

英 語 問 題

はじめに、これを読みなさい。

1. この問題用紙は 20 ページある。ただし、白紙はページ数に含まない。
2. 解答用紙に印刷されている受験番号が正しいかどうか、受験票と照合して確認すること。
3. 監督者の指示にしたがい、解答用紙の氏名欄に氏名を記入すること。
4. 解答は、すべて解答用紙の所定欄にマークするか、または記入すること。
所定欄以外のところには何も記入しないこと。解答欄は裏面にもある。
5. 問題が指示する数より多くマークしないこと。
6. 解答は、必ず鉛筆またはシャープペンシル(いずれも HB・黒)で記入すること。
7. 訂正する場合は、消しゴムできれいに消し、消しくずを残さないこと。
8. 解答用紙は、絶対に汚したり折り曲げたりしないこと。
9. 解答用紙は持ち帰らず、必ず提出すること。
10. 問題冊子は、必ず持ち帰ること。
11. 試験時間は 70 分である。
12. マークシート記入例

良い例	悪い例
	

I 次の英文を読んで設問に答えよ。

Taking the Bad with the Good

A client sits before me, seeking help untangling his relationship problems. As a psychotherapist*, I strive to be warm, nonjudgmental and encouraging. I am a bit unsettled, then, when in the midst of describing his painful experiences, he says, "I'm sorry for being so negative."

^(A)_____ goal of therapy is to learn to acknowledge and express a full range of emotions, and here was a client apologizing for doing just that. In my psychotherapy practice, many of my clients struggle with highly distressing emotions, such as extreme anger, or with suicidal thoughts. In recent years, I have noticed an increase in the number of people who also feel guilty or ashamed about what they perceive to be negativity. Such reactions undoubtedly stem from our culture's overriding bias toward positive thinking. Although positive emotions are worth cultivating, problems arise when people start believing they must be upbeat all the time.

In _____, ^(B)anger and sadness are an important part of life, and new research shows that experiencing and accepting such emotions are _____ ^(C)to our mental health. Attempting to suppress thoughts can backfire and even diminish our sense of contentment. "Acknowledging the complexity of life may be an especially fruitful path to psychological well-being," says psychologist Jonathan Adler.

Positive thoughts and emotions can, of course, benefit mental health. Hedonic theories define well-being as the presence of positive emotion, the relative absence of negative emotion and a sense of life satisfaction. Taken to an extreme, however, that definition does not fit with the messiness of real life. In addition, people's outlook can become so rosy that they ignore dangers or become complacent.

On the other hand, unpleasant feelings are just as important as the enjoyable

ones in helping you make sense of life's ups and downs. "Remember, one of the primary reasons we have emotions in the first place is to help us evaluate our experiences," Adler says.

Adler and Hershfield investigated the link between mixed emotional experience and psychological welfare in a group of people undergoing 12 sessions of psychotherapy. Before each session, participants completed a questionnaire that assessed their psychological well-being. They also wrote narratives describing their life events and their time in therapy, which were coded for emotional content. The researchers discovered that feeling cheerful and depressed at the same time preceded improvements in well-being over the next week or two for subjects, even if the mixed feelings were unpleasant at the time. "Taking the good and the bad together may detoxify the bad experiences, allowing you to make meaning out of them in a way that supports psychological well-being," the researchers found.

^(E) _____ emotions also most likely aid in our survival. Bad feelings can be vital clues that a health issue, relationship or other important matter needs attention, Adler points out. The survival value of negative thoughts and emotions may help explain why suppressing them is so fruitless.

Even if you ^(F) _____ avoid contemplating a topic, your subconscious may still dwell on it. In a 2011 study, psychologist Richard Bryant told some participants, but not others, to suppress an unwanted thought prior to sleep. その考えを抑えようとした人たちは、そのことをなおさら夢に見ると報告した。この現象は「夢の反動」と呼ばれている。

^(G) _____ thoughts and feelings can even be harmful. In 2012, psychotherapist Eric Garland measured a stress response based on heart rate in 58 adults in treatment for alcohol dependence while exposing them to alcohol-related cues. Subjects also completed a measure of their tendency to suppress thoughts. The researchers found that those who restrained their thinking more often had stronger stress responses to the cues than did those who suppressed their thoughts less frequently.

