

词汇: *living life* 生活

‘**Life is for living**’, according to the well-used expression: What we choose to do is up to us. That may not be completely true, but there is no harm in dreaming about what we’d like to achieve in our life. Many of us write a list of things we’d like to do before we die – often called a **bucket list**.

Bucket lists have been called ‘the greatest hits of your life’ and have helped some people overcome **anxiety** which would have stopped them following their dreams. Some of us may choose to write one to fill our life with exciting and new **experiences** – from **skydiving** to swimming with sharks – the list is unlimited.

This is something the BBC radio programme All In The Mind has been looking at. It heard from a blogger called Annette White who said she made a promise to live her bucket list which “continuously pushes the **comfort zone to its limits** and beyond it.” Such a list can be exciting and can indeed help you plan your life and give you **focus**. When the BBC reporter Helen Fawkes knew she was suffering from incurable ovarian cancer, she **took comfort** in drawing up a bucket list - although she called it her ‘list for living’ because these were things for making the most of life. Sadly, she was not able to achieve all of her 50 things before she died at the age of 45.

Creating a bucket list can certainly give us hope, but some people have argued it can be used as a **coping strategy** to try to control something **uncontrollable** – death. Clinical psychologist Linda Blair told the BBC that she was “not really **in favour of** bucket lists... [they] take you away from the chance to be **spontaneous**.” It’s probably true that a list can encourage people to follow someone else’s idea of the perfect life. And also, following a fixed list of **goals** makes you less **impulsive** - your aims and wishes might change as you approach the day when you finally **kick the bucket**.

But why not at least dream of what we would like to do? Why not **reach for the stars**, even if we only reach the sky? Whether we want to plan it or just see what happens, we don’t know what tomorrow will bring, so maybe we should **live for today**.

词汇表

life is for living	活出精彩
bucket list	人生愿望清单
anxiety	焦虑
experience	经历
skydiving	跳伞运动
comfort zone	舒适区
to its limits	到……最大限度
focus	专注的重点，中心
take comfort	从……中得到安慰
coping strategy	应对策略
uncontrollable	无法控制的
in favour of	支持，赞同
spontaneous	自发的，本能的
goal	目标
impulsive	冲动的
kick the bucket	死亡
reach for the stars	追求难以实现的东西
live for today	活在当下

测验与练习

1. 阅读课文并回答问题。

1. How many things were on BBC reporter Helen Fawkes 'list for living'?
2. True or false? *According to the article, a bucket list is uncontrollable.*
3. According to the article, what can stop you being impulsive in what you do?
4. Why should we not wait until tomorrow to do something?
5. How many things should we have on a bucket list?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Dan needs to be pushed out of his _____ if he wants to further his career.

comforting zone comfortable zone comfort zone comfort zones

2. News that someone had spotted our missing cat _____ that she will eventually return home.

reach for the stars gave us hope took comfort in favour of

3. We chose Thailand _____ Vietnam for our holiday because we got a good price for a flight.

in favour of at favour of in favour off in favourite of

4. The audience was so impressed with his speech, they broke into _____ applause even before he had finished.

impulsive to its limits focus spontaneous

5. Finally, my old car has decided to _____. I am going to have to buy a new one.

kicked the bucket kick the buckets kick the bucket kick a bucket

答案

1. 阅读课文并回答问题。

1. How many things were on BBC reporter Helen Fawkes 'list for living'?

She had 50 things on her list. She was not able to achieve all of them before she died.

2. True or false? *According to the article, a bucket list is uncontrollable.*

False. Some people have argued that a bucket list can be used as a coping strategy to try to control something uncontrollable – death.

3. According to the article, what can stop you being impulsive in what you do?

Following a fixed list of goals might make you less impulsive.

4. Why should we not wait until tomorrow to do something?

According to the author, we don't know what tomorrow will bring so maybe we should live for today.

5. How many things should we have on a bucket list?

As few or many things as you like – the list is unlimited.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Dan needs to be pushed out of his **comfort zone** if he wants to further his career.

2. News that someone had spotted our missing cat **gave us hope** that she will eventually return home.

3. We chose Thailand **in favour of** Vietnam for our holiday because we got a good price for a flight.

4. The audience was so impressed with his speech, they broke into **spontaneous** applause even before he had finished.

5. Finally, my old car has decided to **kick the bucket**. I am going to have to buy a new one.