗すると、好ましい行動を選択できるようになる)

(12) 9段落の内容に合致するのは？

A. People who exercise regularly always rely on discipline to maintain their routine. (定期的に運動する人は、常に規律に頼ってルーチンを維持する)

**B. Establishing a habit can create a feeling of discomfort when the routine is broken.** (習慣を確立すると、ルーチンが崩れたときに不快感を感じることもある)

C. Reason is more effective than emotions in overcoming laziness. (怠惰を克服するには、感情よりも理性の方が効果的だ)

D. Changing habits frequently is the best way to maintain a healthy routine. (習慣を頻繁に変えることが、健康的なルーチンを維持する最善の方法だ)

(13) 10段落によると、なぜ一部の人は特定の誘惑を避けるのが容易だと感じるのか？

A. They have a stronger willpower and can easily resist temptations. (彼らは強い意志を持ち、誘惑に容易に抵抗することができるから)

B. They use reason to suppress their desires for unhealthy habits. (彼らは理性を使って不健康な習慣への欲求を抑えているから)

**C. Their perception of the temptations has changed, viewing them as harmful rather than desirable.** (誘惑に対する認識が変わり、それを望ましいものではなく有害なものとして見なしているから)

D. They lack any desire for these temptations in the first place. (そもそも、誘惑に対する欲求がないから)

(14) 11段落の内容に合致しないのは？

A. The medial prefrontal cortex is active when we think about our present self. (現在の自分について考えるとき、内側前頭前皮質が活発になる)

B. Gratitude and compassion can help people prioritize future benefits. (感謝と思いやりは、人々が将来の利益を優先するのに役立つ)

C. The brain perceives the future self similarly to other people. (脳は将来の自分を他の人と同じように認識する)

**D. Neurologically, making an effort for the future self is similar to working for oneself.** (神経学的には、将来の自分のために努力することは、自分のために働くことに似ている)

(15) 全本文中で言及されていないのは

**A. The influence of past experiences on current decision-making.** (過去の経験が現在の意思決定に与える影響)

B. The role of reason in justifying temptations. (誘惑を正当化する際の理性の役割)

C. The concept of intertemporal choices in willpower challenges. (意志力の課題における異時点間の選択の概念)

D. The use of emotional strategies to manage temptations. (誘惑を管理するために感情を活用する戦略)