

說明：1.請用藍筆、黑筆繕寫，字跡工整大小適中。

2.文長至少120個單詞（words）。

3.評分標準：內容40%、結構40%、文法與用字20%。

提示：每個人從小到大都有感到低潮失落的時刻，也有各自排解低潮失落的經驗和方法。當你感到低潮失落時，有甚麼人、事或物可以陪伴你，伴你走出低潮失落？請以此為主題，寫一篇英文作文，文分兩段：第一段說明甚麼原因或何種情境下感到低潮失落，第二段描述某個人、事或物如何伴你走出低潮失落時期。

I am a highly self-demanding person, always force myself to do everything the most. As a result, if I encounter failure and frustrations, I will feel down and even challenge my ability. What's more, I start becoming passive when I meet this circumstance leading me to drop deeply. All the condition let me worsen and my confidence destroyed.

Thanks to whom always accompany me, my sister: She is always my sanctuary, when I become depressed, what I will do first is to seek her for some talk, she will use some methods to treat me. For example she invigorates me to be more confident on my exam, encourages me to do my best but do not be too tired on my 1500 meters competition and gives me some allowances or treatments when I was punished by my parents can not eat snacks. Although we only can keep in contact from time to time now, she

remain deep care on me. I can say without  
her, I may unable to escape depression, and that  
she is the only one who can lead me to success.