



讀之前
想想看

How do you feel about your face, body, and hair?

(Cathy and Helen are trying on clothes in a store.)

Cathy: Ugh. My skin is **terrible**¹, and I'm fat. It makes me sad. I worry about my appearance all the time.

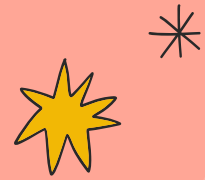
Helen: It's not that bad. You're thinking too much about it.

Cathy: Look! All these beautiful people on social media have **perfect**² hair, faces, and bodies.

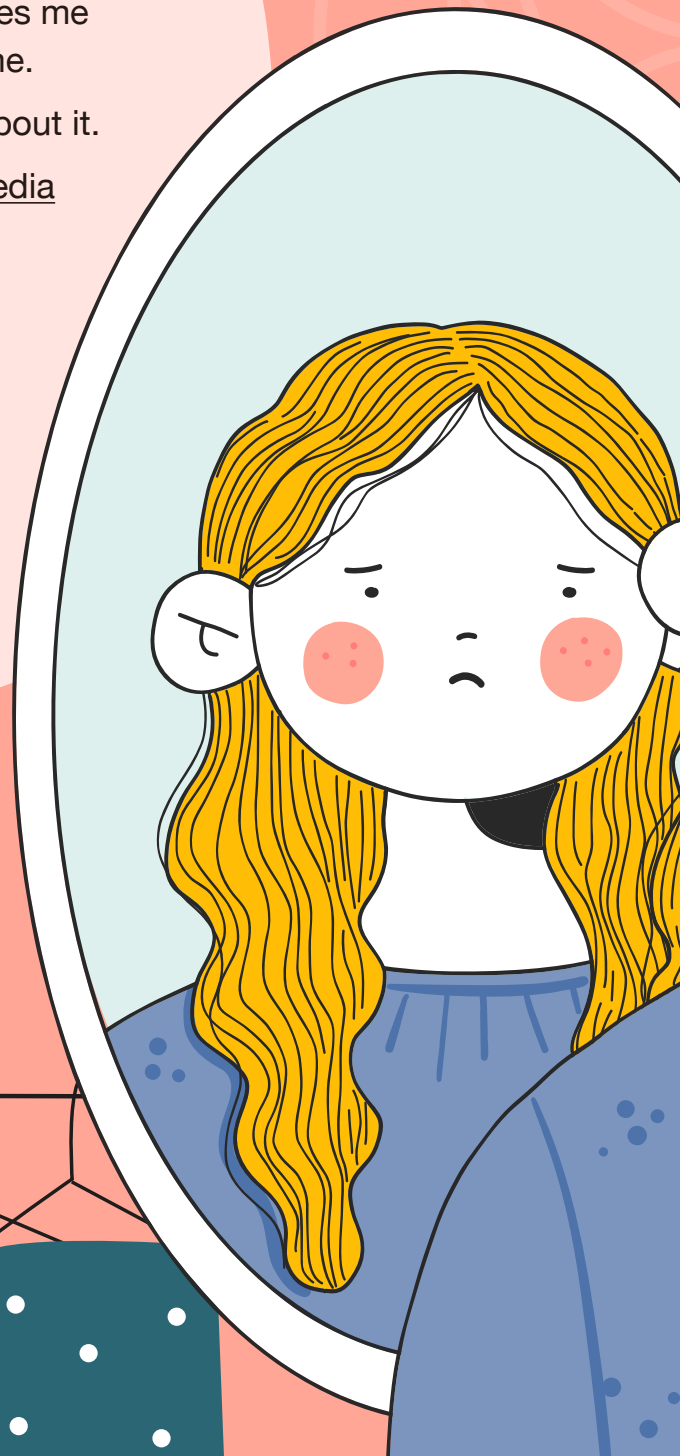
Helen: Maybe they use photo editing apps. Those photos could be fake!

