1-22 · 1-4 감정의 정체
01 마음과 뇌 · 교재 p.25

2026년 10월 고2 학평 37번

2026년 10월 시행 · 전국연합학력평가

Reappraisal—changing the way one thinks about emotional situations—might present a particularly effective avenue to regulating emotions because it _____. Take, for example, someone who is going through a divorce. This is often an adverse event, and yet, it can be construed in different ways. One might view it as an overpowering loss that will mark one's family for life. Alternatively, one might see it as something that is painful but that might lead to positive outcomes in the long run, such as improved relationships. As a result of these different construals, one might feel different emotions. The first construal may bring intense sadness and anger. The second construal might also bring sadness and anger but perhaps at lower levels. Crucially, it might also bring some positive emotions, such as hope, strength, or gratitude. This example illustrates how reappraisal might powerfully transform short-term emotional responses. When repeated over time, these short-term emotional consequences of reappraisal might accumulate to shape people's psychological health. Thereby, reappraisal might be a key to resilience.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① hides emotions from others
② delays emotions until later
③ removes all negative feelings
④ makes us ignore the situation
⑤ transforms emotions at their root

2. 주제 윗글의 주제로 가장 적절한 것은?

① reappraisal as a powerful way to regulate emotions
② why divorce always causes lifelong loss
③ how to avoid all sad emotions
④ the dangers of positive thinking
⑤ the causes of family conflicts

2026년 10월 고2 학평 41~42번

It is crucial to recognize that boredom can give rise to ① harmful emotions such as depression, despair, and irritation if not adequately addressed. When we believe that the only way to be happy is by searching for fun activities, then we become ② dependent on those activities, and negative thoughts and emotions arise. It is suggested that 'Idle time is the devil's workshop' implies that those with too much time on their hands may fill that time with troubling thoughts and behavior. The balance is to not see it as idle time, wasted time, or boredom but rather as a perfect time for self-improvement, self-identification, and positive reflection time. Reflecting, just how lucky are we to be bored? Boredom doesn't exist in the presence of danger, as it is only an indulgence pastime in a safe zone. Boredom can be perceived as a ③ luxury that typically manifests in safe and inactive situations, providing an occasion to appreciate and comprehend the environment. In hazardous circumstances, the luxury of boredom is ④ unavailable. Thus, it is paramount to utilize idle moments for profound self-reflection. It represents an occasion to listen, observe, and appreciate before expressing. Rather than viewing boredom as unproductive, it should be regarded as an ⑤ obstacle for personal development and constructive contemplation.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 지루함은 즐거운 활동으로 반드시 없애야 한다.
② 위험한 상황에서도 지루함은 생긴다.
③ 한가한 시간은 언제나 해롭다.
④ 지루함을 낭비가 아니라 자기 성찰과 성장의 기회로 받아들여야 한다.
⑤ 성찰보다 표현이 먼저이다.

2026년 9월 고2 학평 33번

Psychological theories across the field agree on the importance of grieving our losses, from the highly personal through to the broadly collective. Grief is a ① dynamic emotional process essential to consciousness. At a psychological level, it supports us to both face into our own and others' vulnerability, transience and mortality, and to ② repair life energy after significant loss. Grief work honours the loss, the sadness and the experience of ③ diminishment or absence, while also setting up the ground for self-transformation and the continuation of life. Psychotherapist Fran Weller describes grief work is "an act of ④ devotion, rooted in love and compassion" that requires "an ongoing practice of deepening, attending and listening." When we grieve for what is lost, it clears the way towards a strengthening of love and commitment for what remains. In time this may build a desire to make good from the loss by repairing as many damages as we can and/or compensating for them. Grief can make us both very sad and very ⑤ reluctant to act.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Why We Should Avoid Grieving
② Grief: Sadness That Moves Us Forward
③ Grief Weakens Love
④ Loss Is Best Forgotten Quickly
⑤ Collective Grief Has No Meaning

