

成人学位外语考试复习资料 II ---Cloze

Part IV Cloze Test (10 minutes, 10 points)

Directions: There are 10 blanks in the following passage. For each numbered blank, there are 4 choices marked A, B, C and D. Choose the best one and mark your answer on the **ANSWER SHEET** with a single bar through the center of the letter that indicates your choice.

Cloze 1

College life is one of the most important periods for any individual. It is during this stage that new opportunities arise, your body of knowledge is broadened and your futures are shaped. You should make the best of the chance to try to 51 the benefits of going to college. In college, sharing differences with students from various backgrounds will be a fascinating experience to you, and it can lay the 52 for greater understanding of different routines, lifestyles, and customs. You will stand a chance of making lifelong friends and help each other handle stress 53 to the change from home to college.

Besides, college life will 54 you to educational experiences — attending different courses and joining student organizations. You can make the 55 of resources on campus, such as sports facilities, comprehensive libraries, and study centers. Taking part in different kinds of educational activities will yield good effects.

What is 56 important is to plan your future occupation early. Those who have planned it in advance will enjoy an advantage over others as they may take the 57 possible time to get used to the job market. Sample a variety of courses first before deciding on what job you want to 58. Take advice from your teachers or friends once you are ready to make the decision.

The new experiences and the new people you come across will make your college life more 59. Let me take the opportunity to 60 you of this once more: Campus life is a unique experience unlike any other. Therefore, you should take full advantage of it before you get out into the world.

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|------------------|---------------|---------------|---------------|
| 51. A. reap | B. inherit | C. generate | D. reach |
| 52. A. fountain | B. foundation | C. confidence | D. facility |
| 53. A. related | B. belonged | C. combined | D. mixed |
| 54. A. uncover | B. unfold | C. expose | D. show |
| 55. A. good | B. better | C. more | D. most |
| 56. A. merely | B. equally | C. likely | D. simply |
| 57. A. most | B. best | C. least | D. fewest |
| 58. A. take in | B. take out | C. take off | D. take up |
| 59. A. favorable | B. caring | C. rewarding | D. productive |
| 60. A. remind | B. suggest | C. remember | D. mind |

Cloze 2

The college experience is very different today from our grandfather's pencil and paper education. Compared to just 20 years ago, education has 51 new technologies and tools such as the Internet, the laptop and the iPad. Whether used for good or bad, technologies have transformed the way education was done. Many technological improvements are 52 our grandparents have never dreamed of and have massively changed the college experience. Here are a few of them that are typical for us to look at.

The most 53 device is the Internet. There are all kinds of study resources online. And laptops make it possible for everyone to have a mobile office because the Internet 54 on campus allows you to walk around with your laptops. You can start writing your paper in your form, finish it and 55 it anywhere, all on the same computer. Or you may use your laptops to make recordings while you are 56 on the lecture and have no time to take notes. The Internet has become an indispensable part in college life.

With a cell phone, you can call up a friend if you are having trouble studying, or simply need someone to talk to. 57 you spent all your money and couldn't afford to call home? Use VoIP. Some systems allow you to make unlimited phone calls to a certain number. That way your mom doesn't have to 58 about your phone bill.

Finally, there is the iPad. According to Apple, with iPad, the classroom is always close at hand. Students can 59 their assignments, take notes, and study for finals. Teachers can give lessons, 60 progress, and stay organized. And that's just the beginning. The iPad has become a device that has changed many things and now is changing the classroom.

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|------------------|--------------|-----------------|----------------|
| 51. A. enriched | B. adopted | C. leased | D. solved |
| 55. A. all | B. which | C. those | D. what |
| 56. A. amazing | B. analyzing | C. specializing | D. modernizing |
| 57. A. entry | B. access | C. admission | D. entrance |
| 55. A. close | B. stop | C. finish | D. seal |
| 56. A. gathering | B. centering | C. directing | D. focusing |
| 57. A. Why not | B. How come | C. What if | D. Even if |
| 58. A. complain | B. explain | C. obtain | D. contain |
| 59. A. pack | B. sack | C. stack | D. track |
| 60. A. editor | B. monitor | C. perform | D. inform |

Cloze 3

At least 84 people were shot dead by a gunman at a youth summer camp on Wednesday. The mass shooting shocked the whole city.

