

2020 年度 神奈川県立保健福祉大学
特別選抜（推薦、帰国生徒、社会人）、編入学
入学試験

小論文試験
問題用紙

- 指示があるまでは中を見てはいけません。
- 解答はすべて解答用紙に記入してください。

問題 次の英文を読み、以下の設問に答えなさい。

Have you ever felt like life would be *better* if you had taken a different path? If only you had pursued that job, ended that relationship sooner or moved to a new city, everything would be just perfect. Nonsense, of course. But it's human nature to linger^(註1) on those feelings of regret. ① We tend to look back and think that missed opportunities — real or imagined — could have set us on a different, possibly more rewarding path. Left unchecked, these emotions can become overwhelming sources of stress and anxiety. But even painful emotions like regret can be powerful sources of inspiration. Whether you carry minor regrets that speak to your perfectionism, or you continuously cringe^(註2) over more serious, “If only I ...” thoughts, it's possible to use regret as a lever^(註3) to help you move ahead, rather than letting it weigh you down. And there are good reasons for doing so. Researchers have found that obsessing over regrets has a negative impact on mood and sleep, can increase impulsivity, and can be a risk factor for binge eating^(註4) and misusing alcohol. As a clinical psychologist, one of my most important tasks in helping people lead healthy, happy and meaningful lives is to teach them evidence-based strategies to manage their emotions. That includes how to use regrets to motivate them. I've found that even when people feel stuck^(註5) in endless *what ifs*, it's possible to recalibrate^(註6). Here's how.

Step 1: Evaluate how you cope with regret

Many of us try to push pain away. Others ruminate^(註7) about perceived mistakes. But whether you ignore or fixate on^(註8) what's troubling you, research has shown that it's impossible to run from emotions (1) consequences. And in a vicious twist, dodging^(註9) upsetting feelings actually makes them even more present: ② Suppressing our emotions can diminish our capacity for joy and potentially manifest as physical pain. So instead of trying to ignore your regrets, it's a better idea to practice acknowledging the experience. Try this: Start by slowing down and noticing your thoughts and sensations. Relax your face and hands, and think about accepting how you feel now without worrying you'll feel this way forever. Reaching this middle ground between avoiding and dwelling^(註10) will prove less depressing. This is easier said than done, but consider the alternative: A 2014 study published in *The Journal of General Psychology* found that drowning in regret can (2) our ability to make wise decisions, and focusing on those negative emotions “undermined performance” on simple tasks. However, researchers also found that when people find a silver lining^(註11) in their regret, they are able to think more clearly. “Regret can be a problem, but one benefit of regret is that it signals improvement is possible,” said Neal Roesse, a professor of marketing at the Kellogg School of Management at Northwestern University who focuses on the psychology of judgment and decision-making. “The trick is to avoid obsessing and pull out a lesson that can be applied in future situations.” Further, when we find ourselves consumed by self-criticism, it can feel tempting to focus on quick fixes, like distracting ourselves, rather than taking steps to improve. And regrets that arise from inaction — i.e., missing opportunities — are particularly frustrating. Take time to notice how you handled a recent regret. Did you pretend it meant less than it did? Or did you fall into a shame spiral? (3) you figure out how you navigate these situations, you can start using your emotions to your advantage.

Step 2: Interrupt your obsessing

Once you've identified how you cope, it's important to A, since thinking endlessly about it all but guarantees you'll feel worse. Take a moment to list the consequences of a recent regret spiral — like circling for hours over a mistake you made — and keep those notes for review. Did you feel better? Worse? Were there concrete lessons you learned? Or did you just feel bad? The point of this list is to realize that these spirals probably won't lead you anywhere (4) and, most likely, will leave you feeling stuck. Next, think about the times you're most tempted to ruminate on your regrets, like right before you go to sleep. Having this list handy will help you keep in mind that it's wasted energy to focus on your regrets. Finally, develop a set of concrete, alternative options that will engage you when you can feel yourself standing on the edge of a regret spiral about to fall in. The goal here is stop this type of thinking in its tracks before it consumes your energy. (Ideally, these choices don't involve venting^(註12) or scrolling through Instagram, both of which can keep regret churning^(註13).) One activity I have my patients (5) is to list their favorite authors in alphabetical order. When your mind is focused on a project, it's less likely to get derailed^(註14). Another idea: If you feel the grip of strong emotions, dip your face in ice water. (Really.) “People become believers in this strategy once they get past the idea of plunging forward into a bowl of ice-water,” said Dr. Kathryn Korslund, an expert in Dialectical Behavior Therapy, a treatment that teaches people how to manage emotions. She said that dipping your face in ice

