

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。

Not only adults but also teenagers will face difficulties in their lives, and everyone has different ways to relieve their down emotions. Take myself for an example, I always face the academic and peer pressure. When I feel anger or jealous, I can't help but speak ill behind others' backs even though they don't do any harmful things to me. When it comes to academic pressure, I'm the person who try to get good grades on my major, such as English. However, when I don't succeed as well as I expect, I will feel depression and sadness. It's always make me stuck in a bad mood, and I even can't concentrate on other things. Therefore, I really need to find some methods to help me get through these hard time.

There are three points which I can let myself overcome these obstacles. First of all, arranging self-care schedules like exercising for thirty minutes per day, which can help me not only build up my confidence but also strengthen my body. Also, buying some gifts or flowers to value myself. Secondly, staying with my family members or friends, they can listen to me, and give

me some suggestions to relieve my bad emotions. It's also an opportunity to get along with them and build up our relationship. Last but not least, learning new skills like learning new languages, playing musical instruments, and cooking. The reason why I choose to do so is that these things can distract myself from thinking about the bad moods I am in. Moreover, I can get the sense of achievement during the lectures, and become a better version of me. In the end, I think everyone should accept the emotions they have, and you don't have to regard them as negative or bad things. Trying to reveal your feelings with people you trust, and you will feel healing.