_____ backing away from negative emotions, accept them. Acknowledge
(ii) how you are feeling without rushing to change your emotional state. Many people find it helpful to breathe slowly and deeply while learning to tolerate strong feelings or to imagine the feelings as floating clouds, as a reminder that they will pass. I often tell my clients that a thought is just a thought and a feeling just a feeling, nothing more. If the emotion is overwhelming, you may want to express how you feel in a journal or to another person. The exercise may shift your perspective and bring a sense of closure. If the discomfort lingers, consider taking action. You may want to tell a friend her comment was hurtful or take steps to leave the job that makes you miserable.

You may also try doing meditation exercises to help you become aware of your present experience _____ passing judgment on it. One way to train yourself
(1) to adopt this state is to focus on your breathing while meditating and simply acknowledge any fleeting thoughts or feelings. This practice may make it easier to accept unpleasant thoughts. Psychologist Shannon Sauer-Zavala found that a therapy that included mindfulness training helped individuals overcome anxiety disorders. It worked not by minimizing the number of negative feelings but by training patients to accept those feelings.

“It is _____ to avoid negative emotions altogether because to live is to
(j) experience setbacks and conflicts,” Sauer-Zavala says. Learning how to cope with those emotions is the key, she adds. Indeed, once my client accepted his thoughts and feelings, shaking off his shame and guilt, he saw his problems with greater clarity and proceeded down the path to recovery.

Adapted from Tori Rodriguez, ‘Taking the Bad with the Good.’ In *Scientific American Mind*. May/June, 2013, pp. 26-27

psychotherapist* 心理療法医

1 次の各問の答えを①～④の中から選び、その番号をマークせよ。なお、(K)については、その指示に従って答えること。

(A) 空欄に入れるべき最も適切なものは次のどれか。

- ① A crucial
- ② An insignificant
- ③ A trivial
- ④ An impossible

(B) 空欄に入れるべき最も適切なものは次のどれか。

- ① contrast
- ② fact
- ③ the way
- ④ addition

(C) 空欄に入れるべき最も適切なものは次のどれか。

- ① fatal
- ② unimportant
- ③ full of energy
- ④ absolutely necessary

(D) detoxify の意味に最も近いものは次のどれか。

- ① retain poisons in
- ② make bearable
- ③ abstain from
- ④ amplify the effects of

(E) 空欄に入れるべき最も適切なものは次のどれか。

- ① Negative
- ② Positive
- ③ Intense
- ④ Mild

(F) 空欄に入れるべき最も適切なものは次のどれか。

- ① generously
- ② unfortunately
- ③ single-handedly
- ④ successfully

(G) 空欄に入れるべき最も適切なものは次のどれか。

- ① Suppressing
- ② Studying
- ③ Measuring
- ④ Participating

(H) 空欄に入れるべき最も適切なものは次のどれか。

- ① As to
- ② Right after
- ③ Just as
- ④ Instead of

(I) 空欄に入れるべき最も適切なものは次のどれか。

- ① while
- ② before
- ③ after
- ④ without

(J) 空欄に入れるべき最も適切なものは次のどれか。

- ① impressive
- ② imperfect
- ③ impossible
- ④ immune

(K) 下線部 その考えを抑えようとした人たちは、そのことをなおさら夢に見ると報告した。この現象は「夢の反動」と呼ばれている。を英訳すると、例えば、次のような英文になる。

Those (1) (2) to (3) the thought (4) dreaming about it more, a phenomenon (5) dream rebound.

上記の英文には空所が5つある。適切な語で空所を補え。ただし、次の〔 〕内の単語は、必ず1度ずつ使い、必要に応じて適切な形に変えてから補うこと。なお、解答は解答用紙の(1)～(5)の場所に1語ずつ記入すること。

[call, report, suppress, try, who]

2 本文の内容に照らし、次の各問の答えを①～④の中から選び、その番号をマークせよ。

(L) What does the title of this reading 'Taking the Bad with the Good' mean?

- ① Taking both good and bad together can damage your psychological health.
- ② You should allow yourself to accept both positive and negative experiences.
- ③ You ought to take any good opportunities and ignore any bad consequences.
- ④ Both the good and bad studies into psychological well-being should be considered.

