

心理與人際關係

Practice Worksheet

A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 關係 (n.) _____
2. 溝通 (n.) _____
3. 同理心 (n.) _____
4. 同情 (n.) _____
5. 衝突 (n.) _____
6. 妥協 (v./n.) _____
7. 信任 (n./v.) _____
8. 忠誠 (n.) _____
9. 紐帶 (n.) _____
10. 親密 (n.) _____
11. 個性 (n.) _____
12. 氣質 (n.) _____
13. 內向者 (n.) _____
14. 外向者 (n.) _____
15. 自尊 (n.) _____

B. Grammar - Choose the correct answer

1. She seems ____ recovered from the breakup.
(A) to (B) to have
(C) having (D) have
2. I would rather ____ than lose a friend.
(A) apologize (B) apologizing
(C) apologized (D) to apologize
3. By the time he apologized, she ____ already left.
(A) has (B) had
(C) have (D) was

4. It was not until she left ____ he realized.
(A) when (B) which
(C) that (D) where
5. Emotional intelligence ____ be improved at any age.
(A) should (B) can
(C) must (D) need
6. Practice ____ to reduce stress.
(A) mindful (B) mindfulness
(C) mindfully (D) minding
7. She'd rather be honest ____ pretend.
(A) then (B) that
(C) to (D) than
8. By the time therapy ends, she ____ learned new skills.
(A) would (B) will
(C) will have (D) has
9. Setting healthy ____ is essential.
(A) bonds (B) boundaries
(C) barriers (D) balances
10. People with high EQ tend ____ more successful.
(A) be (B) being
(C) to be (D) been

C. Listening - Go to learn.chparenting.com to listen

1. 心理學家對情商的看法？
(A) IQ is more important than EQ.
(B) EQ is as important as IQ for success.
(C) EQ only affects careers.
2. 研究發現什麼？
(A) Social media improves mental health.
(B) 4+ hours of social media doubles loneliness risk.
(C) All social media use is harmful.
3. 治療師說什麼是關係破裂的主因？
(A) Big arguments cause breakdowns.
(B) Gradual loss of connection is the top cause.
(C) Therapy never works.
4. 冥想對焦慮有什麼效果？
(A) Meditation has no proven effects.
(B) 10 minutes daily reduces anxiety by up to 40%.
(C) Only 60-minute sessions work.

5. 健康界線的重要性?

- (A) Boundaries hurt relationships.
- (B) Healthy boundaries are essential for good relationships.
- (C) Boundaries should be flexible always.

D. Reading - Go to learn.chparenting.com to read the passage

1. What does EQ encompass?

- (A) Only academic skills
- (B) Emotional abilities for life success
- (C) Physical fitness
- (D) Financial knowledge

2. What are the four components of EQ?

- (A) Reading, writing, speaking, listening
- (B) Self-awareness, self-management, social awareness, relationship management
- (C) Logic, memory, creativity, speed
- (D) Happiness, sadness, anger, fear

3. What do leaders with high EQ create?

- (A) More rules
- (B) More positive work environments
- (C) Higher salaries
- (D) Larger teams

4. Can EQ be improved?

- (A) No, it's fixed like IQ
- (B) Yes, through practices like mindfulness
- (C) Only in childhood
- (D) Only with medication

5. What is EQ NOT about?

- (A) Understanding emotions
- (B) Learning from feelings
- (C) Suppressing emotions
- (D) Using emotions as information

