

Kelime çalışması:

1. Obsessive-Compulsive Disorder (OCD) is a chronic mental health condition characterized by unwanted, ---- thoughts (obsessions) and repetitive behaviors (compulsions).

- A) flourishing
- B) thriving
- C) displaying
- D) recurring
- E) existing

2. These symptoms can be so persistent and intense that they ---- interfere with a person's daily functioning, relationships, and overall quality of life.

- A) casually
- B) minimally
- C) severely
- D) indirectly
- E) rarely

3. Contrary to popular misconceptions, OCD is not simply about being "neat" or "organized"; ----, it is a debilitating disorder.

- A) Likewise
- B) Similarly
- C) Hence
- D) Thus
- E) Rather

4. Contrary to popular misconceptions, OCD is not simply about being "neat" or "organized." Rather, it is a debilitating disorder that, if left untreated, can ---- a profound psychological toll.

- A) exert
- B) offer
- C) demand
- D) exact
- E) permit

5. OCD often emerges ---- adolescence or early adulthood and can be triggered by a combination ---- genetic, neurological, and environmental factors.

- A) in / of
- B) from / with
- C) into / to
- D) by / for
- E) as / among

6. Individuals with OCD are usually aware that their obsessions are irrational, yet they feel ---- to perform compulsive acts to relieve their anxiety.

- A) indifferent
- B) compelled
- C) reluctant
- D) exempted
- E) concerned

7. This cycle of obsession and compulsion eventually becomes ---- entrenched ---- it dominates their thinking patterns and behaviors. Today, treatments for OCD have significantly advanced.

- A) either / or
- B) both / and
- C) such / that
- D) so / that
- E) as / as

8. Cognitive-behavioral therapy (CBT), ---- a method known as Exposure and Response Prevention (ERP), has shown strong efficacy.

- A) casually
- B) minimally
- C) severely
- D) indirectly
- E) particularly

9. In more severe cases, medication such as selective serotonin reuptake inhibitors (SSRIs) may be prescribed to (21)---- the symptoms and help individuals regain control over their lives.

- A) induce
- B) provoke
- C) mitigate
- D) replicate
- E) exaggerate

Tense questions:

1.

Many 19th-century scientists, especially those working in natural history, ---- themselves on the meticulous observations and records that they ---- through years of painstaking fieldwork.

- A) would pride / had been gathering
- B) prided / had compiled
- C) were priding / would compile
- D) had prided / have compiled
- E) had been priding / gathered

2. ---- the specific environmental risks that threaten both biodiversity and human health in a particular region, policymakers must thoroughly assess which mitigation strategies ---- the most sustainable results over time.

- A) Recognizing / need to yield
- B) Having recognized / would yield
- C) To recognize / must yield
- D) Recognized / had to yield
- E) Being recognized / are to yield

3. However black holes came into existence and developed, the formation process ---- relatively rapidly in the early stages of cosmic evolution, since the oldest observed black holes ---- nearly as ancient as the universe itself.

- A) used to happen / had appeared
- B) must have happened / appear
- C) could have happened / appeared
- D) had to happen / has appeared
- E) should have happened / would appear

4. In the early 21st century, few experts ---- that machine learning algorithms ---- so deeply into sectors like law, medicine, and education within just two decades.

- A) anticipated / were integrating
- B) had to anticipate / should have integrated
- C) could have anticipated / would be integrated
- D) would anticipate / could have been
- E) should have anticipated / might be

5.---- the evolutionary functions of camouflage, researchers examine species in diverse habitats ---- how such traits have varied depending on environmental pressures and predator behavior.

- A) Studied / determined
- B) To study / having determined
- C) Studying / to determine
- D) Having studied / to be determined
- E) To have studied / determine

6. Although economists agree that global supply chains ---- by a complex web of geopolitical and environmental factors, not all agree on how governments ---- the disruptions effectively.

- A) have been influenced / had to address
- B) influenced / used to address
- C) influence / would address
- D) are influenced / should address
- E) were influenced / must address

7. Many modern authors, especially those writing metafiction, ---- traditional narrative boundaries and adopted unconventional structures ---- readers' expectations about storytelling.

A) might have crossed / to be challenged

B) have crossed / to challenge

C) had crossed / having challenged

D) crossed / to have challenged

E) will have crossed / challenging

8. Sociologists studying the rapid civil unrest during the early 20th century consider it a rare opportunity ---- such a profound shift in public consciousness, as few eras seem ---- comparable volatility.

A) witnessing / to display

B) to have witnessed / to exhibit

C) to be witnessing / having exhibited

D) to witness / displayed

E) having witnessed / being exhibited

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Question 1:

If the proposed regulations ---- in the next fiscal year, companies ---- their investment strategies to adapt to the changing market conditions.

