

## Listen and Speak! らくらく英検2級 II

～ 英語ができる人になる ～

### 第6回 How to deal with anger Script

\* はじめに \*

ようこそ “Listen and Speak! らくらく英検2級 セカンドシリーズ”へ。

この番組は英検でおなじみの、日本英語検定協会がお送りする、全ての『英語ができる人』になりたい人たちのための番組です。これから英検2級や準2級を目指す人はもちろん、さらにその上を目指して、本当に『英語ができる人』になりたいというあなたにとって必ず役に立ちますよ。後半はちょっと難しかったり、大変だったりするかもしれませんが、私、伊藤太と頼れるパートナーの Gary Scott Fine がしっかり『英語ができる人』になりたいあなたをサポートします。

Yes, this program will not only help you succeed on Eiken Tests, but it will also help you improve your English ability, especially listening and speaking. However, the real aim of this program is to help you learn more than English itself.

We are not just interested in whether you can use English, but in what you can do with English.

#### Program Number 6 “How to deal with anger”

さて、今回のタイトル “How to deal with anger” は「怒りにどう対処するか」あるいは「怒りへの対処の仕方」という意味です。言うまでもなく、私たちは誰もが喜怒哀楽を経験しながら生活しています。しかし、「怒り」というのは時に大変やっかいで対処が難しく、下手をするととんでもないことになったりするものです。一方で、怒りは大きな改善や変革の原動力になったりと、プラスの面があることもよく言われるところですね。今回は「怒り」と「怒りの対処法」を主なテーマに会話の表現方法を広げていきたいと思います。それでは、この後のヒントになるかもしれないので、まずはゲーリーと私の会話を聞いてください。

## ■Introduction

G: Futoshi, you look tired, as usual. What's wrong this time?

F: My computer is a piece of junk. Junk! It freezes so often! This time I lost a very important file! I can't believe it!

G: Oh, that's terrible. I've experienced that, too. It makes me so angry. If I were you, I would probably want to throw my computer out of the window. I do! Are you okay?

F: No problem. There's no problem. I'm okay. You know I'm a professional business coach. So, I know how to deal with anger properly. First, take a deep breath, and slowly count four — one, two, three, four... And then go to Akihabara in order to find a better computer.

G: Haha, all of those are definitely good ideas. But how about finishing our task before going to Akihabara?

F: Yeah, I agree. That's definitely a good idea, too.

G: Okay. Then let's get started on today's exercises.

F: Okay, now...

G/F: Here we go!

### 1 Exercise 1 dialogue

これから流れる男女の対話を聞いて、後の問いに答えてください。これから流れる対話は過去の英検に出題されたリスニング問題の一つです。実際の問題は、対話を聞いてから適切な選択肢を選ぶ形式ですが、ここではちょっと頑張って、ゲーリーの質問に自分の言葉を使って英語で答えてみるようにしてください。いいですか、もう一度言いますよ。対話を聞いた後、ゲーリーの質問に自分の言葉で答えてくださいね。二次試験の面接対策にもなりますし、とても役に立ちますよ。それでは、始めます。

Listen to the dialogue and answer the question that follows. 【2014-1 2nd No.14】

(M=Man / W=Woman)

M: Brenda, did you take out the garbage this morning?

W: No, Dad. I was nearly late for school and didn't have time.

M: But Brenda, I reminded you three times last night!

W: I'm sorry, Dad. I should have gotten up earlier.

Answer the following question in your own words.

Question : Why is the father so angry with Brenda?

それでは、語彙と会話の表現について確認をしましょう。

### ■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- |                  |                      |
|------------------|----------------------|
| 1. ゴミを出す         | take out the garbage |
| 2. ほとんど、もう少しで    | nearly               |
| 3. ～に思い出させる、念を押す | remind ～             |
| 4. ～すべきだったのに     | should have ～        |

それでは、少し答え方についてヒントを出しましょう。Questionの“Why is the father so angry with Brenda?”は「父親がブレンダに対してそんなに怒っているのはなぜですか」という意味ですね。“so angry”「なぜそれほどに怒っているのか」と尋ねているわけですから、“Because she forgot to take out the garbage.”だけでは足りませんね。「～したにもかかわらず、…だから」というように、“so angry”するのに十分な理由を答えてください。それでは、この点に注意してもう一度聞いてみましょう。

Listen to the dialogue and answer the question that follows. 【2014-1 2nd No.14】

(M=Man / W=Woman)

M: Brenda, did you take out the garbage this morning?

