

Sentence Practice

• 정답 p.75

C 다음을 /로 끊어 읽기를 표시하고, 빨간색으로 된 부분에 유의하여 해석해 봅시다.

^①Your classmate promised to help you with a group project but didn't do their part.

^②You try to talk to them, but they keep avoiding you. ^③So you feel upset and annoyed.

^④What should you do in this case?

^⑤You could shout at them, "Why didn't you do anything for our project?" ^⑥but such a reaction may offend them and make them feel insulted. ^⑦When someone feels hurt,

their logical thinking shuts down, and they stop listening. ^⑧A better solution is to tell your

classmate how you feel instead of criticizing them. ^⑨Explain why you're upset in a calm

and polite way. ^⑩For example, you could say, "I'm **frustrated that you didn't help** with the

project as you promised. ^⑪I feel like I had to do everything by myself." ^⑫You are trying to

express your emotions without hurting the listener's feelings. ^⑬Psychologists call this an

"I-message." ^⑭An I-message doesn't accuse the listener. ^⑮It simply describes how you feel.

^⑯This way, you can solve the problem without hurting their feelings. ^⑰When people don't

feel attacked, they are more likely to reflect on their actions. ^⑱They may even realize their

mistake, apologize, and try to do better next time.