

RIPPLE ENGLISH

ACTIVE LEARNING PROGRAM

Workbook for:

“The Encouragement of Journaling”

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に、**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！

The Encouragement of Journaling

1. How wonderful would it be if we would come to love ourselves the way we are? How would it make life easier if we could **navigate** daily challenges with a clear mind and heart? How marvelous can it be to have genuine confidence after accepting ourselves with all our flaws? If you think so, why don't you start keeping a diary? Those who keep a diary can develop a deeper understanding of themselves, stay calm and balanced, and even get smarter and kinder. Journaling gives us strength to get over the challenge we face now, and it is also the greatest gift for our future selves. What is so wonderful about keeping a diary? To maximize its effect, what should be in mind when journaling?

- (1) The word “navigate” in the passage is closest in meaning to
 - A. guide
 - B. handle
 - C. sail
 - D. defeat
- (2) According to paragraph 1, what is one benefit of keeping a diary?
 - A. It eliminates all flaws and weaknesses.
 - B. It prevents the need to face daily challenges.
 - C. It helps develop a deeper understanding of oneself and stay balanced.
 - D. It guarantees immediate success and happiness.

2. Thinking is writing. If you are just going back and forth between thoughts and feelings in your mind without writing them down, you are not actually thinking. The workspace of our consciousness is very small; you can only bring up one idea or feeling on the stage of our thought. Once a new idea is on the stage, the previous one is already off the stage, preventing us from comparing and arranging different thoughts and feelings. Consequently, we cannot leap to the next idea by building on the previous one. This is the very reason we have to write them down on paper. Let's use mathematics as an example. Solving complex calculations mentally is difficult because our working memory has a limited capacity. Solving 631 times 5 is a bit troublesome because you have to retain the result of 600 times 5 while computing 31 times 5 until you sum up these calculations. But calculating on paper is a lot easier because you can extend your working memory onto an **external** memory. Likewise, when you write down your issue, concern, or anxiety on paper, you can clear up your mental workspace and create a room to proceed with thoughts.
3. In addition, writing requires verbalizing your thoughts and feelings, even if they are vague and ambiguous. What was once unclear turns into something you can see and deal with. Just sitting down and wandering around different thoughts will not bring about solutions; it is only by writing them down that we can constructively face challenges and concerns.

- (3) The word "external" in the passage is closest in meaning to
- A. extended
 - B. excluded
 - C. exceptional
 - D. extraordinary
- (4) According to paragraph 2, why is writing down thoughts and feelings beneficial?
- A. It prevents any new ideas from forming.
 - B. It helps to clear mental workspace and allows for better thought organization.
 - C. It guarantees the immediate solution to any problem.
 - D. It makes complex calculations mentally easier.
- (5) According to paragraph 3, which of the following is true?
- A. Sitting down and wandering around different thoughts helps solve problems.
 - B. Writing helps to verbalize and clarify vague and ambiguous thoughts.
 - C. Writing down thoughts is unnecessary for dealing with challenges and concerns.
 - D. Verbalizing thoughts makes them distorted and unclear and difficult to deal with.

4. Keeping a diary is a very effective tool to organize your thoughts and deal with emotions, but you need to have the following two things in your mind. First, be honest with yourself. It means writing down even negative emotions and your personal failure as they are. You may hesitate to record negative thoughts. Yet, addressing your concerns or anxieties begins with bringing them out of your mind, and the best way to do this is by writing them down with honesty. **Turning a blind eye will never solve the problem.** Second, carefully choose the words that best express your feelings. Verbalizing your thoughts and feelings more or less entails distortion. To minimize distortion, you should take time to choose the most fitting words.
5. Let's say you are writing about the time you got annoyed by your supervisor's remarks at work. It would be better to describe the situation as it is without concealing and **blurring** it. If you reflect on the experience, you might come to realize that you felt more frustrated and exhausted than annoyed and irritated because you felt the boss doesn't have any respect for all the efforts you had made. The more you write honestly and accurately, the better you can deal with it. Furthermore, it develops a sense of self-acceptance. No one is perfect. What matters is to recognize your weakness and come to love yourself as a whole, including your flaws and strengths. Write honestly and think constructively about your actions and behavior; then you will develop an authentic self confidence.