W: No, Dad. I was nearly late for school and didn't have time.

M: But Brenda, I reminded you three times last night!

W: I'm sorry, Dad. I should have gotten up earlier.

Answer the following question in your own words.

Question : Why is the father so angry with Brenda?

### ■Model answer

Listen to the model and compare it with your answer.

Question : Why is the father so angry with Brenda?

Because although he reminded her three times last night, she forgot to take out the garbage this morning.

では少し確認しましょう。初めの説明の通り、ポイントは Brenda が “forgot to take out the garbage” だけではなく、父親が “I reminded you three times last night!” と言っていることもあわせて答えなければなりませんね。

「～し忘れる」は<forget + to 不定詞>の形を取ることを確認しておきましょう。本シリーズ第2回でネイティブスピーカーの持つ不定詞のイメージを説明していますので、ぜひ、そちらの方もあわせて聞いてください。

## 2 Exercise 2 passage

このエクササイズでは、短い文章が読まれた後にゲーリーが一つ質問をしますので、自分が思ったことを自由に答えてください。主語と正しい答え方に注意して、聞かれたことに対してまっすぐ答えてくださいね。

Listen to the passage and answer the questions that follow. 【2013-3 2nd No.24】

Last week, Tammy and Victor worked together on a science project for school. They agreed that Tammy would write the report and Victor would make the graphs and illustrations. However, on the day before they were supposed to finish the project, Victor told Tammy that he had not started his work yet. She was very angry and had to stay up late to help finish the project.

Answer the following questions in your own words.

Question : If you were Tammy, and Victor told you he had not started his work yet, what would you do?

さあ、きちんと聞き取れましたか。それでは、少し語彙と英文の表現を確認しましょう。

### ■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- |                |                              |
|----------------|------------------------------|
| 1. 理科の研究課題     | a science project for school |
| 2. イラスト、説明図    | illustration                 |
| 3. ～することになっている | be supposed to ～             |

質問は単純ですが、答えるのは難しいかもしれませんね。ただし、自分がしようと思うことを相手に伝えるためのいい練習になるので、ただ単に“I would do the same as she did.”など、質問した相手をはっきりさせるような答えではなく、自分で考えて答えるように頑張ってくださいね。それではこのことも意識して、もう一度聞いてください。

Listen to the passage and answer the questions that follow. 【2013-3 2nd No.24】

Last week, Tammy and Victor worked together on a science project for school. They agreed that Tammy would write the report and Victor would make the graphs and illustrations. However, on the day before they were supposed to finish the project, Victor told Tammy that he had not started his work yet. She was very angry and had to stay up late to help finish the project.

Answer the following questions in your own words.

**Question :** If you were Tammy, and Victor told you he had not started his work yet, what would you do?

### ■Model answer

Listen to the models and compare them with your answer.

**Question :** If you were Tammy, and Victor told you he had not started his work yet, what would you do?

I would be angry like her, too. But I would go to bed after finishing my part and insist that Victor finish the rest of the project by the deadline.

Or

I would control my anger at Victor so that we could work together effectively on the rest of the project.

さあ、どうでしたか。単に “I would do the same as she did.” というよりも、ずっと質問をした側にとって尋ねたかがある答えですよね。こうやって、自分で考えて自分の言葉で言いたいことを伝える練習は、『英語ができる人』になるのにとっても役に立ちますから、ぜひ、モデルアンサーを参考にしてくださいね。

### ■Repetition Drill using the passage

さあ、ここからは、放送された英文について **Repetition Drill** を行います。repetition は反復でしたね。ポーズの間にゲーリーの英語をできるだけそっくり真似してみましよう。単語の発音だけでなく、イントネーションや雰囲気も真似してくださいね。

#### 1) Repetition Drill

Repeat during each pause. Practice again and again, and you'll surely improve.

Ready? Let's begin.