2026년 6월 고2 학평 37번

2026년 6월 시행 · 전국연합학력평가

Think about a time when you were startled. Did you come to a sudden stop, freeze all your movements, and hold your breath as you scanned the environment for a threat? (①) All these responses maximize our ability to avoid detection, locate the source of possible danger, and prepare to fight or flee. (②) As sophisticated as language has become, it is still the creation of sound that might give away our location to a potential predator. (③) Because of this, the freeze response results in the inhibition of language in highly stressful and traumatic situations. (④) When the threat passes, we begin to relax and find our voices again, perhaps even to laugh at our own reactions. (⑤) But what if we can never relax? What if our experiences shape our brain to be in a constant state of fear? This interference with the proper development and integration of neural networks can result in chronic stress and even mental illness.

1. 문장 삽입 글의 흐름으로 보아, 다음 문장이 들어가기에 가장 적절한 곳은?

Natural selection promoted the evolution of language but conserved the freeze rule.

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 언어는 위험한 상황에서 가장 유용하다.
② 놀랄 때 숨을 참는 것은 해롭다.
③ 얼어붙기 반응은 진화 과정에서 사라졌다.
④ 만성 스트레스는 언어 발달을 돕는다.
⑤ 놀랐을 때 언어가 억제되는 얼어붙기 반응은 생존을 위해 진화했지만, 공포가 지속되면 정신 건강을 해칠 수 있다.

2026년 3월 고2 학평 31번

2026년 3월 시행 · 전국연합학력평가

Research shows that, by age three, children understand that imaginary objects do not come to life. This is especially clear with respect to everyday objects—children know that even though they imagine a pencil in an empty box, the box will ① remain empty. However, emotion can sometimes ② disrupt this understanding, or at least its expression. That is, even though a child knows that monsters are not real, the thought of a monster under a bed might be enough to make a child refuse ③ going into his room at night. Indeed, research shows that children have a more difficult time ④ displaying their understanding of the causal relations between imagination and reality when they are asked to pretend or imagine scary things, like monsters. In one study, preschool children were shown an empty box and were asked to imagine a monster inside. All children agreed that the box was empty. However, when they were left alone with the box they ⑤ exhibited fear and avoidance of it.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① how emotion can disrupt children’s grasp of imagination and reality
② why children believe pencils come to life
③ the benefits of scary stories for preschoolers
④ how children learn to count objects
⑤ why adults fear empty boxes

2025년 6월 고2 학평 40번

2025년 6월 시행 · 전국연합학력평가

The study of emotions and decision making is now of considerable importance. This involves the application of various tools afforded by neuroscience. One important stream of the literature examines people with brain damage and how damage to particular parts of the brain known to be responsible for particular cognitive functions impacts on decision making. One example of this research is the work of Antonio Damasio, who finds that when the emotional part of the brain is damaged, this actually _____. Good decisions are a product of the emotional part of the brain working in conjunction with the deliberative part. This contradicts the assumptions of conventional economics, where emotions play a negative role in the decision-making process. Here it is assumed that decision making can be modeled as being generated in a stoic, unemotional fashion, and that's why decisions tend to be optimal. But the evidence suggests that emotions actually play an important and, often, a positive role in decision making.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① improves logical reasoning
② reduces the efficacy of decision making
③ has no effect on choices
④ makes people more cautious
⑤ increases economic profits

2. 요약문 완성 윗글의 내용을 한 문장으로 요약하고자 한다. 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

Contrary to the assumption of conventional economics, emotions play a(n) (A) _____ role in decision making, as good decisions come from emotion working (B) _____ deliberation.