- (6) According to paragraph 4, what should be kept in mind to maximize the effectiveness of keeping a diary?
- A. Only write down positive thoughts and successes.
 - B. Write quickly without choosing words carefully.
 - C. Be honest about your thoughts and carefully choose words to express your feelings.
 - D. Avoid writing about personal failures to stay positive.

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

Turning a blind eye will never solve the problem.

- A. You should focus only on positive thoughts and ignore negative ones.
 - B. Problems will eventually resolve themselves if you let them go.
 - C. You should maintain a positive mindset by turning your eye to good things.
 - D. One must face and address problems directly
- (8) The word "blur" in the passage is closest in meaning to
- A. obscure
 - B. distinguish
 - C. hide
 - D. deny
- (9) According to paragraph 5, why is it important to write honestly and accurately in a diary?
- A. It helps to conceal and blur negative emotions.
 - B. It ensures that only positive experiences are recorded.
 - C. It allows you to better deal with situations and develop self-acceptance.
 - D. It encourages you to reflect on your failures.

6. You are going to write about anything in your diary, including negative things, so nobody is supposed to read it. However, there is an exception. Your diary has a single exclusive reader; your future self. When keeping a diary, be reminded that you are writing for yourself in the future. If you write without a reader in mind, your diary may end up a boring list of events or an outlet for unfiltered emotions. Expecting a reader motivates you to write clearly, reflectively, and constructively. In addition, you can bring the perspective of your future self the very moment you are writing. In other words, you can take a step back and observe your current thoughts and feelings from an objective viewpoint, saying “how will my future self evaluate this event?” As a result, you are more likely to make rational decisions.
7. To give more specific advice, a diary should be a record of what you thought and what you felt, and you write about what you did and what happened to you so that your future self can make sense of the context of the written thoughts and feelings. For example, your future self will not be interested in the fact that you went out for dinner with your friend; instead, you will want to know what you talked, felt, and thought. When you read it back a year later, you will be able to recall the joy of deepening friendship or insights gained from the conversation. How delightful would it be? Your diary is going to be the greatest gift for your future self.

- (10) According to paragraph 6, which of the following is NOT true?
- A. Nobody is supposed to read your diary except your future self.
 - B. Writing with your future self in mind makes your diary more reflective and constructive.
 - C. Writing for a future reader can lead to irrational decisions.
 - D. Bringing the perspective of your future self can help you observe your current thoughts more objectively.
- (11) According to paragraph 7, what should a diary focus on to be most valuable for your future self?
- A. Documenting your thoughts, feelings, and the context of your experiences.
 - B. Recording every activity you did each day.
 - C. Listing all your social interactions and events.
 - D. Avoiding the mention of any personal emotions or reflections.

8. Someday, you will read the diary entries you have written. Then you will find your honest and **genuine** feelings at a particular moment in the past, which is going to be a greater asset than anything else. Our thoughts, feelings, and values are constantly being overwritten. For example, your feelings about your partner from years ago are replaced by your current emotions, making it difficult to recall your past sentiments. However, if you keep a diary, you will see how your feelings have changed over the years and understand how you arrived at your current emotions, gaining deeper self-awareness.
9. Besides, journaling fosters your generosity to others. Those who keep a diary and occasionally read it back can recognize the process in which their current lives and values have shaped. They know that their past mistakes and embarrassing behaviors were necessary steps on the path of their growth. Therefore, when they see failure and immaturity of others, they can generously accept them because they know they have also walked through such failure. Their generosity is rooted in their gratitude for all the experiences that have helped them grow, so they can naturally tolerate other's mistakes and genuinely hope for their success in the future.
10. Moreover, recognizing your growth path fosters significant self-confidence. In facing new challenges, you can envision yourself overcoming these obstacles and growing stronger, because you know you have done so before. Such confidence, clear self-understanding, and profound kindness are the greatest rewards only bestowed upon those who have continuously kept a diary.

