

Geniştirilmiş Metin

Putting feelings into words is how we begin to name what is happening inside us, and that naming can start to change the experience itself. Sometimes, the words we choose to describe our lives can enhance our mental health for months and years to come. Research on expressive disclosure - using your words - shows it can lead to significant health improvements with fewer doctor visits and reduced pain. This process functions as a cognitive bridge, transforming raw, overwhelming emotions into structured narratives that the brain can more easily process and integrate. There are some rules of thumb that have been learned from studies with adults. First, writing about a difficult life event three or four times on consecutive days tends to be more effective than spreading the sessions out. This frequency helps maintain a psychological momentum that is crucial for breakthroughs. Second, the optimal time duration of each writing session seems to be at least 15 minutes; shorter sessions can even backfire, making health worse because they may leave the individual in a state of heightened emotional arousal without providing the closure of a finished thought. Third, for those who do not like to write, talking works just as well. In fact, when one study directly compared talking and writing, talking came out ahead because people can express more in 15 minutes when speaking than when writing. One reason this type of therapy can be so transformative is that it helps people put words to their experiences in a safe, structured way, allowing them to tell their own stories with a sense of choice and authorship. Ultimately, by reclaiming the narrative of their own struggles, individuals transition from being passive victims of their circumstances to becoming active protagonists in their own healing journey.

1. It is stated in the passage that using words to describe feelings ----.

- A) can produce positive results depending on people's ability to write as detailed as possible
- B) is proven to be beneficial for not only our mental health but also for physical well-being
- C) works better when people write down their feelings instead of talking about them
- D) should be carried out for no more than fifteen minutes for it to be beneficial
- E) is more effective if people wait a couple of days in between writing sessions

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2. It is understood from the passage that expressive disclosure ----.

- A) could yield faster results had people been more willing to talk about distressing events
B) should be utilised not during the event but afterwards when people are calmer
C) emerged initially as a way to alleviate the suffering of people with chronic pain
D) is renovative because it helps people evaluate what happened to them and grants them autonomy
E) makes it easier for people to sympathise with others who had similar experiences

from victim + protagonist

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3. The author's attitude towards expressive disclosure is ----.

- A) ambiguous —
B) cautious —
C) perplexed —
D) sceptical —
E) appreciative ++

improving ✓
sympathetic ✓
favouring ✓

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4. According to the passage, why might sessions shorter than 15 minutes be harmful?

- A) Because they require too much physical effort from the participant.
- B) Because they do not allow enough time for the brain to start the cognitive bridge.
- C) Because they **may leave the individual emotionally agitated without reaching a resolution.** *worried*
- D) Because participants tend to focus only on positive events in short bursts.
- E) Because talking is naturally faster than writing in such short durations.

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5. One can conclude from the passage that the **frequency of the sessions** -----.

- A) is less important than the total number of words written or spoken.
B) should be spread out over several weeks to avoid emotional exhaustion.
C) plays a **vital role** in the effectiveness of the healing process.
D) depends entirely on whether the person chooses to write or talk.
E) has no significant impact on the physiological benefits of the therapy.

talking comes first
is superior

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6. The passage mentions that **talking "came out ahead"** in one study because ----.

- A) it **allows for a higher volume** of emotional expression **within the same timeframe.**
- B) it is a more social activity than writing alone in a room. 4
- C) it requires **less cognitive effort** to name internal feelings. *
- D) most people have **better verbal skills** than writing skills.
- E) it prevents the "backfire" effect mentioned for short sessions.

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7. What is the primary function of "naming" an experience as discussed in the text?
- A) To forget the details of a difficult life event as quickly as possible.
- B) To provide a labels that others can use to understand our pain.
- C) To initiate a change in how the individual perceives and lives through the experience.
- D) To reduce the number of times a person needs to visit a doctor.
- E) To prove that the individual is the true author of their own life story.

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8. Which of the following can be the best title for this passage?

- A) The History of Expressive Disclosure in Adults
- B) Why Writing is Superior to Talking in Therapy
- C) The Dangers of Short Emotional Reflections
- D) **Healing Through Narrative: The Power of Putting Feelings into Words**
- E) How to Reduce Physical Pain Without Medical Intervention

Cevap Anahtarı:

1-B, 2-D,3-E, 4-C,5-C, 6-A, 7-C, 8-D