- (M) Why does the writer say 'I am a bit unsettled'?
- ① Because he is not yet prepared to hear what the client wants to say.
 - ② Because he is surprised to hear a negative comment from the patient.
 - ③ Because he does not think patients should apologize for describing negative experiences.
 - ④ Because his clients pay him a high fee to listen to their negative comments so they are rarely polite enough to say sorry.
- (N) Which of the following is NOT mentioned with regard to 'Hedonic theories'?
- ① Mental health is viewed as a positive emotion and feeling satisfied.
 - ② People may only think about good things, overlooking dangers.
 - ③ Focusing only on positive emotion may not match life which includes unfortunate events.
 - ④ Unpleasant feelings help people to understand life's ups and downs.
- (O) According to the passage, 'Adler and Hershfield investigated the link between mixed emotional experience and psychological welfare'. Which of the following best describes their study?
- ① People were asked to attend group therapy, answer a questionnaire and write about their experience.
 - ② People were asked to prepare a questionnaire during a group therapy session and write a narrative about the experience.
 - ③ People shared narratives during a group therapy session then answered a questionnaire about psychological assessment.
 - ④ People coded narratives derived from questionnaires collected during a group therapy session about psychological well-being.

(P) The writer suggests that people 'imagine the feelings as floating clouds'.

What is the purpose of this exercise?

- ① To help them to feel confident about passing their exams
- ② To help people to be aware of their emotions without becoming too attached
- ③ To help distinguish between thoughts and feelings but nothing else
- ④ To serve as an image to develop slow deep breathing to improve physical health

(以下の問題Ⅱ, Ⅲ, Ⅳについては, 解答用紙の裏面にマークすること。)

Ⅱ 次の英文を読んで設問に答えよ。

Taking care of an aging smartphone — until the end

I thought I had bought a smartphone, but I ended up with a dumb phone instead. It's probably my fault for not asking for documentation showing it had passed an IQ test. My phone is not smart enough to pass university entrance exams, the Eiken test or the TOEIC test. I admit there are frustrating times, but it doesn't mean I love my phone _____ than smarter smartphones.

When I first bought my phone, it was the brand-spanking new, touchpad, GPS-enhanced, slimmed down version. But after three years, my S-Phone* started showing signs of aging. I ignored the warning signs, mistaking them for getting old. After all, there was still plenty of memory left in the beloved old girl. At her age, it was _____ that her reaction time would slow down. It took her longer to open her camera shutter and I was begging my friends to "Keep smiling, a little more, a little more, *chiiiiizu*, *chiiiiizu*, keep smiling!" My friends endured as my phone took its time to snap a photo. They were patient despite developing finger pains from holding up the peace sign multiple times for each photo. When we all exchanged our photos via email, my pictures were just as good as theirs; probably even better since my S-Phone was more experienced. She'll be all right, I convinced myself, as I tried to remember when exactly I had bought her.

Yes, my phone was fine, for a while. Then one morning, her shutter stopped working completely. I transferred all the photos to my computer's hard drive, thinking the photos might be _____ for her remaining memory. It didn't seem to help, though. Next, it took longer to download email. Perhaps it was time I took her in for a check-up at the S-Phone store.

I made _____ by a qualified technician. I arrived five minutes early for

my 10 a.m. appointment, checked in with the receptionist and sat down. There were no glossy magazines to read, just screens that fed you the same S-Phone advertisements over and over again. I waited. And waited. I hooked up my phone to a docking station to recharge her. It was like hooking her up to life support. I couldn't believe that at just three and a half years it had already come to this. If one S-Phone year is worth 25 human years, my S-Phone is 87 years old, and on its deathbed.

At 10:30 a.m., I approached the receptionist again, who made a technician suddenly appear. I handed him my phone. "A 3GS!" he said, looking astonished. "It's been a while since I've seen one of these," he added. "Let's see," he said, running his thumb up her smooth back. His finger stopped at a scar along the seam on one side. "You've opened her up before?" he asked. "Just to replace the battery once," I said, referring to an illicit operation overseas, where I paid a guy in a street stall with improper tools to pry open the skeleton and insert a new S-Phone battery.

I told the technician the phone's problems, including all the symptoms. I started with the camera problem and moved on into the problems synchronizing it with my PC. "We'll have to take her into the back and take a better look inside to see if it's a hardware problem," he said, disappearing behind a curtain with my phone. But I had a feeling I already knew the answer.

