**八年级（下）英语第1周第2课时**

**Module 1 Unit 2 学程拓展**

**一 、阅读短文，回答问题。**

Doctors say anger can be very dangerous. We have to learn how to deal with it. They warn that anger can lead to heart disease, stomach problems, headaches, emotional problems and possibly cancer.

Anger is a normal emotion that we all feel from time to time. Some people express anger openly in a peaceful and reasonable way. Some people are so angry that they shout or cry to show their anger. But other people keep their anger inside. They can not or will not express it. This is called repressing (压抑性的) anger.

In the past many doctors thought that repressing anger was more dangerous to a person's health than expressing it. They said that when a person is angry, the brain produces the same hormones (荷尔蒙).Their hearts beat faster, blood pressure goes up. In general the person feels excited and ready to act.

Some doctors say that both repressing and expressing anger can be dangerous. They believe if you express anger with strong emotion, you may develop heart disease, and they believe if you keep the anger inside, you may face a greater danger of high blood pressure.

Doctors say we have to learn how to deal with anger. They say the first step is to agree that you are angry and to recognize the real cause of the anger, and then decide if the cause is serious enough to get angry about. If it is, they say, "Do not express your anger while angry. Wait until your anger has cooled down and you are able to express yourself peacefully and reasonably."

Doctors say that best way to deal with anger is to find humor in the situation that has made you angry. They say that laughter is much healthier than anger.

1. Do doctors say anger is very dangerous?

2. Why do some people shout or cry?

3. What may happen to you if you express anger with strong emotion?

4. What is the best way to deal with anger?

5. What is the passage mainly about?

答案及解析：

1. Yes, they do. / Yes.

解析： 根据第一段第一句“Doctors say anger can be very dangerous.”可知答案应为“Yes, they do. / Yes.”。

2. To show their anger. / Because they want to show their anger. / To show they are angry. / Because they are angry.

解析： 根据第二段第三句“Some people are so angry that they shout or cry to show their anger.”可知答案应为“To show their anger. / Because they want to show their anger. / To show they are angry. / Because they are angry.”。

3. You may develop heart disease. / Heart disease may happen to you if you express anger with strong emotion. / You may develop heart disease if you express anger with strong emotion.

解析： 根据第四段第二句中“They believe if you express anger with strong emotion, you may develop heart disease”可知答案应为“You may develop heart disease. / Heart disease may happen to you if you express anger with strong emotion. / You may develop heart disease if you express anger with strong emotion.”。

4. To find humor in the situation that has made you angry. / To find humor in the situation that has led to your anger. / The best way to deal with anger is to find humor in the situation that has made you angry.

解析： 根据最后一段第一句“Doctors say that best way to deal with anger is to find humor in the situation that has made you angry.”可知答案应为“To find humor in the situation that has made you angry. / To find humor in the situation that has led to your anger. / The best way to deal with anger is to find humor in the situation that has made you angry.”。

5. Types of anger, danger of anger and how to deal with anger. / It is mainly about the types of anger, danger of anger and how to deal with anger. /The passage is mainly about the types of anger, danger of anger and how to deal with anger.

解析： 文章第二段讲述生气的类型，第一、三、四段讲述生气的危害，第五、六段讲如何处理愤怒的情绪。由此可知，这篇文章主要是关于生气或愤怒的种类、危害以及处理方式，因此答案应为 “Types of anger, danger of anger and how to deal with anger. / It is mainly about the types of anger, danger of anger and how to deal with anger. /The passage is mainly about the types of anger, danger of anger and how to deal with anger.”。