	(A)		(B)
①	positive	……	against
②	negative	……	with
③	positive	……	with
④	minor	……	without
⑤	negative	……	without

2024년 10월 고2 학평 23번

2024년 10월 시행 · 전국연합학력평가

Based on discoveries in neuroscience, pain and pleasure are formed and processed in the same area of the brain. Our bodies constantly strive for homeostasis, which is defined as the balance of bodily functions. Without the body's effective compensatory mechanisms, which may cushion potential highs and lows, we would not be capable of surviving. Pleasure and pain are like two sides of the same coin; they seem to work together and are heavily reliant on one another and keep balance. ① If you imagine pleasure and pain as the two opposite points on a scale, you can easily understand that as one of the two points rises, the other must correspondingly fall. ② We've all heard the expression, "No pain, no gain." ③ Well, according to psychiatrist Dr. Anna Lembke, there may be some truth to these words. ④ Dr. Lembke has also written several popular books on modern lifestyles. ⑤ She says that our attempts to escape being miserable are in fact making us even more miserable. This is because pain is actually an essential component of our ability to maintain a neutral state, and allowing it will in turn reset our internal scale back to balance.

1. **무관한 문장** 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. **제목** 윗글의 제목으로 가장 적절한 것은?

① Escape Pain to Find Happiness
② Pleasure and Pain Live Apart in the Brain
③ Why Homeostasis Is Unnecessary
④ No Pain, No Gain: Balancing Pleasure and Pain
⑤ The Endless Rise of Pleasure

2024년 9월 고2 학평 20번

2024년 9월 시행 · 전국연합학력평가

Merely convincing your children that worry is ① senseless and that they would be more content if they didn't worry isn't going to stop them from worrying. For some reason, young people seem to believe that worry is a fact of life over which they have ② complete or no control. Consequently, they don't even try to stop. Therefore, you need to convince them that worry, like guilt and fear, is nothing more than an ③ emotion, and like all emotions, is subject to the power of the will. Tell them that they can eliminate worry from their lives by simply ④ refusing to attend to it. Explain to them that if they refuse to act worried regardless of how they feel, they will eventually stop feeling worried and will begin to experience the ⑤ contentment that accompanies a worry-free life.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주장 윗글에서 필자가 주장하는 바로 가장 적절한 것은?

① 걱정은 삶의 피할 수 없는 사실이다.
② 아이들에게 걱정은 의지로 다스릴 수 있는 감정일 뿐임을 깨닫게 해야 한다.
③ 아이들은 걱정을 쉽게 멈출 수 있다고 믿는다.
④ 죄책감과 두려움은 감정이 아니다.
⑤ 걱정하는 척하는 것이 도움이 된다.

2024년 6월 고2 학평 30번

2024년 6월 시행 · 전국연합학력평가

Because people tend to adapt, ① interrupting positive things with negative ones can actually increase enjoyment. Take commercials. Most people hate them, so ② removing them should make shows or other entertainment more enjoyable. But the opposite is true. Shows are actually more enjoyable when they're ③ broken up by annoying commercials. Because these less enjoyable moments break up adaptation to the positive experience of the show. Think about eating chocolate chips. The first chip is delicious: sweet, melt-in-your-mouth goodness. The second chip is also pretty good. But by the fourth, fifth, or tenth chip in a row, the goodness is no longer as pleasurable. We adapt. ④ Interspersing positive experiences with less positive ones, however, can disrupt adaptation. Eating a Brussels sprout between chocolate chips or viewing commercials between parts of TV shows ⑤ disrupt the process. The less positive moment makes the following positive one new again and thus more enjoyable.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Commercials Ruin Every Show
② The More Chocolate, the Better
③ Why Brussels Sprouts Taste Sweet
④ Adaptation Increases Enjoyment
⑤ Annoying Breaks Make Good Things Better

2024년 6월 고2 학평 40번

2024년 6월 시행 · 전국연합학력평가

Many things spark envy: ownership, status, health, youth, talent, popularity, beauty. It is often confused with jealousy because the physical reactions are identical. The difference: the subject of envy is a thing (status, money, health etc.). The subject of jealousy is the behaviour of a third person. Envy needs two people. Jealousy, on the other hand, requires three: Peter is jealous of Sam because the beautiful girl next door rings him instead. Paradoxically, with envy we direct resentments toward those who are _____ in age, career and residence. We don't envy businesspeople from the century before last. We don't envy millionaires on the other side of the globe. As a writer, I don't envy musicians, managers or dentists, but other writers. As a CEO you envy other, bigger CEOs. As a supermodel you envy more successful supermodels. Aristotle knew this: 'Potters envy potters.'