Cathy: Hmm, that's true. But **even**³ **the other** girls at our school are really pretty.

Helen: You might have appearance anxiety. It can become a **serious**⁴ problem. **How about** trying to make some changes, like exercising and eating healthily? You could also learn about **taking care of** your skin. ▶



D
Appea



Dealing with Appearance Anxiety

[ə'pɪərəns][æŋ'zaɪəti] (n.) 容貌焦慮

* 擁抱獨一無二
拒絕容貌焦慮 *

by Rebecca Miller



讀之前
想想看

What are some ways to feel good about your appearance?

Apppearance anxiety is a **negative**¹ **focus** on your appearance. It may happen because of past bad **experiences**².

For example, maybe classmates at school bullied you by laughing at your appearance. This might lead you to **question yourself** and feel bad about your appearance.

Anyone can get appearance anxiety, but it's more common in young people. They may **focus** too much **on** their bodies in pursuit of a perfect appearance. Also, they may **compare**³ themselves with **others** a lot.

However, try to start thinking **positively**⁴ and learn to appreciate yourself. You could also get help from a doctor if you're really struggling. Remember: your appearance is only one part of you. **A+**



Word Power

◆ 為1200字 ◆ 為2000字 ◆ 為進階單字

◇ 1. **terrible** ['terəbl̩] *adj.* 糟糕的

The weather was **terrible** today because of the heavy rain and strong winds.

今天的天氣很糟糕，因為有豪雨跟強風。

◇ 2. **perfect** ['pɜːfɛkt] *adj.* 完美的

Molly felt proud when she got a **perfect** grade on her English test.

Molly 在英文考試得到極佳的成績時感到很驕傲。

◇ 3. **even** ['ivən] *adv.* 甚至

I was so busy today. I didn't **even** eat lunch!

我今天真的很忙，我甚至沒有吃午餐。

◇ 4. **serious** ['sɪriəs] *adj.* 嚴重的

Kevin made some **serious** mistakes, so he failed the test.

Kevin 犯了一些嚴重的錯誤，所以他考試不及格。

認識字彙 (文章中畫底線字詞)

- social media ['soʃəl] ['mɪdiə] *n.* 社群媒體
- photo editing app ['fotə] ['ɛdɪtɪŋ] [æp] *n.* 修圖軟體
- fake [feɪk] *adj.* 假的



你知道嗎？審美觀會因為文化、年齡、經歷等因素的影響而有所不同，是一種流動的概念。了解這點可以幫助我們接納自己、擺脫對容貌的過度焦慮，發現內在獨特的美 ♥

★ Magic Box ★

★ 本課「other」的用法比較

the other + Ns * 有限制範圍，指「一群體中剩下來的人或物」 * 第一天用法	The other classmates cheered loudly when Andy's team won the basketball game. 當 Andy 的隊伍贏得籃球比賽時，班上其他同學大聲歡呼。
others (pron.) = other + Ns * 未限制範圍，指「任何其他的人或物」 * 第二天用法	It's important to treat others politely. 有禮貌地對待別人是很重要的。 (此處 others 代指 other people)

★ How about ...? 表示提議

* How about ...? 可在向他人提議或徵求對方意見時使用，語氣較為委婉。

How about + **N/V-ing**?

A: What are we doing this weekend?

B: **How about going** for a hike in the mountains?

A: 我們這週末要做什么？

B: 去山上健行如何？

★ take care of (phr.) 照顧

* take 的動詞三態為 take-took-taken。

Valeria has to **take care of** her dad because he is sick.

Valeria 得照顧她爸爸，因為她爸爸生病了。

換你試試看

請圈選出正確答案。

1. A: What's our plan for this weekend?
B: How about **a. go** / **b. going** to the beach for a picnic?
2. Ellis finished his work, but **a. the other** / **b. others** are still busy.
3. There was a **a. serious** / **b. perfect** earthquake last night. Many people lost their homes and families.