- A) would be implemented / might reconsider
- B) are implemented / could reconsider
- C) were to be implemented / would have to reconsider
- D) will be implemented / must reconsider
- E) should be implemented / might reconsider

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inJilizce**Question 2:**

By the time the committee ---- a decision, the members ---- the implications of the new policy for several hours.

- A) had reached / were discussing
- B) reached / had been discussing
- C) had reached / discussed
- D) was reaching / were discussing
- E) has reached / were discussing

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Question 3:

Since the introduction of the new research methodology, experts ---- significant progress in identifying the underlying patterns in climate data, which previously ---- due to limitations in earlier techniques.

- A) have made / were overlooked
- B) made / have been overlooked
- C) had made / had been overlooked
- D) are making / are being overlooked
- E) have been making / were overlooked

Question 4:

Historians generally ---- that ancient civilizations ---- advanced engineering techniques long before modern societies developed similar methods.

- A) used to believe / would use
- B) believed / will use
- C) are believing / were using
- D) believed / have used
- E) believe / had used

Question 5:

By the time the international conference ---- next year, scientists ---- significant advancements in renewable energy technologies.

- A) will be held / have achieved
- B) is held / will have achieved
- C) has been held / achieve
- D) will have been held / have achieved
- E) is held / have achieved

Question 6:

Archaeologists ---- that the ruins ---- to the 5th century BCE, based on the artifacts discovered at the site.

- A) had believed / had dated back
- B) believed / dated back
- C) believe / date back
- D) have believed / have dated back
- E) will have believed / would date back

Question 7:

Although some scholars assert that the architectural style of the structure extend to earlier centuries like 7th century BCE, recent carbon dating results ---- otherwise, indicating that it ---- during the 5th century BCE.

- A) are suggesting / would have been constructed
- B) suggested / will have been constructed
- C) have suggested / must have been constructed
- D) suggest / may have been constructed
- E) had suggested / could have been constructed

Question 8:

Although historians ---- that the ancient city ---- a major trade hub, recent evidence suggests that its influence might have been overstated.

- A) used to believe / could have been
- B) could believe / could have been
- C) had to believe / could be
- D) would believe / should have been
- E) might have believed / used to be

Question 9:

Although scientists ---- at the turn of the previous century that certain species ---- extinct due to a sudden climatic event, new fossil evidence to the contrary suggests a more gradual decline.

- A) believe / will have gone
- B) had believed / can go
- C) used to believe / had to go
- D) believed / might have gone
- E) were believing / should have gone

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Soru: Aşağıdaki seçeneklerden hangisi, verilen cümlelerin en doğru Türkçe çevirisidir?

The industrial company is said to have committed severe violations of environmental regulations, leading to significant ecological damage in the region.

- A) Sanayi şirketinin çevre düzenlemelerine uymadığı gibi bölgede ekolojik zararlara neden olduğu söyleniyor.
- B) Sanayi şirketinin çevre düzenlemelerine uymaya çalıştığı ama yine de bölgede büyük zararlara yol açtığı bildiriliyor.
- C) Sanayi şirketinin çevre düzenlemelerini tamamen değiştirdiği ve bölgede olumlu etkiler yarattığı iddia ediliyor.
- D) Sanayi şirketinin çevre düzenlemelerini ihlal ettiği ve bölgede önemli ekolojik zararlara yol açtığı söyleniyor.
- E) Sanayi şirketinin çevre düzenlemelerine katkı sağladığı ve bölgede ekolojik zararları önlediği söyleniyor.

- A) It is said that the industrial company does not comply with environmental regulations and causes ecological damage in the region.
- B) It is reported that the industrial company tries to comply with environmental regulations but still causes great damage in the region.
- C) It is claimed that the industrial company has completely changed its environmental regulations and has had a positive impact on the region.
- D) The industrial company is said to have violated environmental regulations and caused significant ecological damage to the area.
- E) The industrial company is said to contribute to environmental regulations and prevent ecological damage in the region.

Soru 2:

The government is said to have implemented controversial policies, which critics claim have exacerbated income inequality and undermined social welfare programs.

