

# EVERYDAY PSYCHOLOGY

ACTIVE READING AND LISTENING  
FOR BETTER UNDERSTANDING

日常生活の人間心理

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NAN'UN-DO

## はしがき

私たちは毎日の生活の中でさまざまな心理的な問題に遭遇しています。そして、その問題に対して「はたしてどうなのだろう」と疑問を抱きながら、その明確な答えやヒントを見出せないまま過ごしているものです。たとえば神社で販売されているお守りは効き目があるのだろうか。たくさんのお守りが出回る中で、選択を迫られる消費者は幸せと言えるのだろうか。愛の心理と脳の関係はどうなっているのだろうか。老化とボケを防ぐ方法はないのだろうか。チャットルームという顔の見えない所で不平不満ばかりを書き連ねるフレーマ（ジキルとハイドを思わせる人物）にモラルはあるのだろうか。そして、私たちに偏見はまったく無いと言えるのだろうか。など、人間の心理は複雑怪奇です。

これらの身近な心理的な悩みや問題を専門的に研究する世界の心理学者や神経科医の紹介と、これらの心の闇にスポットを当てているのが本テキストです。自分の落ち着かない心の悩みを打ち明ける友人に対して、相手の心理状態を正確に分析・診断した上で、適切かつ誠実に答えたローマの哲学者セネカの「心の落書きについて」を思い起こさせる、興味深いエッセイです。日常生活のさまざまな心理事情を味わってみてください。

本テキストは、語学習得の基本（聴解、読解、作文、語彙増強など）に基づいて綿密に構成し、総合的な英語力アップにつながる編集を行っています。

各ユニットの三部構成の特色を説明しておきます。

- ① 各ユニットで扱う「今日の話題」の導入として5種類の練習問題（Today's Topic, Related Expressions, Words and Definitions, Facts and Figures, If You Ask Me）を設定し、ウォーミングアップに万全を期しています。
- ② 本文の頭に、読解の助けとなるテーマをつけています。Notesには、心理学者や神経科医のホームページや所属大学、研究所のアドレスを付け、興味の幅を広げるようにしています。是非アクセスしてみてください。
- ③ 本文の読解、聴読解をさらに深める4種類の問題（What Is It? Fact or Opinion? Between the Lines, Did You Know?）に取り組んで下さい。

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【リスニング・スピーキングの力がつく】

### Everyday Psychology

Active Reading and Listening for Better Understanding

日常生活の人間心理

カセットテープ（全1巻）

収録箇所

各章のテープマークの箇所

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# Unit 1

## Do Good Luck Charms Really Work?



...for today's lesson by doing the following warm-up exercises.

### ■ Today's Topic

How much do you know about **luck**? Take this short quiz.

1. Which of these words is not a synonym for **luck**?  
a. fortune    b. victory    c. chance    d. fate
2. Which of these is not a “good luck charm”— something that people think brings them good luck?  
a. a horseshoe    b. a cracked mirror    c. a rabbit's foot
3. Louis Pasteur, the great French scientist, said this about luck: “Chance favors the prepared mind.” What did he mean?  
a. People make their own luck.  
b. Luck isn't real; it's all in the mind.

### ■ Related Expressions

• Read the sample sentence below. Choose the definition that matches the expression in **bold**.

“We really **lucked out**. Traffic wasn't so heavy today.”

- a. be lucky    b. be unlucky    c. arrive on time



• Now listen to the short passage. Then, based on the passage, fill in the blanks in the dialogue below. Make the necessary changes. Listen to the dialogue to check your answers.

Mary: How did you \_\_\_\_\_ on your \_\_\_\_\_ test this \_\_\_\_\_, Jerry?

Jerry: I really \_\_\_\_\_ out. The \_\_\_\_\_ was \_\_\_\_\_ and the \_\_\_\_\_ was \_\_\_\_\_.



...through the essay on the next page and do the following:

---

### ■ Words and Definitions

Find the words in bold that match the definitions below. Write the words on the lines.

