

次の英文を読んで、設問に答えよ。(\*印の語には注がある。)

The brain is especially susceptible to temptation when we're feeling bad. Scientists have come up with clever ways to stress out their laboratory subjects\*, and the results are always the same. When smokers imagine a trip to the dentist, they experience extreme cravings\* for a cigarette. When binge-eaters\* are told they will have to give a speech in public, they crave high-fat, sugary foods.

Why does stress lead to cravings? It's part of the brain's rescue mission. We know how stress prompts a fight-or-flight\* response, a coordinated set of changes in the body that allows you to defend yourself against danger. But your brain isn't just motivated to protect your life — (2) it wants to protect your mood, too. So whenever you are under stress, your brain is going to point you toward whatever it thinks will make you happy. Neuroscientists\* have shown that stress — including negative emotions like anger, sadness, self-doubt, and anxiety — shifts the brain into a reward-seeking state. (3) You end up craving whatever substance or activity your brain associates with the promise of reward, and you become convinced that the "reward" is the only way to feel better. For example, when a cocaine addict\* remembers a fight with a family member or being criticized at work, his brain's reward system becomes activated, and he experiences intense cravings for cocaine. The stress hormones released during a fight-or-flight response also increase the excitability of your dopamine neurons\*. That means that when you're under stress, any temptations you run into will be even more tempting. For example, one study compared the appeal of chocolate cake to participants before and after they were made to feel bad about themselves by thinking about their personal failures. Feeling bad made the cake look better to everyone, but (4) even people who had said they did not like chocolate cake at all suddenly expected that the cake would make them happy.

In moments far away from stress, we may know that food doesn't really make us feel better, but this clarity flies out the window when we're stressed out and the brain's reward system is screaming at us, "There's a pint of Ben and Jerry's\* in the freezer!" Stress points us in the wrong direction, away from our clear-headed wisdom and toward our least helpful instincts. That's the power of the one-two punch of stress and dopamine: We are drawn back again and again to coping strategies that don't work, but that our primitive brains persistently believe are the gateway to bliss. 大脑的冲动 应激策略

The promise of reward combined with the promise of relief can lead to all sorts of illogical behavior. For example, one economic survey found that women worried about their finances shop to cope with their anxiety and depression. Yes, you read that right: shop. It defies reason — they're just adding to their credit card debt, which will make them feel even more overwhelmed down the road. But it makes perfect sense to a brain that just wants to feel better now. If you believe at some level that buying things makes you feel better, you will shop to relieve debt-induced stress. Binge-eaters who feel ashamed of their weight and lack of control around food turn to — what else? — more food to fix their feelings. Procrastinators\* who are stressed out about how behind they are on a project will put it off even longer to avoid having to think about it. In each of these cases, the goal to feel better conquers the goal of self-control.

注 subjects\* 被験者 cravings\* 強い欲求

binge-eaters\* 過食症の発作により、一時に大量に食べる人

fight-or-flight\* 立ち向かうか、逃げるか、二者択一の

addict\* (違法薬剤等の)常習者

dopamine neurons\* (快感に関わる脳内神経伝達物質)ドーパミンを放出する神経単位

Ben and Jerry's\* 米国製アイスクリームブランド

Procrastinators\* するべき仕事を先延ばしにする人。

設問 (1) 生徒者に介くと想像する時、大前でスデ一チはくははるかいとちわめため

1. 下線部(1)の具体例をこの段落の中から選び出して、日本語で記せ。
2. 下線部(2)はどのようなことを指すか、日本語で具体的に記せ。
3. 下線部(3)を和訳せよ。
4. 下線部(4)の事例がいわんとすることはどのようなことか、日本語で述べよ。
5. 下線部(5)と似た内容を含む語句(10語以内)をこの段落から、英語で抜き出せ。
6. 下線部(6)の指す内容のうち、一例を選び、日本語で要約せよ。
7. 下線部(7)の具体的な内容を、この段落の記述に基づいて、日本語で記せ。

3 最後は、あなたは、あなたの脳が、報復の目玉を、総てに、インテリゲンチヤが、活動しても、強くなる。

その報西州、ガ友分を良くする唯一の方法だと確信する。

7.17 = 感謝の日 余が好キエロにまねても  
 7.18 = 感謝の日 余が好キエロにまねても  
 7.19 = 感謝の日 余が好キエロにまねても  
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 7.30 = 感謝の日 余が好キエロにまねても  
 7.31 = 感謝の日 余が好キエロにまねても

4. Be wise - learn wisdom and toward our best helpful instincts

5. From our great - physical wisdom and knowledge (通達の人、先賢はしに可る人) 全感所一、之安が女子方、その不安を解消するために買、物を可るに