(12) The word “genuine” in the passage is closest in meaning to

- A. remarkable
- B. generous
- C. brilliant
- D. authentic

(13) According to paragraph 8, why is keeping a diary valuable for understanding your emotions over time?

- A. It helps you remember all the events that happened each day.
- B. It allows you to compare your past and present feelings, gaining deeper self-awareness.
- C. It prevents your thoughts and feelings from changing over time.
- D. It ensures that your current emotions remain constant.

(14) According to paragraph 9, how does journaling foster generosity towards others?

- A. It highlights others' failures and immaturity.
- B. It makes people more critical of their own and others' mistakes.
- C. It helps people recognize their own growth process and accept others' mistakes.
- D. It prevents people from recalling their own past mistakes.

(15) According to paragraph 10, what are some of the greatest rewards of keeping a diary?

- A. Improved memory and less need for self-reflection.
- B. Greater self-assurance, deeper insight into oneself, and increased empathy.
- C. Reduced chances of making future mistakes.
- D. Ever-changing values and emotions.

Answers

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

(1) 文中の“navigate（乗り切る）”と最も意味が近いのは

- A. guide（誘導する）
- B. handle（対処する、乗り切る）**
- C. sail（航海する）
- D. defeat（打ち負かす）

(2) 1段落によると、日記をつけることの利点は？

- A. It eliminates all flaws and weaknesses.（欠点や弱点をすべて取り除きます）
- B. It prevents the need to face daily challenges.（日々の課題に直面する必要がなくなります）
- C. It helps develop a deeper understanding of oneself and stay balanced.（自分自身をより深く理解し、バランスを保つのに役立ちます）**
- D. It guarantees immediate success and happiness.（すぐに成功と幸福が保証されます）

(3) 文中の“external”と最も意味が近いのは

- A. extended（拡張された）**
- B. excluded（除外された）
- C. exceptional（例外的な）
- D. extraordinary（ずば抜けた）

“external memory”が「外部メモリ」つまり外部で拡張的に追加されたメモリという意味で使われているのでAが正解。

(4) 2段落によると、考えや感情を書き留めることはなぜ有益か？

- A. It prevents any new ideas from forming.（新しいアイデアが形成されるのを防ぎます）

B. It helps to clear mental workspace and allows for better thought organization.（脳内の作業スペースを空けるのに役立ち、思考をよりよく整理できます）

- C. It guarantees the immediate solution to any problem.（あらゆる問題に対する即時の解決を保証します）
- D. It makes complex calculations mentally easier.（複雑な計算が容易に暗算できるようになります）

(5) 3段落の内容に合致するのは？

- A. Sitting down and wandering around different thoughts helps solve problems.（座ってさまざまな考えを巡らせることは、問題解決に役立ちます）
- B. Writing helps to verbalize and clarify vague and ambiguous thoughts.（書くことは、漠然とした曖昧な考えを言葉にして明確にするのに役立ちます）**
- C. Writing down thoughts is unnecessary for dealing with challenges and concerns.（課題や懸念に対処するために、考えを書き留める必要はありません）
- D. Verbalizing thoughts makes them distorted and unclear and difficult to deal with.（考えを言葉にすると、考えが歪められ不明瞭になり、対処が難しくなります）

(6) 4段落によれば、日記をつける効果を最大限に高めるためには、何を心に留めておくべきか？

- A. Only write down positive thoughts and successes.（ポジティブな考えや成功だけを書き留める）
- B. Write quickly without choosing words carefully.（言葉を慎重に選ばずに、素早く書く）
- C. Be honest about your thoughts and carefully choose words to express your feelings.（自分の考えに正直になり、自分の気持ちを表現する言葉を慎重に選ぶ）**
- D. Avoid writing about personal failures to stay positive.（前向きな気持ちを保つために、個人的な失敗については書かない）