The 51 told the media that this young man appeared to be wandering to the summer camp scene in police uniform, on his routine duty, with nothing unusual at all. Suddenly, he started shooting madly at the crowd and the hail of bullets brought down uncountable people on the spot.

A few days 52 to the shooting, the media also reported some affecting stories.

During the terrible shooting, 53 men and women rushed toward danger. They showed remarkable spirit at moments of death not for the 54 of their duties but out of their intense love of humanity. In face of immediate death, a wife fell on top of her husband to shield him from the rain of bullets. A radio program presenter spoke with a touching voice, 55: “These are civilian heroes, who, caught up in extraordinary circumstances performed acts of distinct courage beyond the call of duty. It is these people that have 56 themselves the title of hero.”

A month after the shooting, a criminal investigation (调查) reported that the young man was described as a heavy 57 of violent video games. He also drank a lot and always got very 58. The reports also stated that there were about 38 policemen present at the spot of the horrible shooting, among 59 25 were not on duty that day. They responded to the urgent call without any delay. Their 60 to their responsibility together with their will to protect those in need showed their devotion to their duty.

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|-----|----------------|----------------|------------------|----------------|
| 51. | A. instructors | B. survivors | C. remainders | D. inspectors |
| 52. | A. following | B. leading | C. subsequent | D. frequent |
| 53. | A. average | B. normal | C. usual | D. regular |
| 54. | A. fulfillment | B. achievement | C. involvement | D. assignment |
| 55. | A. announcing | B. commenting | C. advising | D. advertising |
| 56. | A. made | B. earned | C. collected | D. attained |
| 57. | A. addict | B. associate | C. peer | D. victim |
| 58. | A. sunk | B. sunken | C. drunk | D. drunken |
| 59. | A. whom | B. them | C. who | D. those |
| 60. | A. engagement | B. advancement | C. encouragement | D. commitment |

Cloze 4

Mountain bike races in South Africa are very common. It's really fun, but it's also a great challenge for those who 51 in the race. And for some people it means real competition for rewards since the sport has been encouraged by the local authorities. These events are always held in beautiful places with 52 that often are only accessible by bike. Seeing the beautiful scenery of South Africa is what makes it all so attractive. These events may be called races, but 53 they are really just a way to get out and ride.

The first mountain biking world cup 54 in 1991. The race covered Europe and North America, and it was sponsored by a German company. With increasing media coverage, the mountain biking race had gained great 55 since 1991. In 1996, cross-country mountain biking events were added to the Olympic Games.

Every year the race seems to 56 more choices to mountain bikers. 57 is the number of events increasing, but the number of different types of events has also increased. Some mountain bike races are like marathon events to test one's endurance. They are perhaps the 58 race as riders often have to cover over 80 km in a mountainous area.

59 the danger, more extreme (极端的) types of riding are gaining popularity in South Africa. Cross-country mountain biking and downhill mountain biking 60 have attracted many riders.

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|----------------|---------------|---------------|----------------|
| 51. A. enter | B. attend | C. present | D. participate |
| 52. A. routes | B. routines | C. trips | D. travels |
| 53. A. merely | B. mostly | C. commonly | D. ordinarily |
| 54. A. held up | B. broke out | C. took place | D. set off |
| 55. A. respect | B. access | C. confidence | D. publicity |
| 56. A. offer | B. acquire | C. release | D. afford |
| 57. A. If only | B. Not only | C. Not nearly | D. Even though |
| 58. A. tougher | B. toughest | C. strictest | D. stricter |
| 59. A. Despite | B. Despite of | C. Due to | D. Instead of |
| 60. A. like | B. alike | C. likely | D. unlikely |

Cloze 5

How does a part-time job affect a student's academic performance? Recently a survey (调查) has been 51 among teachers on this question, and the answers varied.

The most obvious answer to the survey question is that academic performance is undermined (削弱). Actually, over half of the teachers feel that having a part-time job 52 with a student's academic performance. This makes sense because when students get jobs, they have less time to devote to their academic studies. Less study time usually means a 53 in test scores and overall grades. Some students get jobs to make money for 54 and fun. Unfortunately, many students have to work to help support their families and in those 55 there are few choices available to them.

In 56, many other teachers feel that working might bring educational benefits. They believe working improves a student's academic performance. This response 57 27 percent of the votes in the survey. And it would be interesting to hear what theories are 58 it. Perhaps once students become responsible enough to be committed to a job, they pass on this new attitude toward their studies. Maybe it is 59 chance that the improvement is made. Maybe developing responsibility is a natural part of growing up.