- A) Hükümetin, eleştirmenlerin gelir eşitsizliğini artırdığını ve sosyal refah programlarını baltaladığını iddia ettiği tartışmalı politikalar uyguladığı söyleniyor.
- B) Hükümetin tartışmalı politikalar üzerinde çalıştığı ve sosyal refah programlarını iyileştirmeye çalıştığı bildiriliyor.
- C) Hükümetin tartışmalı politikalar uyguladığı söylenmektedir, ki bu politikaların bazılarının, gelir eşitsizliğini azaltıp sosyal refah programlarını güçlendirdiği iddia ediliyor.
- D) Hükümetin, eleştirmenler tarafından desteklenen tartışmalı politikalar uyguladığı ve bu politikaların sosyal refahı iyileştirdiği söyleniyor.
- E) Hükümetin sosyal refah programlarını genişletmek ve gelir eşitsizliğini azaltmak için tartışmalı politikalar uyguladığı iddia ediliyor.

- A) The government is said to be implementing controversial policies that critics claim increase income inequality and undermine social welfare programmes.
- B) It is reported that the government is working on controversial policies and trying to improve social welfare programs.
- C) It is said that the government is implementing controversial policies, some of which are claimed to reduce income inequality and strengthen social welfare programs.
- D) It is said that the government is implementing controversial policies supported by critics, and that these policies are improving social welfare.
- E) It is claimed that the government is implementing controversial policies to expand social welfare programs and reduce income inequality.

Soru 3:

Although the excavations revealed significant artifacts, researchers are debating whether the site represents a ceremonial center or an ancient settlement.

- A) Kazılarda önemli eserler ortaya çıkarılmış olmasına rağmen, araştırmacılarca alanın bir tören merkezi mi yoksa eski bir yerleşim yeri mi olduğunu tartışılıyor.
- B) Kazılarda önemli eserler ortaya çıkarılmış olsa da, araştırmacılar alanın bir tören merkezi mi yoksa eski bir yerleşim yeri mi olduğunu tartışıyor.
- C) Kazılar çok önemli eserleri bulmuş olsa da, araştırmacıların çoğunluğu alanın yalnızca eski bir yerleşim yeri olduğunu kabul ediyor.
- D) Kazılar önemli eserleri ortaya çıkarmış olsa da, araştırmacılar alanın bir tören merkezi mi yoksa eski bir yerleşim yeri mi olduğunu tartışıyor.
- E) Kazılar sırasında önemli eserler bulunmuş olmasına rağmen, araştırmacılar alanın ya tören merkezi ya da yerleşim yeri olduğunu kabul ediyor.

- A) Although significant artifacts have been uncovered during the excavations, it is debated by researchers whether the site is a ceremonial center or an ancient settlement.
- B) Although significant artifacts have been uncovered during the excavations, researchers are debating whether the site is a ceremonial center or an ancient settlement.
- C) Although excavations have uncovered very important artefacts, the majority of researchers accept that the site is only an ancient settlement.
- D) Although excavations have uncovered important artefacts, researchers debate whether the site was a ceremonial centre or an ancient settlement.
- E) Although important artefacts were found during the excavations, researchers accept that the site was either a ceremonial centre or a settlement.

Reading Passage:

Narcissism is a personality trait characterized by excessive self-focus, a deep need for admiration, and a lack of empathy for others. While everyone exhibits some narcissistic behaviors from time to time, clinical narcissism—also known as Narcissistic Personality Disorder (NPD)—can significantly impair personal relationships and emotional well-being. Psychologists believe that narcissism exists on a spectrum, ranging from healthy self-confidence to pathological self-obsession. Historically, narcissism was viewed negatively, often associated with arrogance and vanity. However, recent research suggests that certain narcissistic traits may offer advantages in specific contexts, such as leadership or public speaking. Individuals with high self-assurance may perform better under pressure and appear more charismatic. Nonetheless, the darker side of narcissism cannot be overlooked. People with extreme narcissistic tendencies often manipulate others, avoid responsibility, and react poorly to criticism, which can lead to toxic environments in both personal and professional settings. The roots of narcissism are complex, involving genetic predispositions, early childhood experiences, and social influences. Some experts argue that overpraising children or shielding them from failure can contribute to the development of narcissistic traits. In today's digital age, social media platforms may also amplify narcissistic behaviors by encouraging constant self-promotion and validation-seeking. Treating narcissism is challenging, especially since many individuals with NPD do not recognize they have a problem. Therapy focuses on helping them develop empathy, improve interpersonal skills, and address deep-seated insecurities. As our understanding of narcissism evolves, society faces the task of distinguishing between confidence and harmful self-centeredness. Encouraging emotional awareness and healthy communication may be key in managing narcissistic tendencies before they become destructive.

Questions:**1. Title:**

Which of the following would be the most suitable title for the passage?

- A) The Dangers of Social Media on Mental Health
- B) Understanding Narcissism and Its Effects
- C) Narcissism: A New Mental Health Crisis
- D) The Benefits of Self-Confidence
- E) Empathy and Personality Disorders

2. Author's Purpose:

What is the primary purpose of the author in writing this passage?