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① richest in the world
② far away from us
③ most similar to us
④ from the past
⑤ completely unlike us

2. 요지 윗글의 요지로 가장 적절한 것은?

① 부러움은 우리와 가장 비슷한 사람을 향하며, 제3자가 필요한 시기심과는 다르다.
② 부러움과 시기심은 같은 감정이다.
③ 사람들은 먼 나라의 부자를 가장 부러워한다.
④ 시기심은 두 사람만 있으면 생긴다.
⑤ 작가는 음악가를 가장 부러워한다.

2024년 3월 고2 학평 30번

2024년 3월 시행 · 전국연합학력평가

Emotion socialization—learning from other people about emotions and how to deal with them—starts early in life and plays a foundational role for emotion regulation development. (①) Although extra-familial influences, such as peers or media, gain in importance during adolescence, parents remain the primary socialization agents. (②) For example, their own responses to emotional situations serve as a role model for emotion regulation, increasing the likelihood that their children will show similar reactions in comparable situations. (③) Whereas direct soothing and directive guidance of what to do are beneficial for younger children, they may undermine adolescents' autonomy striving. (④) In consequence, adolescents might pull away from, rather than turn toward, their parents in times of emotional crisis, unless parental practices are adjusted. (⑤) More suitable in adolescence is indirect support of autonomous emotion regulation, such as through interest in, as well as awareness and nonjudgmental acceptance of, adolescents' emotional experiences, and being available when the adolescent wants to talk.

1. 문장 삽입 글의 흐름으로 보아, 다음 문장이 들어가기에 가장 적절한 곳은?

Parental practices at times when their children are faced with emotional challenges also impact emotion regulation development.

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① why peers matter more than parents
② the dangers of media for teenagers
③ how parents shape emotion regulation from childhood to adolescence
④ how adolescents avoid emotional crises
⑤ the benefits of strict parenting

정답 및 해설

1-22 **1.**⑤ **2.**① · 1-23 **1.**⑤ **2.**④ · 1-24 **1.**⑤ **2.**② · 1-25 **1.**④ **2.**⑤ · 1-26 **1.**③ **2.**① · 1-27 **1.**② **2.**③ · 1-28 **1.**④ **2.**④ · 1-29 **1.**② **2.**② · 1-30 **1.**⑤ **2.**⑤ · 1-31 **1.**③ **2.**① · 1-32 **1.**③ **2.**③

1-22 · 2026년 10월 고2 학평 37번
1. ⑤ 재평가는 상황을 생각하는 방식을 바꾸어 감정을 '근원에서 변화시키므로' 효과적이다. ③은 지나치다. 두 번째 해석도 슬픔과 분노를 가져온다.
2. ① 이혼의 예처럼 상황을 다르게 해석하는 재평가가 감정을 바꾸고, 쌓이면 회복탄력성의 열쇠가 된다는 내용이다.

1-23 · 2026년 10월 고2 학평 41~42번
1. ⑤ 지루함은 비생산적인 것이 아니라 개인적 성장과 건설적 숙고의 '기회'로 여겨야 한다. ⑤ obstacle → opportunity.
2. ④ 지루함은 안전할 때만 누리는 사치이므로, 재미를 찾아 헤매기보다 자기 성찰과 성장의 시간으로 활용해야 한다는 것이 요지다.