Whether working part-time 60 students' performance or not, it is not likely to influence the number of students getting jobs. Cars, clothes, or family needs will lead most teenagers to get hired at some point. As a result, nothing can alter the trend.

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|-------------------|----------------|-----------------|----------------|
| 51. A. instructed | B. conducted | C. introduced | D. produced |
| 52. A. involves | B. interferes | C. indicates | D. inserts |
| 53. A. control | B. compression | C. restraint | D. decrease |
| 54. A. regulation | B. recreation | C. convention | D. expectation |
| 55. A. events | B. causes | C. occasions | D. cases |
| 56. A. conflict | B. contrast | C. contrary | D. consequence |
| 57. A. allows for | B. makes for | C. accounts for | D. calls for |
| 58. A. behind | B. under | C. after | D. below |

59. A. by B. with C. on D. at
 60. A. presses B. expresses C. depresses D. impresses

Cloze 6

The professor stood before his class of 30 senior biology students, about to pass out the final exam. "I have been privileged to be your instructor this semester, and I know how hard you have all worked to 51 for this test. I also know most of you are off to medical school next fall," he said to them.

"I am well aware of how much 52 you are under to keep your GPAs up, and because I know you are all capable of understanding this material, I am prepared to offer an automatic B to anyone who would 53 not to take the final."

The relief was audible (听得见的) as a number of students jumped up to thank the professor and departed from class. The professor looked at the handful of students who 54, and offered again, "Any other takers? This is your last opportunity." One more student decided to 55.

Seven students remained. The professor closed the door and took attendance. Then he 56 the final exam. There were two sentences typed on the paper: "57, you have just received an A in this class. Keep believing in yourself."

I never had a professor who gave a test like that. It may seem like the easy 58 of grading exams, but it's a way that any teacher in any discipline (治学严谨) could and should give. Students who don't have 59 in what they've learned are B students at best.

The same is 60 for students of real life. The A students are those who believe in what they're doing because they've learned from both successes and failures.

51. A. look B. call C. prepare D. send
 52. A. pressure B. control C. threat D. guidance
 53. A. pretend B. prefer C. deserve D. happen
 54. A. stopped B. remained C. gathered D. succeeded
 55. A. flee B. vote C. go D. exist
 56. A. handed out B. put down C. set aside D. picked up
 57. A. Cheers B. Thanks C. Heavens D. Congratulations
 58. A. cause B. way C. design D. structure
 59. A. energy B. interest C. patience D. confidence
 60. A. potential B. true C. impossible D. wrong

Cloze 7

Having been out of work for two years because of poor health, I decided to look for a part-time job.

I 51 and interviewed again and again with no progress. I was getting pretty discouraged.

It was freezing cold last Tuesday evening. I was waiting at a bus stop when I saw a young woman wearing just a T-shirt and no shoes. I asked if she needed any 52. She told me she had lost everything in a big fire and had been 53 for two days.

I dug in my purse and took out \$5.00 so she could get something to eat. I then

took off my 54 and shoes and gave them to her. She looked at me and said, "Aren't you, going to be cold?" I told her, it would be worth it if they could keep her a little bit 55. She was moved to tears and thanked me with a hug.

Then as I got on the bus the miracle (奇迹) of 56 kindness happened. When I was to pay the fare, the bus driver said with a smile, "Madam, I saw what you just did and your 57 is on me."

I expressed my thanks and was about to sit down when a lady dressed in a business suit said to me, "You just did the most 58 thing I have ever seen. What can I do for you?" I jokingly said a paying job would be nice. She asked for my name and said she might be able to 59 something out.

The next day she called me, saying she had a part-time position open in her company and wanted me to come in and meet with the manager that day. I had started my act of kindness just to make myself feel good, but I never expected to get so much 60!

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|---------------------|----------------|----------------|---------------|
| 51. A. dressed | B. begged | C. applied | D. explained |
| 52. A. advice | B. work | C. information | D. help |
| 53. A. walking | B. moving | C. surviving | D. starving |
| 54. A. glasses | B. coat | C. watch | D. hat |
| 55. A. happier | B. smarter | C. warmer | D. healthier |
| 56. A. spreading | B. praising | C. enjoying | D. accepting |
| 57. A. bill | B. debt | C. rent | D. fare |
| 58. A. unbelievable | B. ordinary | C. inspiring | D. reasonable |
| 59. A. work | B. pick | C. find | D. keep |
| 60. A. after all | B. for nothing | C. in return | D. by chance |

Cloze 8

In 1982, Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank. He got into a life boat, but his supplies were 51. His chances of surviving were small. 52 when three fishermen found him 76 days later, he was alive — much thinner than he was when he started, but alive.