water works because it increases activity in the parasympathetic nervous system ^(注15), lowering your body temperature and heart rate, preventing emotions from intensifying. If that seems too jarring ^(注16), pop an ice cube in ^(注17) your mouth and focus on the sensations. ③ You'll find that it's difficult to simultaneously replay your life's mistakes while fully participating in doing something else. Keep in mind: These activities aren't meant to be a permanent solution. The goal is to regulate your emotions for a few minutes to then approach your situation with a little more clarity.

出典：Jennifer Taitz, "6 Steps to Turn Regret Into Self-Improvement. Stop beating yourself up, and turn your emotions into action." The New York Times (<https://www.nytimes.com/2019/02/07/smarter-living/6-steps-to-turn-regret-into-self-improvement.html>) (2019年2月7日掲載、最終アクセス2019年10月1日、一部改変)

- (注1) linger：ぐずぐずする (注2) cringe：身がすくむ (注3) lever：手段
 (注4) binge eating：むちゃ食い (注5) stuck：動きが取れない
 (注6) recalibrate：再調整する (注7) ruminate：熟考する (注8) fixate on ～：～に執着する
 (注9) dodge：素早くよける (注10) dwell：くよくよ考える (注11) silver lining：希望の兆し
 (注12) vent：愚痴をこぼす (注13) churn：激しく揺り動かす (注14) derail：逸脱させる
 (注15) parasympathetic nervous system：副交感神経システム (注16) jarring：不快な
 (注17) pop ～ in ...：～を…に放り込む

問1 本文中の(1)～(5)に入る最も適切なものを選び、記号で答えなさい。

- | | | | |
|------------------|--------------|---------------|------------|
| (1) ア at | イ by | ウ with | エ without |
| (2) ア compromise | イ depend | ウ fight | エ increase |
| (3) ア Although | イ By | ウ Even if | エ Once |
| (4) ア down | イ productive | ウ regrettable | エ to |
| (5) ア had tried | イ tried | ウ try | エ to try |

問2 には次の(ア)～(カ)全ての語句があてはまる。最も適切な文が完成するように語句の順番を並び替え、記号で答えなさい。

- (ア) from (イ) a regret spiral (ウ) stop (エ) how to (オ) happening (カ) learn

問3 下線部①を参考に、“tend to”の否定の形を用いて、次の日本語を英訳しなさい。

「日本人は、アメリカ人に比べて、他人と議論しない傾向にあると言われている。」

問4 下線部② Suppressing our emotions can diminish our capacity for joy を和訳しなさい。

問5 下線部③ を和訳しなさい。

問6 本文の内容と一致しているものはどれか。次の(ア)～(カ)の中から2つ選び、記号で答えなさい。

- (ア) 後悔の感情に関しては何もせずに放置しておくが良い。
 (イ) 後悔の感情は創造性の源になりうる。
 (ウ) 自己批判によって疲弊している時は、素早く物事を決定するように心掛けると良い。
 (エ) 後悔について考えなくなってしまう時間帯を認識すると良い。
 (オ) 体温を上げると安心して感情の高ぶりが抑えられる。
 (カ) 口の中に入れた氷の感覚で感情を制御することは、効果的で恒久的な対策である。

問7 英文の文頭は Have you ever felt like life would be *better* if you had taken a different path? という質問で始まる。あなたの経験を記したうえで、本文の内容についてあなたの考えを日本語650字以上800字以内で述べなさい(字数は厳守すること)。