Last week, Tammy and Victor worked together /  
on a science project for school. //  
They agreed /  
that Tammy would write the report /  
and Victor would make the graphs and illustrations. //  
However, /  
on the day before they were supposed to finish the project, /  
Victor told Tammy /  
that he had not started his work yet. //  
She was very angry /  
and had to stay up late to help finish the project.//

どうでしたか。上手に真似ができると楽しいですね。さあ、次は『英語ができる人』は必ずと言っていいほど練習するシャドウイングにいきます。私が実際、少しシャドウイングのお手本を示しますね。ゲーリーの後に続いてシャドウイング、つまり、ゲーリーの言葉の影を追うような形で、聞きながらゲーリーの言葉を真似していきます。

## 2) Shadowing Drill 1

While listening, shadow each part.

(G → F)

Last week, Tammy and Victor worked together /  
on a science project for school. //  
They agreed /  
that Tammy would write the report /  
and Victor would make the graphs and illustrations. //  
However, /  
on the day before they were supposed to finish the project, /  
Victor told Tammy /  
that he had not started his work yet. //  
She was very angry /  
and had to stay up late to help finish the project.//

要領はつかめましたね。次は実際に自分で **shadowing** にチャレンジしてください。shadowing は自分で **speaking** をするという負荷をかけながら **listening** をするので、筋トレと同じように「耳トレ」になります。必ず **listening** の能力が向上しますので、できるまで何度でも繰り返してください。

聞く音声の方を大きくして、自分の声はあまり聞こえないようにすると一層効果が上がりますよ。

## 2) Shadowing Drill 1

While listening, shadow each part.

Ready? Let's begin.

Last week, Tammy and Victor worked together /  
on a science project for school. //  
They agreed /  
that Tammy would write the report /  
and Victor would make the graphs and illustrations. //  
However, /  
on the day before they were supposed to finish the project, /  
Victor told Tammy /  
that he had not started his work yet. //  
She was very angry /  
and had to stay up late to help finish the project.//

どうですか。できるようになるとすごく楽しいし、やりがいがあるでしょう。次はセンテンスの途中に区切りはありませんよ。各センテンスの間も短いですから、一気にパッセージ全体をシャドウイングできるように頑張ってくださいね。できたらとても達成感が得られますよ。

## 3) Shadowing Drill 2

Shadow the whole passage from the beginning to the end. Practice again and again. It may be much harder, but you will enjoy a feeling of accomplishment, if you can. Ready? Let's begin.

Last week, Tammy and Victor worked together on a science project for school. //  
They agreed that Tammy would write the report and Victor would make the graphs and illustrations. //  
However, on the day before they were supposed to finish the project, Victor told Tammy that he had not started his work yet. //  
She was very angry and had to stay up late to help finish the project.//

### 3 Challenge passage & opinion

さて、いよいよ最後のエクササイズ、チャレンジのコーナーです。ここからは一気に英語だけで進めていきますから、しっかり集中してくださいね。

Listen to the passage, and answer Gary's question. 【2014-2 pre-2nd No.30】

The famous American writer Mark Twain had a very tough time when he was a child. His father died, and the family became poor. Mark had to start working to get money for his family, so he quit school when he was 12. Although he never graduated from school, he was able to become a great writer.

Now, Gary is going to make several points about the passage, and then ask you a question. Please answer his question. You should express your opinion as well as you can.

According to the passage, in spite of a lot of tough experiences – including his father's death, the poverty of his family, and having to leave school long before graduation — Mark Twain became a great and famous American writer.

*Adventures of Huckleberry Finn* is regarded not only as Mark Twain's masterpiece, but also as one of the greatest works of American literature. Although critics have offered many different interpretations of the novel, it is commonly said that it reflects Twain's earlier life in which he experienced hardship, poverty, and inequality. Some experts explain that the novel involves his complex thoughts and feelings about inequality and slavery. Although he did not openly show his anger over inequality and slavery, he might have wisely suggested anger toward them in the novel. Here, I would like to introduce to you his famous quote about anger: "When angry, count to four; when very angry, swear."