His 53 of how he survived is fascinating. His cleverness — how he managed to catch fish, how he evaporated (蒸发) sea water to make fresh water — is very interesting.

But the thing that 54 my eye was how he managed to keep himself going when all hope seemed lost, and there seemed no 55 in continuing the struggle. He was starved and completely worn-out. Giving up would have seemed the only possible choice.

When people survive these kinds of circumstances, they do something with their minds that gives them the courage to keep going. Many people in similarly desperate circumstances 56 in or go mad. Something the survivors do with their thoughts helps them find the courage to carry on 57 difficulties.

"I tell myself I can handle it," wrote Callahan in his book. Compared to what others have been through, I'm fortunate. I tell myself these things over and over, 58 up courage...

I wrote that down after I read it. It 59 me as something important. And I've

told myself the same thing when my own goals seemed 60 off or when my problems seemed too terrible. And every time I've said it, I have always come back to my senses.

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|------------------------|-------------------|----------------|-------------------|
| 51. A. full | B. rich | C. few | D. enough |
| 52. A. And | B. Yet | C. Still | D. Thus |
| 53. A. attitude | B. assumption | C. instruction | D. account |
| 54. A. attacked | B. caught | C. froze | D. cheated |
| 55. A. operation | B. taste | C. message | D. point |
| 56. A. pull | B. take | C. break | D. give |
| 57. A. for the lack of | B. in the face of | C. in exchange | D. as a result of |
| 58. A. rolling | B. using | C. building | D. making |
| 59. A. defeated | B. recommended | C. introduced | D. struck |
| 60. A. far | B. long | C. ever | D. even |

答案与参考译文

Cloze 1

- 51. A
- 52. B
- 53. A
- 54. C
- 55. D
- 56. B
- 57. C
- 58. D
- 59. C
- 60. A

大学生活是每个人最重要的时期之一。正是在这个阶段，新的机会出现，你的知识体系得以拓宽，你的未来被塑造。你应该充分利用这个机会努力获取上大学所带来的好处。在大学里，与来自不同背景的学生分享不同的经历对你来说是一个极具吸引力的经历，它可以为了解不同的日常规律、生活方式和风俗习惯奠定基础。你将有机会结交终生的朋友，并帮助对方处理与从家到大学的转变相关的压力。

此外，大学生活将让你接受到教育经历—参加不同的课程和加入学生组织。你可以充分利用校园资源，如体育设施、综合图书馆和学习中心。参加各种各样的教育活动会产生良好的效果。

同样重要的是：尽早规划你未来的职业。那些提前计划的人将比其他人享有优势，因为他们可以用最少的时间来适应就业市场。在决定你想从事什么样的工作之前，首先要尝试各种各样的课程。一旦你准备好做决定，就要听取老师或朋友的建议。

你遇到的新经历和新朋友会让你的大学生活更有意义。让我借此机会再次提醒大家：校园生活是一种与众不同的经历。因此，在你走向世界之前，你应该充分利用它。

Cloze 2

- 51. B
- 52. D
- 53. A
- 54. B
- 55. C
- 56. D
- 57. C
- 58. A

59. D
60. B

今天的大学经历与我们祖父辈的纸笔教育大不相同。与 20 年前相比，教育已经采用了互联网、笔记本电脑和 iPad 等新技术和工具。不管是好是坏，科技已经改变了教育的方式。许多技术进步是我们祖父母们做梦都没想到的，并且极大地改变了大学生活。下面是一些典型的例子。

最神奇的设备是互联网。网上有各种各样的学习资源。笔记本电脑使每个人都拥有一个移动办公室成为可能，因为校园里的互联网接入让你可以带着笔记本电脑四处走动。你可以用你的方式开始写并且完成论文，在任何地方都行，且都是在同一台电脑上。或者你可以在专心听课而没有时间做笔记的时候用笔记本电脑录音。互联网已经成为大学生生活中不可缺少的一部分。