1-24 · 2026년 9월 고2 학평 33번
1. ⑤ 애도는 남은 것을 위해 손실을 메우려는 욕구를 키우므로, 우리를 매우 슬프게 하면서도 행동하도록 '동기를 부여한다'. ⑤ reluctant → motivated.
2. ② 애도는 상실을 존중하며 자기 변화와 남은 것에 대한 사랑, 회복을 위한 행동의 토대가 된다는 글이다.

1-25 · 2026년 6월 고2 학평 37번
1. ④ 스트레스 상황에서 얼어붙기 반응이 언어를 억제한다는 문장 뒤에, 자연 선택이 언어를 진화시키면서도 그 규칙을 보존했다는 설명이 오고, 이어 위협이 지나간 뒤의 모습이 나온다.
2. ⑤ 소리를 내면 위치가 드러나므로 놀라면 언어가 억제되는데, 공포 상태가 계속되면 만성 스트레스와 정신 질환으로 이어질 수 있다는 것이 요지다.

1-26 · 2026년 3월 고2 학평 31번
1. ③ refuse는 to부정사를 목적어로 취하므로 to go가 알맞다. ③ going → to go.
2. ① 세 살이면 상상한 것이 실재하지 않음을 알지만, 괴물처럼 무서운 것을 상상하면 감정이 그 이해를 흔든다는 내용이다.

1-27 · 2025년 6월 고2 학평 40번
1. ② 좋은 결정은 감정과 숙고가 함께 작용한 결과이므로, 감정을 담당하는 뇌가 손상되면 오히려 '의사 결정의 효율이 떨어진다'.
2. ③ 감정은 의사 결정에서 '긍정적인' 역할을 하며, 좋은 결정은 감정이 숙고와 '함께' 작용할 때 나온다.

1-28 · 2024년 10월 고2 학평 23번
1. ④ 글은 쾌락과 고통이 저울처럼 균형을 이룬다는 내용이다. ④는 렘키 박사의 저서 이야기로 흐름과 무관하다.
2. ④ 쾌락과 고통은 같은 뇌 영역에서 처리되는 동전의 양면이며, 고통을 허용해야 균형으로 돌아간다는 글이다. ①은 글과 반대다.

1-29 · 2024년 9월 고2 학평 20번
1. ② 젊은이들은 걱정을 자신이 거의 통제할 수 '없는' 삶의 사실로 여겨 멈추려 하지도 않는다. ② complete → little.
2. ② 걱정이 무의미하다고 말하는 것만으로는 부족하며, 걱정도 의지로 다스릴 수 있는 감정임을 아이들에게 설득해야 한다는 주장이다.

1-30 · 2024년 6월 고2 학평 30번
1. ⑤ 주어가 동명사구(Eating ~ or viewing ~)이므로 단수 동사 disrupts가 알맞다. ⑤ disrupt → disrupts.
2. ⑤ 덜 즐거운 순간이 끼어들면 긍정적 경험에 대한 적응이 깨져 다음 순간이 더 즐거워진다는 글이다.

1-31 · 2024년 6월 고2 학평 40번
1. ③ 우리는 지난 세기의 사업가나 지구 반대편 백만장자가 아니라 나이·직업·거주지가 '우리와 가장 비슷한' 사람을 부러워한다.
2. ① 부러움은 사물을 대상으로 두 사람 사이에서 생기며, 역설적으로 우리와 가장 비슷한 사람에게 향한다는 것이 요지다. ④는 세 사람이 필요하다는 내용과 어긋난다.

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1. ③ 부모의 반응이 본보기가 된다는 예 뒤에 also로 '부모의 대응 방식'도 영향을 준다고 하고, 이어 어린아이와 청소년에게 적절한 방식의 차이가 나온다.

2. ③ 부모는 청소년기에도 주된 정서 사회화 주체이며, 자녀의 나이에 맞게 정서 조절을 돕는 방식을 바꿔야 한다는 내용이다.