In contrast, Shuji Nakamura, a winner of the 2014 Nobel Prize for Physics, appears to show his anger in a very straightforward way. It is reported that he said, "Anger led me to the Nobel Prize."

It seems that these two accomplished men are different in their attitudes toward anger. But I think they have something in common with regard to how to deal with it.

Now, I would like to ask you a question. What do you think about anger? Please explain your answer, referring to both the negative and the positive sides of anger.



## ■Model

Now, let's listen to Futoshi. He will present a model response. Listen and compare it with your answer.

Roughly speaking, I think it could be said that there are two types of anger. One is personal, and the other social. The former is personal anger against someone or something that directly offends you. The latter is anger as a human being against social ills. Needless to say, the latter is much better than the former.

Anger is different from hatred. However, personal anger against what directly affects you or what you personally dislike can be reduced to unsound hatred. That could bring about unnecessary confrontations that can hurt you or involve others around you in trouble. I think we should try to avoid personal anger, and not get stuck on it, although this is easier said than done.

On the other hand, anger can be a good starting point for changes in our society. Mark Twain's anger changed the climate of American literature and contributed to awakening people's awareness of slavery. Professor Nakamura changed his anger against the conservative culture of Japan's scientific community into motivation for developing the innovative blue diode. But, anger is not enough. Both of these two great men had an ideal goal that could change the world and bring a bright light to the future of our society. Great changes may be caused by some strong feelings such as anger or passion, but can be also effected by a definite future goal and constant effort.

Therefore, I think we need to control our personal anger properly in our daily lives. But, at the same time, we should understand that sound anger against social ills, supported by constant effort and positive goals for the bright future of our society, can be a positive force.

How was it? Could you catch what Futoshi said? Did you understand his points?

Okay, now he will explain what he just said. Please listen.

はい、ゲーリーはまず、マーク・トウェインが父親の死や家族の貧困、それにとまなう退学など少年時代の数多くの苦難にもかかわらず、偉大な作家になった、という本文の内容を要約した上で、マーク・トウェインの代表作「ハックルベリーフィンの冒険」について説明してくれました。この作品は様々な解釈があるものの、彼自身の少年時代の困難を反映していること、直接的な表現は避けながらも不平等や奴隷制度への「怒り」を暗に示唆しているという解釈もあることなどでしたね。

一方で、2014年のノーベル賞受賞者の中村教授は「怒り」を直接的に表現していることにも触れました。

そして、「怒り」に対する姿勢では二人は全く異なるように見えるけれども、「怒りへの対処の仕方」では共通点があると思うとした上で、あなたは「怒り」についてどう思うか、その否

定的側面と肯定的側面について述べながら説明するように求めました。

これに対して私は、怒りの否定的側面を **personal** 「個人的」、肯定的側面を **social** 「社会的」というどちらも短い抽象的な言葉で対比した上で、この2つを具体的にかつ対比的に説明して、言うまでもなく後者の方がずっといい、と主張したのが分かりましたか。

次に、「個人的な怒り」がどうマイナスなのか、その根拠をさらに具体的に説明し、続いて「社会的な怒り」がどうプラスなのか、その根拠をさらに具体的に説明する展開を取りました。

そして最後に、上述の根拠と主張を再提示する形でしめくくりました。

このように、「私は〇〇だと思います。なぜなら〇〇だからです。だから、私は〇〇だと思います」と主張と主張で根拠をはさむ「サンドイッチ構造」はとてもシンプルで強力ですから、皆さんもぜひ参考にしてくださいね。

ぜひ、英検の公式ウェブサイトからスクリプトをダウンロードして、英文を確認してください。前回までのものと比較すると一層効果的です。

Now, let's listen to Futoshi again. Please listen carefully, and focus on his opinion, and the way in which he expresses it.

Roughly speaking, I think it could be said that there are two types of anger. One is personal, and the other social. The former is personal anger against someone or something that directly offends you. The latter is anger as a human being against social ills. Needless to say, the latter is much better than the former.