(7) 下線部の伝えたいことを最もよく言い表しているのは？

- Turning a blind eye will never solve the problem.（目を背けていては問題は解決しない）
- A. You should focus only on positive thoughts and ignore negative ones.（ポジティブな考えだけに集中し、ネガティブな考えは無視すべきだ）
- B. Problems will eventually resolve themselves if you let them go.（問題は放っておけば、やがて解決する）
- C. You should maintain a positive mindset by turning your eye to good things.（良いことに目を向けることで、ポジティブな考え方を維持する必要がある）
- D. One must face and address problems directly.（問題に直接向き合い、対処する必要がある）**

(8) 文中の“blur（ぼやけさせる）”に意味が最も近いのは

- A. obscure（わかりにくくさせる）**
- B. distinguish（際立たせる、識別する）
- C. hide（隠す）
- D. deny（否定する）

(9) 5段落によると、日記に正直かつ正確に書くことが重要なのはなぜか？

- A. It helps to conceal and blur negative emotions.（否定的な感情を隠したりぼかしたりするのに役立つから）

- B. It ensures that only positive experiences are recorded. (肯定的な経験だけが記録されるようにしてくれるから)
- C. It allows you to better deal with situations and develop self-acceptance.** (状況にうまく対処し、自己受容を高めることができるから)
- D. It encourages you to reflect on your failures. (失敗の反省を促してくれるから)

(10) 6段落の内容に合致しないのは？

- A. Nobody is supposed to read your diary except your future self. (将来の自分以外は誰もあなたの日記を読まない前提だ)
- B. Writing with your future self in mind makes your diary more reflective and constructive. (将来の自分を念頭に置いて書くと、日記はより思索的で建設的になる)
- C. Writing for a future reader can lead to irrational decisions.** (将来の読者のために書くことで、非合理的な決定につながる可能性がある)
- D. Bringing the perspective of your future self can help you observe your current thoughts more objectively. (将来の自分の視点を取り入れると、現在の考えをより客観的に観察するのに役立つ)

(11) 7段落によると、将来の自分にとって最も価値のある日記にするためには、何に焦点を当てるべきか？

- A. Documenting your thoughts, feelings, and the context of your experiences.** (自分の考え、感情とその背景の経験を記録する)
- B. Recording every activity you did each day. (毎日行ったすべての活動を記録する)
- C. Listing all your social interactions and events. (すべての社会的な交流と出来事をリストアップする)
- D. Avoiding the mention of any personal emotions or reflections. (個人的な感情や反省について触れないようにする)

(12) 文中の “genuine” に意味が最も近いのは

- A. remarkable (特筆すべき)
- B. generous (寛大な)
- C. brilliant (すばらしい)
- D. authentic (本心の)**

(13) 8段落によると、日記をつけることは、時間の経過とともに自分の感情を理解する上でなぜ価値があるのか？

- A. It helps you remember all the events that happened each day. (日記をつけることで、毎日起こったすべての出来事を思い出すことができる)
- B. It allows you to compare your past and present feelings, gaining deeper self-awareness.** (過去と現在の感情を比較して、より深い自己認識を得ることができる)
- C. It prevents your thoughts and feelings from changing over time. (時間の経過とともに考えや感情が変化するのを防ぐ)
- D. It ensures that your current emotions remain constant. (現在の感情が一定に保たれることを保証する)

(14) 9段落によると、日記はどのように他者への寛容さを育むか？

- A. It highlights others' failures and immaturity. (他人の失敗や未熟さを浮き彫りにする)

- B. It makes people more critical of their own and others' mistakes. (自分自身や他人の間違いに対して批判的になる)
- C. It helps people recognize their own growth process and accept others' mistakes.** (自分の成長過程を認識し、他人の間違いを受け入れるのに役立つ)
- D. It prevents people from recalling their own past mistakes. (自分の過去の間違いを思い出さないようにする)

(15) 10段落によると、日記をつけることの最大のメリットは何？

- A. Improved memory and less need for self-reflection. (記憶力が向上し、自己反省の必要性が減る)
- B. Greater self-assurance, deeper insight into oneself, and increased empathy.** (自信が増し、自分に対する洞察が深まり、共感力が増す)
- C. Reduced chances of making future mistakes. (将来間違いを犯す可能性が減る)
- D. Ever-changing values and emotions. (価値観と感情が絶えず変化する)