1. looking on the bright side; hopeful \_\_\_\_\_
2. touch lightly with the hand or fingers \_\_\_\_\_
3. believing in magic; not rational \_\_\_\_\_
4. manage or control; carry out; do \_\_\_\_\_
5. know; understand; find out \_\_\_\_\_
6. a grown-up; a mature person \_\_\_\_\_

### ■ Facts and Figures

Look for this information. Write the information on the lines.

1. how many people carried a “lucky penny” \_\_\_\_\_
2. what a boy named Ricky carried with him \_\_\_\_\_
3. the name of a college in Britain \_\_\_\_\_
4. how long the study lasted \_\_\_\_\_
5. the name of a psychologist \_\_\_\_\_
6. where the author used to keep his rabbit’s  
foot \_\_\_\_\_

### ■ If You Ask Me

Think about whether you agree or disagree with these statements.

1. Some people are born lucky, some unlucky.
2. There is no such thing as good or bad fortune.
3. Success comes from hard work, not luck.



...the essay below. As you read, underline the correct word in the parentheses. Then listen to check your answers.

### IT'S ALL IN THE MIND

(When, During) I was growing up, I always carried a rabbit's foot with me. I kept it in the back pocket of my jeans. Before every big game or test, I would hold the rabbit's foot in my hand and **rub** it for good luck. My best friend Ricky did the same with his lucky charm — a small, flat, pink pebble he had found (some day, one day) at the beach. 5

Of course, I didn't really believe in (such, that) magic. I didn't expect fortune to smile on me and make me a baseball hero or a great scholar. I wasn't (a, the) **superstitious** type. But I felt better anyway just (for, because) having my rabbit's foot with me.

And so, it seems, do lots of other people (whom, who) carry good luck charms. Not too long (before, ago), psychologists at the University of Hertfordshire in Britain **conducted** a study. They wanted to **determine** if good luck charms really do work. The scientists asked 100 **adults** to take a "lucky penny" coin with them for one month. The participants were asked to (write, keep) a diary of how their luck changed. 15

After 30 days, 30% of the people in the study said they felt luckier. They felt more confident and **optimistic**. They believed the future held more opportunities for them. Of course, said the (studies, study's) leader, psychologist Richard Wiseman, lucky charms make no difference when it comes to totally chance happenings. But they do work, (except, though) 20 only in the minds of those who carry them. You could call it "the power of positive thinking," I guess.

### Notes

Hertfordshire 「ハートフォードシャー (イングランド南東部の州)」 "lucky penny" 「幸運のペニー (時計の鎖などにつける一種のお守り)」 Richard Wiseman 「リチャード・ワイズマン: ハートフォードシャー大学の心理学教授。お守りの研究家」 <http://www.psy.herts.ac.uk> → Psy People → Complete Staff List → Prof. Richard Wisemanの順にクリック。 make no difference 「問題ではない」 when it comes to ~ 「(話が) ~ということになると」 totally chance happenings 「まったく偶然的出来事」 positive thinking 「積極的な考え」

## DO THESE EXERCISES

...to help you understand the essay.

### ■ What Is It?

Listen to the descriptions. Match the words below with the descriptions you hear. Write the words on the lines. There are two extra words.

future      pebble      scholar      psychologist      hero      diary

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

### ■ Fact or Opinion?

Listen to the short sentences. Write what you hear. Then circle F if the sentence is a fact, O if it is an opinion.

1. F O \_\_\_\_\_.
2. F O \_\_\_\_\_.
3. F O \_\_\_\_\_.

### ■ Between the Lines

Listen to the sentences. Then choose the sentence below that is similar in meaning to the sentence you hear.

1. a. Luck had nothing to do with me getting this job.  
b. I really feel lucky to be working here.
2. a. Most participants said that it didn't matter one way or the other.  
b. Most participants felt that their luck changed for the better.

### ■ Did You Know?

Listen to the passage. Then write short sentence answers to these questions. Listen to check your answers.

1. Where and when did the Celts live?

\_\_\_\_\_

2. Why did the Celts think rabbits were sacred animals?

\_\_\_\_\_

3. What did rabbits become symbols of?

\_\_\_\_\_

4. What made a rabbit's foot such a good lucky charm?

\_\_\_\_\_