It was a nervous 10 minutes while waiting in the lobby. What could be wrong? She'd never had a virus. Was it all those applications I downloaded? Or perhaps it was a diet of unhealthy bad music downloads that did her in. Maybe I should have bought that S-Phone insurance after all. Surely there is something I can do. OK, I admit that a part of not wanting to let her go was because I knew I'd have to pay another ¥80,000 to replace her. You can bet I was going to extend my phone's life as much as possible before parting with her and ¥80,000 at the same time!

The technician came out from behind the curtain and handed back my

S-Phone. "It's in the hardware," he reported. "There's nothing more we can do." I knew he was implying that her problems were terminal. Just when I thought I detected a tear in the corner of his eye, he tried to sell me on the next S-Phone model. How dare he, so soon after the dismal prognosis** on this one? "I'm afraid you're going to start having more and more problems with your phone," he said, abandoning the "S" in S-Phone this time.

Fine. I took my dear in my arms and left the store. My S-Phone wasn't going to end up in a pile of wasted plastic, semiconductors and rare earth materials just because she was getting old. _____, she still made phone calls. I could live without the camera. She just needed some home care. I wasn't even beyond taking a trip to the local shrine for a blessing and a prayer for technical miracles from the Shinto priest. I'll take care of my S-Phone until the end.

Adapted from Amy Chavez, 'Taking care of an aging smart phone — until the end.' In *Japan Times*. May 18, 2013

S-Phone* 架空の商品名

prognosis** 病気の経過見通し

1 次の各問の答えを①～④の中から選び、その番号をマークせよ。

(A) 空欄に入れるべき最も適切なものは次のどれか。

- ① any more
- ② any less
- ③ much more
- ④ somewhat less

(B) 空欄に入れるべき最も適切なものは次のどれか。

- ① less likely
- ② just unusual
- ③ only natural
- ④ highly unbelievable

(C) 空欄に入れるべき最も適切なものは次のどれか。

- ① too much burden
- ② too many burdens
- ③ too much a burden
- ④ too much of a burden

(D) 空欄に入れるべき語・語群が次にそれぞれ示されている。それらを最も適切な順に並べよ。そして、その2番目と4番目にくる番号の組み合わせを①～④の中から選び、その番号をマークせよ。ただし、左側が2番目、右側が4番目の番号とする。

- | | | |
|-------------|--------------|------------------|
| 1 evaluated | 2 have | 3 an appointment |
| 4 to | 5 my S-Phone | |

- ① 4 - 5
- ② 4 - 1
- ③ 1 - 2
- ④ 2 - 1

(E) 空欄に入れるべき最も適切なものは次のどれか。

- ① On the contrary
- ② For example
- ③ As a result
- ④ After all

2 本文の内容に照らし、次の各問の答えを①～④の中から選び、その番号をマークせよ。

(F) What is the passage mainly about?

- ① Upgrading an old style mobile phone to a smart phone
- ② A problem caused by using the phone illegally overseas
- ③ Taking an old S-Phone to the shop to try to get it repaired
- ④ A phone which becomes completely unusable after just three and a half years

(G) What is the main implied metaphor for the writer's phone?

- ① An aging person who is old and sick
- ② A pet that has had a serious accident
- ③ A car that is becoming too expensive to repair
- ④ A disobedient child that is not behaving appropriately

(H) What time did the writer go home?

- ① Soon after 9:55 a.m.
- ② Soon after 10:00 a.m.
- ③ Soon after 10:30 a.m.
- ④ Soon after 10:40 a.m.

(I) Which of the following does the writer NOT mention as the cause of the problems?

- ① The phone is getting old.
- ② She didn't recharge her phone regularly.
- ③ She downloaded too many applications.
- ④ She replaced the battery overseas.

- (J) What does the technician expect the writer to do?
- ① Buy a replacement
 - ② Use the phone as usual
 - ③ Pay for expensive repairs
 - ④ Continue to use the phone and experience problems

Ⅲ 以下の空欄に入れるべき最も適切なものは次のどれか。

(A) Taro _____ you at your place yesterday, because he was in the hospital and remained unconscious all day yesterday.

- ① would meet
- ② would not meet
- ③ could have met
- ④ could not have met

(B) I _____ told you about the change in the schedule, but I forgot to do so.

- ① must have
- ② should have
- ③ must not have
- ④ should not have

(C) It is interesting that _____ are from Asia.

- ① most of my friends
- ② almost of my friends
- ③ almost my friends
- ④ my most friends

(D) The doctor told John that he should _____ for the sake of his health.