如果你在学习上有困难，或者只是需要找个人聊聊，你可以用手机给朋友打电话。如果你花光了所有的钱却打不起电话回家怎么办？用网络电话。有些系统允许你对某个号码无限次地拨打电话。这样你妈妈就不用抱怨你的电话费了。

最后，还有 iPad。根据苹果公司的说法，有了 iPad，教室总是近在咫尺。学生可以跟踪他们的作业、做笔记、为期末考试而学习。教师可以授课、监控进度、保持组织性。这只是个开始。iPad 已经成为一种改变了很多事情的设备，现在正在改变教室。

Cloze 3

51. B
52. C
53. A
54. A
55. B
56. B
57. A
58. C
59. A
60. D

周三，至少也 84 人在青年夏令营中被一名枪手开枪打死。这起枪击案震惊了整个城市。

幸存者告诉媒体，这名年轻人似乎穿着警服，在例行执勤中，游荡到夏令营现场，没有任何异状。突然，他开始疯狂地向人群开枪，一阵枪击把无数人当场打倒。

随后几天，一些媒体报道了一些感人的故事。在这次可怕的枪击事件中，普

通男女都冲向危险地带。他们在临终时刻表现出非凡的精神，不是为了履行自己的职责，而是出于对人性的强烈热爱。面对眼前的死亡，一位妻子倒在丈夫身上，以保护他免受弹雨的袭击。一位电台节目主持人用动人的声音评论道：“这些都是平民英雄，他们在特殊情况下表现出了超越职责范围的独特勇气。正是这些人为了自己赢得了英雄的称号。”

枪击案发生一个月后，一项刑事调查报告称，这名年轻人被描述为严重沉迷于暴力电子游戏。他也喝了很多酒，而且总是喝得酩酊大醉。报道还说，大约有 38 名警察出现在可怕的枪击现场，其中 25 人当天没有值班。他们毫不延迟地响应了这个紧急电话。他们对自己责任的奉献以及保护那些需要帮助的人的意愿表明了他们对自己职责的忠诚。

Cloze 4

- 51. D
- 52. A
- 53. B
- 54. C
- 55. D
- 56. A
- 57. B
- 58. B
- 59. A
- 60. B

南非的山地自行车赛非常普遍。这真的很有趣，但对那些参加比赛的人来说也是一个很大的挑战。对一些人来说，这意味着真正的奖赏竞争，因为这项运动得到了地方当局的鼓励。这些活动总是在美丽的地方举行，路线往往只有骑自行车才能到达。能看到南非美丽的景色就是其引人之处。这些活动可能被称为比赛，但基本上，它们真的只是一种走出去骑乘的方式。

第一届山地自行车世界杯于 1991 年举行。比赛覆盖欧洲和北美，由一家德国公司赞助。自从 1991 年以来，随着媒体报道的增加，山地自行车赛得到了广泛的关注。1996 年，奥运会增加了越野山地自行车项目。

每年这项比赛似乎为山地车爱好者提供了更多的选择。不仅赛事项目数量在增加，而且赛事不同种类的数量也在增加。有些山地自行车赛就像马拉松一样，是为了测试一个人的耐力。他们可能是最艰难的比赛，因为车手往往要在山区骑行 80 公里以上。

尽管存在危险，但更极端的骑行方式在南非越来越流行。越野山地自行车和下坡山地自行车都吸引了许多车手。

Cloze 5

- 51. B
- 52. B
- 53. D
- 54. B
- 55. D
- 56. B
- 57. C
- 58. A
- 59. A
- 60. C

兼职工作如何影响学生的学习成绩？最近，一项关于这个问题的调查在教师中进行，答案各不相同。

调查问题最明显的答案是：学习成绩受到了影响。事实上，超过一半的教师认为兼职会影响学生的学习成绩。这是有道理的，因为当学生找到工作，他们投入到学术研究的时间更少。学习时间的减少通常意味着考试成绩和总成绩的下降。有些学生找工作是为了赚钱用于消遣和娱乐。不幸的是，许多学生不得不工作是为了帮助养家，在这种情况下，他们几乎没有选择。

相比之下，其他许多教师认为工作可能会带来教育上的好处。他们相信工作能提高学生的学习成绩。在这次调查中，有 27% 的人持这种看法。而且聆听此论点的依据很有趣的。也许一旦学生将足够的责任心投入到工作中，他们就会将这种新的态度传递至学习上。也许这是无意之中的进步。也许培养责任感是成长过程中很自然的一部分。