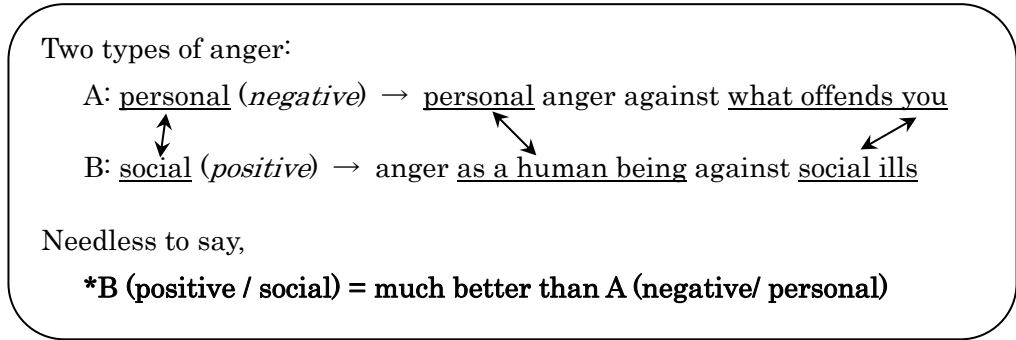
Anger is different from hatred. However, personal anger against what directly affects you or what you personally dislike can be reduced to unsound hatred. That could bring about unnecessary confrontations that can hurt you or involve others around you in trouble. I think we should try to avoid personal anger, and not get stuck on it, although this is easier said than done.

On the other hand, anger can be a good starting point for changes in our society. Mark Twain's anger changed the climate of American literature and contributed to awakening people's awareness of slavery. Professor Nakamura changed his anger against the conservative culture of Japan's scientific community into motivation for developing the innovative blue diode. But, anger is not enough. Both of these two great men had an ideal goal that could change the world and bring a bright light to the future of our society. Great changes may be caused by some strong feelings such as anger or passion, but can be also effected by a definite future goal and constant effort.

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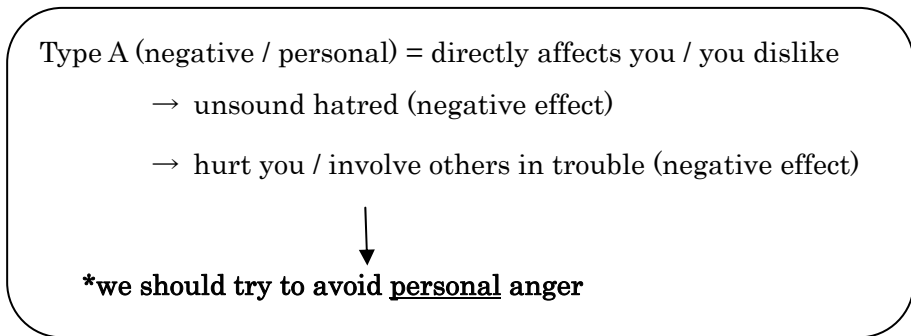
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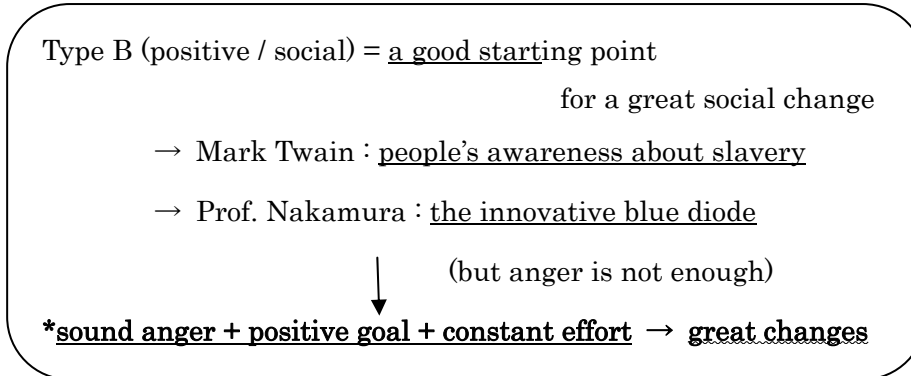
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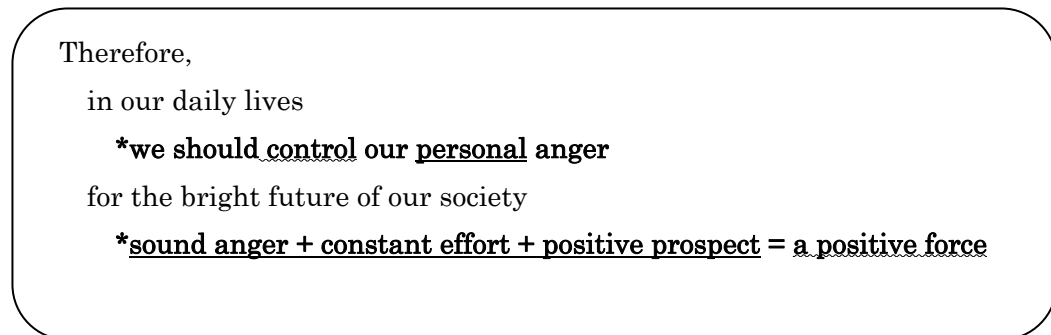
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具体

