



Vocabulary: personalities 词汇: 性格

It takes all sorts to make a world – so some say. Nobody is the same, and our different personalities and **character traits** make us what we are. Wouldn't it be boring if we were all the same? But if someone doesn't behave or think like you, it can be frustrating. And there's one personality type that can be very difficult to deal with - **narcissism**.

Narcissists consider themselves the most important person. They're only interested in their own life, **without a care in the world** about the people around them. Their lack of **empathy** makes them come across as **arrogant** and **self-important**. If you know someone like this, their narcissistic attitudes might irritate you. But you might find it even more irritating to know that, according to new research, they are likely to be happier than other people.

An ongoing study of narcissism by researchers at Queen's University Belfast has found such people might **infuriate** others but are less likely to be **stressed** or **depressed**. Writing about the research, the BBC's Sean Coughlan says "They might have trampled over others and left a trail of **emotional damage** around them - but narcissists also seem to be insulated against feeling bad about themselves." And their **heightened sense** of self-importance appears to give them "protective" qualities.

Researchers have been trying to understand why narcissism appears to be more prevalent in areas such as politics, social media and celebrity culture and why narcissists' **shameless, over-confident** attitude seems to be rewarded rather than penalised. It does seem that they have the best of all worlds, which is not great news for **shrinking violets**. And there's more bad news for those who are shy and **retiring**: previous research by Queen's University has also found that a 'mental toughness' helps narcissists succeed at work and in their social lives because they can overcome rejection and disappointment. And other tests have found that narcissistic students do better in exams, not because they are more clever, but because of their confidence and assertiveness.

But psychologist Dr Kostas Papageorgiou from the research team argues that these personality traits should not be seen as "either good or bad" but as "products of **evolution**" and "expressions of human nature". So, at the end of the day, we are what we are, and that's just something we can't change.

词汇表

it takes all sorts to make a world	世界之大，无奇不有
character trait	性格特征
narcissism	自恋，自我陶醉
narcissist	自我陶醉者，自恋者
without a care in the world	无忧无虑
empathy	同理心
arrogant	傲慢的，趾高气扬的
self-important	高傲自大的
infuriate	使大怒
stressed	焦虑的，紧张的
depressed	抑郁的，消沉的
emotional damage	情感伤害
heightened	加强的
shameless	无耻的
over-confident	过分自信的
shrinking violet	腼腆的人，害羞的人
retiring	不爱与人交往的，孤僻的
evolution	进化

测验与练习

1. 阅读课文并回答问题。

1. From the viewpoint of a narcissist, who is the most important person?
2. According to research, how stressed or depressed is a narcissist compared with other people?
3. True or false? *Narcissists get rejected and disappointed at work because of their self-importance.*
4. Why might narcissistic students do better in exams?
5. Which word in the text means 'happening often/very common'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My brother is so _____. He never listens to my opinion and does what he wants.

narcissism	arrogant	empathy	depressed
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2. Some of my friends like to swim in ice cold water for fun! Well, it takes _____.

all worlds to make a sort	all sort to make a world
all sorts to make a world	all sorts to make a worlds

3. Jane is _____ - she took all the glory for winning the race even though she cheated!

shameless	self-important	depressed	retiring
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4. My friend is no _____ - whenever we go to a karaoke bar, she's the first to get up and sing!

shrink violet	shrinking violets	shrunk violet	shrinking violet
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5. The train company's lack of information about the delays started to _____ the passengers.

arrogant	infuriate	depress	heightened sense
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答案

1. 阅读课文并回答问题。

1. From the viewpoint of a narcissist, who is the most important person?

Narcissists consider themselves the most important person.

2. According to research, how stressed or depressed is a narcissist compared with other people?

An ongoing study of narcissism by researchers at Queen's University Belfast has found narcissists are less likely to be stressed or depressed.

3. True or false? *Narcissists get rejected and disappointed at work because of their self-importance.*

False. Research by Queen's University has also found that a 'mental toughness' helps narcissists succeed at work and in their social lives because they can overcome rejection and disappointment.

4. Why might narcissistic students do better in exams?

Tests have found that narcissistic students do better in exams, not because they are more clever, but because of their confidence and assertiveness.

5. Which word in the text means 'happening often/very common'?

Prevalent. ("Researchers have been trying to understand why narcissism appears to be more prevalent in areas such as politics, social media and celebrity culture.")

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My brother is so **arrogant**. He never listens to my opinion and does what he wants.

2. Some of my friends like to swim in ice cold water for fun! Well, It takes **all sorts to make a world**.

3. Jane is **shameless** - she took all the glory for winning the race even though she cheated!

4. My friend is no **shrinking violet** - whenever we go to a karaoke bar, she's the first to get up and sing!

5. The train company's lack of information about the delays started to **infuriate** the passengers.