- A) To promote therapy for narcissistic individuals
- B) To compare narcissism with other personality disorders
- C) To explore the causes, characteristics, and consequences of narcissism
- D) To discourage parents from praising their children
- E) To criticize the influence of social media on behavior

3. Inference 1:

What can be inferred about people with Narcissistic Personality Disorder?

- A) They are typically aware of their harmful behaviors.
- B) They often seek help without hesitation.
- C) They may struggle to accept criticism or responsibility.
- D) They tend to have low self-confidence.
- E) They are unable to succeed in professional life.

4. Inference 2:

According to the passage, why might modern society contribute to narcissistic behaviors?

- A) Because it prioritizes mental health less than in the past.
- B) Due to increasing rates of childhood neglect.
- C) Because digital platforms reward self-promotion.
- D) Since most people today avoid professional therapy.
- E) Due to a decline in leadership opportunities.

Narcissism is a personality trait characterized by excessive self-focus, a deep need for admiration, and a lack of empathy for others. While everyone exhibits some narcissistic behaviors from time to time, clinical narcissism—also known as Narcissistic Personality Disorder (NPD)—can significantly impair personal relationships and emotional well-being. Psychologists believe that narcissism exists on a spectrum, ranging from healthy self-confidence to pathological self-obsession. Historically, narcissism was viewed negatively, often associated with arrogance and **vanity**. However, recent research suggests that certain narcissistic traits may offer advantages in specific contexts, such as leadership or public speaking. Individuals with high self-assurance may perform better under pressure and appear more charismatic. Nonetheless, the darker side of narcissism cannot be overlooked. People with extreme narcissistic tendencies often manipulate others, avoid responsibility, and react poorly to criticism, which can lead to toxic environments in both personal and professional settings. The roots of narcissism are complex, involving genetic predispositions, early childhood experiences, and social influences. Some experts argue that overpraising children or shielding them from failure can contribute to the development of narcissistic traits. In today's digital age, social media platforms may also **amplify** narcissistic behaviors by encouraging constant self-promotion and validation-seeking. Treating narcissism is challenging, especially since many individuals with NPD do not recognize they have a problem. Therapy focuses on helping them develop empathy, improve interpersonal skills, and address deep-seated insecurities. As our understanding of narcissism evolves, society faces the task of distinguishing between confidence and harmful self-centeredness. Encouraging emotional awareness and healthy communication may be key in managing narcissistic tendencies before they become destructive.

5. Specific Information

What does the author suggest about certain narcissistic traits?

- A) They always lead to emotional instability.
- B) They can be beneficial in specific contexts.
- C) They are only present in people with NPD.
- D) They disappear with age and maturity.
- E) They prevent individuals from achieving leadership positions.

6. Specific Information

According to the passage, what makes treating narcissism particularly difficult?

- A) It is usually combined with other personality disorders.
- B) Most people with narcissistic traits refuse to socialize.
- C) Those affected often do not realize they have a problem.
- D) There are no effective therapies available for the time being.
- E) Narcissism has been proven to be a genetic disorder.

7. Critical Thinking:

How does the author suggest society can manage narcissistic tendencies?

- A) By encouraging people to avoid social media entirely.
- B) Through the development of emotional insight and constructive communication.
- C) Through the enforcement of consequences for narcissistic behavior.
- D) By ignoring narcissism unless it becomes dangerous.
- E) By teaching children to always put themselves first.

8. Guessing the Meaning:

What does the word vanity in paragraph most likely mean?

- A) guard
- B) mediocrity
- C) pride
- D) deception
- E) routine

9. Guessing the Meaning:

What does the word amplify in paragraph three most likely mean?

- A) create
- B) reduce
- C) highlight
- D) delete
- E) control

METİN ÇEVİRİSİ:

1. Narcissism is a personality trait characterized by excessive self-focus, a deep need for admiration, and a lack of empathy for others.
 2. While everyone exhibits some narcissistic behaviors from time to time, clinical narcissism—also known as Narcissistic Personality Disorder (NPD)—can significantly impair personal relationships and emotional well-being.
 3. Psychologists believe that narcissism exists on a spectrum, ranging from healthy self-confidence to pathological self-obsession.
 4. Historically, narcissism was viewed negatively, often associated with arrogance and vanity.
 5. However, recent research suggests that certain narcissistic traits may offer advantages in specific contexts, such as leadership or public speaking.
 6. Individuals with high self-assurance may perform better under pressure and appear more charismatic.
 7. Nonetheless, the darker side of narcissism cannot be overlooked.
 8. People with extreme narcissistic tendencies often manipulate others, avoid responsibility, and react poorly to criticism, which can lead to toxic environments in both personal and professional settings.
 9. The roots of narcissism are complex, involving genetic predispositions, early childhood experiences, and social influences.
 10. Some experts argue that overpraising children or shielding them from failure can contribute to the development of narcissistic traits.
1. Narsisizm, aşırı öz odaklılık, derin bir hayranlık ihtiyacı ve başkalarına karşı empati eksikliği ile karakterize edilen bir kişilik özelliğidir.
 2. Herkes zaman zaman bazı narsistik davranışlar sergilerken, klinik narsisizm — Narsistik Kişilik Bozukluğu (NPD) olarak da bilinir — kişisel ilişkileri ve duygusal refahı önemli ölçüde bozabilir.
 3. Psikologlar, narsisizmin sağlıklı özgüven ile patolojik öz takıntı arasında değişen bir spektrumda var olduğunu düşünürler.
 4. Tarihsel olarak narsisizm olumsuz bir şekilde görülmüş ve genellikle kibir ve gösterişçilikle ilişkilendirilmiştir.
 5. Ancak son araştırmalar, belirli narsistik özelliklerin liderlik veya topluluk önünde konuşma gibi belirli bağlamlarda avantajlar sağlayabileceğini göstermektedir.
 6. Kendine güveni yüksek kişiler baskı altında daha iyi performans gösterebilir ve daha karizmatik görünebilir.
 7. Bununla birlikte, narsisizmin karanlık tarafı da göz ardı edilemez.
 8. Aşırı narsistik eğilimleri olan kişiler genellikle başkalarını manipüle eder, sorumluluktan kaçınır ve eleştiriye kötü tepki verir, bu da hem kişisel hem de profesyonel ortamlarda zehirli ortamlara yol açabilir.
 9. Narsisizmin kökleri karmaşıktır ve genetik yatkınlıklar, erken çocukluk deneyimleri ve sosyal etkiler içerir.
 10. Bazı uzmanlar, çocukları aşırı övmenin veya onları başarısızlıktan korumanın narsistik özelliklerin gelişmesine katkıda bulunabileceğini savunur.

11. In today's digital age, social media platforms may also amplify narcissistic behaviors by encouraging constant self-promotion and validation-seeking.
12. Treating narcissism is challenging, especially since many individuals with NPD do not recognize they have a problem.
13. Therapy focuses on helping them develop empathy, improve interpersonal skills, and address deep-seated insecurities.
14. As our understanding of narcissism evolves, society faces the task of distinguishing between confidence and harmful self-centeredness.
15. Encouraging emotional awareness and healthy communication may be key in managing narcissistic tendencies before they become destructive.
11. Günümüzün dijital çağında, sosyal medya platformları da sürekli kendini tanıtmaya ve onay arama davranışlarını teşvik ederek narsistik davranışları güçlendirebilir.
12. Narsizmi tedavi etmek zordur, özellikle de NPD'li birçok kişi bir sorunu olduğunu kabul etmediği için.
13. Terapi, empati geliştirmelerine, kişilerarası becerilerini iyileştirmelerine ve derin güvensizliklerini ele almalarına yardımcı olmaya odaklanır.
14. Narsizm hakkındaki anlayışımız geliştikçe, toplum güven ile zararlı benmerkezcilik arasında ayırım yapma göreviyle karşı karşıya kalır.
15. Duygusal farkındalığı ve sağlıklı iletişimi teşvik etmek, narsistik eğilimleri yıkıcı hale gelmeden yönetmenin anahtarı olabilir.

Restatement:

1. Those who suffer from narcissistic personality disorder, which is marked by a distorted self-image, frequently resist therapy as they are unable to perceive any shortcomings in themselves.

A) People with narcissistic personality disorder, who often dislike being criticized, generally avoid therapy sessions since they believe others are the problem, not them.

B) Individuals who struggle with narcissistic personality disorder, which is characterized by a warped sense of self, often reject treatment because they are incapable of recognizing any faults within themselves.

C) Individuals who struggle with a warped sense of self, which is characterized by narcissistic personality disorder, often consent to treatment only when they are capable of recognizing any faults within themselves.

D) Individuals diagnosed with narcissistic personality disorder frequently pursue professional help when they perceive that their intentions have been misinterpreted or when they feel emotionally neglected by those around them.

E) People coping with narcissistic tendencies, rooted in unresolved childhood trauma, generally participate in therapy sessions; however, they tend to concentrate more on blaming external circumstances than addressing their own internal emotional shortcomings or distorted self-perceptions.

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