<結論 (=主張の再提示) >



縮約

## ■ Closing Dialogue

G: Futoshi, in this podcast, once again, you used the “sandwich structure.” I think it’s very effective indeed. I strongly recommend that our listeners download the script and check the diagram.

F: Thank you, Gary. But I’m very angry.

G: What? Futoshi. I hope this is anger for the improvement of society, and not personal anger. Why are you so angry?

F: The other day, I was SO surprised when I watched an evening TV news show. One of the top three news stories was a report that one girl – you know, just one girl – would graduate from AKB! I was so shocked! Is that proper for a top news story? Aren’t there many other things that should be reported? And the same news was repeatedly broadcast by all the other TV stations, including NHK! It’s nonsense! Pay back viewing fees!

G: Hahaha. I understand your anger, Futoshi, and your feeling that this is nonsense. But if so many news agencies are reporting this as a top story, then perhaps we need to consider another possibility.

F: What do you mean?

G: Well, perhaps the number of people who want to hear this kind of news – who think that this is an important story – *make* it an important story.

F: Gary, if that’s true, then there’s only one thing we can do.

G: What?

F: Dance! I want you ~♪ I need you ~♪♪

G: Futoshi! Don’t make me angry...

さあ、今回のレッスンはどうでしたか。後半は少し難しかったかもしれませんね。ぜひ、英検のウェブサイトからスクリプトをダウンロードして復習してください。それから何度も聞き直して、自分でも話せるように練習してみてくださいね。Repetition や Shadowing だけでなく、話す内容の構成を組み立てること、そして相手に伝えること、こうしたトレーニングを続ければ、あなたも必ず『英語ができる人』になります。

ところで今回、セカンドシリーズ第6回目のタイトルは“**How to deal with anger**”でした。ちょっとやっかいに思えるかもしれませんが、怒りは誰もが経験する感情ですから、これにうまく対処することや、自分の感情を上手に表現することは本当の意味での『英語ができる人』への近道かもしれませんよ。

Well, then...

See you next time!

<講師陣プロフィール>

**伊藤 太 (Futoshi Ito)**

大手予備校・有名進学塾等で英語講師を務め、東大クラス・医学部コース等を担当。作成した教材から東大・筑波大等の入試長文問題を的中。コーチングを取り入れた研修方法を確立し、数多くの講師・教員の授業力・授業アンケート向上に寄与。現在、多数の私立学校にコンサルタント、アドバイザーとして関わるとともに、ネイティブスピーカーを含む学校教員・予備校講師（100名超）のコーチを務める。

**ゲイリー・スコット・ファイン (Gary Scott Fine)**

オレゴン州ポートランド出身。スタンフォード大学大学院修士課程修了（東アジア研究）、南カリフォルニア大学大学院修士課程修了（映画・テレビ研究）。現在、東海大学外国語教育センター准教授。主な研究テーマはエンターテインメントメディアを通じた第二言語習得。

朝日新聞・土曜版、『ENGLISH JOURNAL』（アルク）、『CNN ENGLISH EXPRESS』（朝日出版社）に映画・ドラマに関わる英語コラムを連載中。NHK 教育テレビ、アルクヒアリングマラソン等多数の番組で出演及びテキスト執筆で活躍。