

词汇: *habits* 习惯

Have you ever **made a promise** to yourself that you didn't keep? Commonly, when the new year ticks over, we make **resolutions**: going to the gym, studying harder or **giving up** a bad habit. Sadly, not long after we've made the promise, we often end up **breaking** them. But what if you want to create a new good habit? Well, it's possible, but **willpower** might not be the only thing you need.

The basic idea of a habit is something we do almost **unconsciously**, as if you're **on autopilot**. An example of this would be having breakfast or saying 'please' and 'thank you'. Good habits can be part of your **daily routine**. But if we don't have those habits, how can we create them? According to a study published by the European Journal of Social Psychology, it takes an average of 66 days to **form** a new habit. However, relying only on **determination** may not be the answer.

Questioning why you want something to be the **norm** rather than relying on your **resolve** could be the key. Do you want to lose weight because you want to be healthier or feel more attractive? The issue is, willpower could be subject to your mood – a bad mood may mean you don't want to do something.

You should also avoid trying to change too much at once – remember that it's a case of **baby steps**. Giving up all your favourite foods, going to the gym, and stopping drinking at the same time will probably result in failure rather than **sustainable practice**. And don't worry about failing – just start again!

Finally, don't do things outside your **comfort zone**. If you hate mushrooms, don't **persevere** and try to add them to your diet just to be healthier. Eat something you like! It might not be quick, but if you follow these tips, you may be able to **change something for the better** or **kick** a bad habit.

词汇表

make a promise	作出承诺
resolution	决定, 决心
give up	戒除 (习惯)
break	打破, 违背 (诺言)
willpower	意志力, 毅力
unconsciously	不知不觉地
on autopilot	(像开启自动驾驶模式一样) 无意识地做, 习惯性地做
daily routine	例行公事, 日常琐事
form	养成 (习惯)
determination	决心
norm	常态
resolve	(正式的) 决心, 决意
baby step	(为实现目标迈出的) 小步
sustainable	可持续的, 能长期坚持的
practice	做法, 惯例
comfort zone	舒适区
persevere	锲而不舍, 持之以恒
change something for the better	改进, 使...变得更好
kick	改掉, 戒除 (坏习惯)

测验与练习

1. 阅读课文并回答问题。

1. What is the basic definition of a habit?
2. According to a study, how long does it take to form a new habit?
3. True or False? *Willpower is the most important thing people need to create a new habit.*
4. What potential issue is willpower subject to?
5. How fast should we change things when trying to create a new habit?

2. 选择意思恰当的单词或词组来完成下列句子。

1. That's really strange – most definitely not the _____.

norm	practice	baby steps	comfort zone
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2. We need to approach this really carefully and take _____.

kick	baby steps	practice	norm
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3. I feel a bit unsure about this – it's out of my _____.

baby steps	solve	comfort zone	kick
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4. Sometimes I do things without thinking, as if I'm on _____.

autopilot	baby steps	kick	norm
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5. You need to _____ that habit! It's disgusting.

norm	kick	comfort zone	practice
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答案

1. 阅读课文并回答问题。

1. What is the basic definition of a habit?

Something we do almost unconsciously, as if we're on autopilot.

2. According to a study, how long does it take to form a new habit?

It takes an average of 66 days to form a new habit.

3. True or False? *Willpower is the most important thing people need to create a new habit.*

False. Questioning why you want something to be the norm rather relying on your resolve could be the key to creating new habits.

4. What potential issue is willpower subject to?

The issue is willpower could be subject to your mood – a bad mood may mean you don't want to do something.

5. How fast should we change things when trying to create a new habit?

You should avoid trying to change too much at once – remember that it's a case of baby steps.

2. 选择意思恰当的单词或词组来完成下列句子。

1. That's really strange – most definitely not the **norm**.

2. We need to approach this really carefully and take **baby steps**.

3. I feel a bit unsure about this – it's out of my **comfort zone**.

4. Sometimes I do things without thinking, as if I'm on **autopilot**.

5. You need to **kick** that habit! It's disgusting.