无论兼职工作是否会降低学生的学习成绩，都不可能影响学生就业的数量。汽车、衣服或家庭需求会导致大多数青少年在某个阶段工作。因此，没有什么能改变这一趋势。

Cloze 6

- 51. C
- 52. A
- 53. B
- 54. B
- 55. C
- 56. A
- 57. D
- 58. B
- 59. D
- 60. B

这位教授站在他的 30 名即将通过期末考试的生物系大四学生面前，对他们说：“我很荣幸能成为你们这学期的老师，我知道你们为这次考试付出了多大的努力，我也知道你们大多数人明年秋天要去医学院。”

“我很清楚，为了提高你们的平均绩点，你们承受了多大的压力，而且因为我知道你们都有能力理解这些材料，所以我准备向任何不想参加期末考试的人给 B 分。”

许多学生跳起来向教授道谢，离开了教室，教授看着剩下的几个学生，又问：“还有其他人吗？这是你们最后的机会。” 又有一个学生决定离开。

最终剩下七位学生。教授关上门，开始上课。然后他分发期末试卷。试卷上打了两句话：

祝贺你，你在这门课程上刚得了 A。请相信自己。

我从来没有见过教授进行过这样的考试。这看起来像是给考试打分的简单方法，但这是任何学科的老师都可以而且应该给出的一种方法。对所学内容没有信心的学生充其量是 B 级学生。

现实生活中的学生也是如此，得 A 的学生是那些相信自己所做事情的人，因为他们会从成功和失败中均能获益。

Cloze 7

- 51. C
- 52. D
- 53. D
- 54. B
- 55. C
- 56. A
- 57. D
- 58. C
- 59. A
- 60. C

由于身体不好，我已经失业两年了，于是决定找一份兼职工作。

一次又一次地申请和面试，没有任何进展，我感到非常气馁。

上周二晚上冷极了，我在一个公共汽车站等车，突然看到一个年轻女子只穿了一件 T 恤，没有穿鞋子。我问她是否需要帮助，她告诉我她在一场大火中失去了一切，已经饿了两天了。

我掏出钱包，拿出 5 美元，让她吃点东西。然后我脱下外套和鞋子给了她。她看着我说：“你不觉得冷吗？” 我告诉她，如果能让她暖和一点，那是值得的。她感动得流下了眼泪，并用拥抱来感谢我。

当我上车时，产生了善心传播的奇迹。当我要付车费的时候，司机笑着说：

“夫人，我看到你刚才做的事了，你的车费算在我身上。”

我表达了我的谢意，正要坐下，一位身着西装的女士对我说：“你做了我见过的最鼓舞人心的事，我能为你做些什么？”我开玩笑地说能给份有报酬的工作就好。她问了我的名字，说她也许能解决一些问题。

第二天，她打电话给我，说她公司有一个兼职空缺，希望我改天能去见经理。我开始行善只是为了让自己感觉良好，但我从来没想到会得到这么多回报！

Cloze 8

- 51. C
- 52. B
- 53. D
- 54. B
- 55. D
- 56. D
- 57. B
- 58. C
- 59. D
- 60. A

1982年，史蒂文·卡拉汉独自驾驶帆船横渡大西洋时船撞上了某物沉没了。虽然他上了救生艇，但他几乎没有了补给，活下来的机会非常渺茫。但是三个渔民在76天后发现他时，他仍活着——虽比他刚开始时瘦了很多，但仍活着。

他对自己如何活下来的讲述吸引了很多人。他的聪明——如何捕鱼的，如何蒸发海水来制造淡水——也非常有趣。

但吸引我注意的是：当所有的希望都消失了，继续挣扎似乎没有意义的时候，他是如何让自己坚持下去的，他忍饥挨饿，筋疲力尽，放弃似乎是唯一可能的选择。

当人们在这种情况下幸存下来时，他们会用自己的思想去做一些事情，使他们有勇气继续前进。许多人在同样绝望的情况下会屈服或发疯。幸存者用自己的思想所做的一些事情将帮助他们在困难面前找到继续前进的勇气。

卡拉汉在书中写道：“我告诉自己我能处理好这件事。和别人的经历相比，我是幸运的。我一遍又一遍地告诉自己这些事情，建立起勇气……”