- ① have stopped to smoke
- ② stop to smoke
- ③ stop smoking
- ④ not smoking

(E) John _____ in California, but he was transferred to Alaska three years ago.

- ① was used to work
- ② used to work
- ③ was used to worked
- ④ used to working

(F) I can see that some of the roofs are painted brown, _____ red, and the rest black.

- ① all the others
- ② the other
- ③ others
- ④ another

(G) Our little sister Jane is such a nice girl _____ everyone likes her.

- ① that
- ② why
- ③ who
- ④ which

(H) Although we _____ for more than an hour, nobody complained.

- ① had kept ourselves waited
- ② kept being waiting
- ③ have been kept waited
- ④ had been kept waiting

(I) "I'm going to Portland next month and will probably be seeing the Smiths."

"Really? Well, please _____ to them."

- ① get your best
- ② give my best
- ③ get your first
- ④ give my first

(J) "You should contact Mr. Jones for advice."

"This is not your affair. Mind _____ business."

- ① your own
- ② his personal
- ③ my real
- ④ our actual

(K) "No one can swim faster than Bob. _____ for it."

"Is that so? I thought John was the fastest swimmer in our school."

- ① Get the word
- ② Make your word
- ③ Take my word
- ④ Have your word

(L) Tom is _____ to talk to.

- ① likely
- ② willing
- ③ eager
- ④ easy

(M) The town has changed _____ recognition.

- ① beyond
- ② for
- ③ in
- ④ by

(N) The 5% price rise is well _____ the limits set by the government.

- ① for
- ② in
- ③ on
- ④ within

(O) The glory that Abebe Bikila earned as world marathon hero will never fade even if his record _____ fall.

- ① ought
- ② would
- ③ should
- ④ could

- IV 次の(A)~(E)の空所に入れるものとして、①~③の中から適切な文を選んで、その番号をマークせよ。ただし、同じ文を2度以上使ってはならない。

Situation: Masuka meets George on a street in London.

Masuka: Morning, George. George ... !

George: Oh, Masuka! Hi, how are you doing?

Masuka: I'm OK. Didn't you see me George?

George: _____ That mask is quite a disguise. What is up with the
(A) mask anyway? It looks kind of weird.

Masuka: Really? Do you think it looks strange? I just have a bit of a cold so I put it on. Don't people wear masks in Britain?

George: Well, no. I mean, how many people do you see wearing masks around here?

Masuka: _____ Do you mean to tell me British people don't wear masks
(B) even if you get a cold or whatever?

George: I guess, surgeons wear them for operations to avoid infections from patients but I've never heard of anyone wearing them when they get sick.

Masuka: Really? The mask helps protect me from sneezing over everyone around me. I mean, it would be rude to just wander around sneezing everywhere, right?

George: You have lost me there. I can't see how having the misfortune to have a cold could be rude. In fact, I think most people would think hiding behind a mask would be more offensive.

Masuka: _____

George: _____ To be honest, Masuka, I do feel a bit uncomfortable because it looks
(C) like you are hiding from me, or something. It would probably be the perfect disguise if you were a bank robber, but more than that, it just looks very odd.

Masuka: Yeah, but masks protect people from infection.

George: _____ But isn't it a bit of an overkill for a cold?

Masuka: ^(D) But the principle is the same. In crowded cities, not wearing a mask means you are just spreading your cold freely, so it is socially irresponsible.

George: I think I am beginning to see your point. But isn't it partly one of those cultural things that people do in Japan to shut themselves off from other people? Like rather than talk about something unpleasant, people will kind of cover it up with some meaningless small talk.

Masuka: I think you have been reading too many books on cultural differences. Besides, here you are sitting in your dark sunglasses on a cloudy British day in the city! I can't even see your eyes! In Japan, people who want to keep hidden such as gangsters or celebrities don't wear masks, they wear sunglasses like you!

George: I see what you are saying. How about we both drop our disguises? You take off your mask and I'll remove my sunglasses.

Masuka: OK, I will if you will!

George: After three then: One, two ... three!

Masuka: _____

George: ^(E) Me too! Ha, ha!

- ① Hmm, none, I guess.
- ② I'm only kidding you!
- ③ Ah, I feel so liberated.
- ④ Do you mean like SARS?
- ⑤ Sorry, I didn't recognise you.
- ⑥ So, am I being rude now then?
- ⑦ Those sunglasses match your mask.
- ⑧ About 15 British people wearing masks.