解答請參閱 p. 70

7

Word Power

◇ 為1200字 ◆ 為2000字 ◊ 為進階單字

- ◆ 1. **negative** ['nɛɡətɪv] *adj.* 負面的
We have **negative** memories of that hotel.
The room was very dirty.
我們對那間旅館有很不好的回憶，它的房間非常髒。
- ◆ 2. **experience** [ɪk'spɪriəns] *n.* 經歷
Going on vacation to Guam was a fun **experience!** I want to go back.
去關島度假是個有趣的體驗，我好想再去。
- ◆ 3. **compare** [kəm'peɪ] *v.* 比較
Jessica and James **compared** their notes from class and saw lots of differences.
Jessica 和 James 比較了他們的課堂筆記，看到了許多不同之處。
- ◆ 4. **positively** ['pɒzətɪvli] *adv.* 正面地；積極地
Although Jenny had a hard time last year, she kept seeing everything **positively**.
雖然 Jenny 去年過得很不好，但是她依然正面地看待所有事情。

認識字彙 (文章中畫底線字詞)

- bully ['bʊli] *v.* 霸凌；欺負
- in pursuit of sth [ɪn] [pə'sʊt] [əv] *phr.* 追求...
- struggling ['strʌɡlɪŋ] *adj.* 掙扎的；苦惱的

換你試試看

以下畫底線的母音，哪些跟 about 的 a 有相同 [ə] 的發音？

- | | |
|-------------------|---------------------|
| ser <u>u</u> ious | exper <u>u</u> ence |
| ev <u>e</u> n | neg <u>a</u> tive |
| per <u>e</u> ct | terrib <u>e</u> |

解答請參閱 p. 70

★ Magic Box ★

★ focus 的字義辨異

(n.) 關注； 注意 *第一次用法	The focus of yesterday's talk was a healthy diet. We learned about the six food groups. 昨天演講的焦點是健康飲食，我們學到了 6 大食物分類。
(v.) 集中 (注意力) *第二次用法	* focus on sth (phr.) 專注於某事物 Winnie focuses on her work well when she is in a quiet room. 當 Winnie 身處在安靜的房間裡時，她就會非常專注於她的工作。

★ question (v.) 懷疑

Joanna began to **question** the safety of the plan. It seemed like a bad idea.
Joanna 開始懷疑這個計畫的安全性。這似乎不是個好主意。


★ 反身代名詞的用法

	主詞	反身代名詞
單數	I	myself
	you	yourself
	he	himself
	she	herself
	it	itself
複數	we	ourselves
	you	yourselves
	they	themselves

- (1) -self 或 -selves 表示「...自己」。
- (2) 主詞及受詞相同時，要用反身代名詞當受詞。
- (3) 「by + 反身代名詞」表「獨自；無他人的協助」；
by oneself = on one's own。

- I hurt **myself** when I cut vegetables, but I feel better now.
我在切菜時弄傷了自己，但我現在好多了。
- Sarah's five years old. She can tie her shoes **by herself/on her own**.
Sarah 5 歲了。她可以自己綁鞋帶。



* 你有「容貌焦慮 (Appearance anxiety)」嗎？
透過以下的小遊戲來檢視看看吧！ * 



1

I usually look in the mirror to check on my appearance.

Agree
同意

Sometimes
有時候

Disagree
不同意

2

I think my appearance is ugly and unattractive.

3

My appearance causes me a lot of pressure and bad emotions.

4

I feel my appearance affects my ability to make friends.

5

I don't want to go to school because of my appearance.

unattractive (adj.) 難看的；不吸引人的 / ability (n.) 能力



如果以上 5 個問題有其中 3 個或以上的答案是「同意」或「有時候」，那您可能對於自己的外貌有感到焦慮的跡象。此外，若某一問題讓你特別困擾，也請多加留意。在自己能力範圍內加以改善，並且學會欣賞自己不那麼完美的地方，慢慢試著克服它吧。