

[I] 次の文章を読んで設問に答えなさい。[*印のついた語句は注を参照しなさい。](67点)

Many of us suffer from a wish to be special. We toil away in the unconscious belief that a special person is a better person, and a special life is a better life. Whether that specialness is conferred by the glamour of celebrity or social media likes, or by the dignified success of reaching the top of your profession (中略), this craving* to be raised above others, to be “the special one,” can lie at the heart of everything we do.

This wish might be lurking* under the making and breaking of your relationships, as you seek the person who will make you feel special, and reject the ones who don't. It might hide in the extra hours you spend in the office to get something “just right” for your boss, rather than settling for good enough. It might ring out with the alarm that wakes you far too early to train for a marathon, or to perfect a yoga pose.

I can write about this with some insight, because I too want to be special. I may have to delete that sentence later, it feels so excruciating*. There has been nothing more mortifying* than hearing the crushing words from my analyst, “Perhaps you want me to feel that you're special.”

Moment by moment, interpretation by interpretation, my analyst has helped me to see and understand the very high cost I have paid in working so very hard to be special. The effort spent trying to impress others; the dazzling* meals I was too tired to cook but cook I did; the *Guardian* column that I just couldn't stop tinkering with*. (X) can get lost in all this are the ordinary feelings and parts of myself that have ended up neglected, because I didn't consider them dazzling enough. My desire to be special led me away from myself. (Y) anything else, it is exhausting. I remember a friend telling me that I didn't have to try so hard, and it made me want to cry; the problem was, I did have to try

this hard — I wish I didn't.

I've been thinking about this a lot since becoming a mother. I think it is very natural to want your child to feel special, perhaps more special than others, so they can develop self-confidence. But I don't think real self-confidence comes from being elevated above others; it comes from knowing and being oneself and feeling loved for that in an ordinary way. It is not believing you are the best and striving to be that; it is understanding that you have value for being you. It is very easy to give a child, unconsciously, the impression that to be special, they need to try to be somebody else. Perhaps the most valuable gift you can give a child is the permission to be ordinary.

Trying to be special, to live a special life, can (Z) reality take you further and further away from a better one. It is very easy to get caught up in who's climbing the ladder on LinkedIn* and lose sight of the precious moments of the life you are actually living. It is quite possible the better life that you're trying to build by reading this article is already right in front of you; you just can't see it because you're trying to live a different one.

Now that I have become aware of this part of myself that so craves that feeling, I don't seem so compelled to act on it. I cook simpler meals. I feel a lot more freedom when writing these columns. I feel less of a need to (あ)(い) I used to and when I (う)(え)(お) need, I can (か) it and respond differently (sometimes). I've also become much more aware of the beauty of ordinary moments that I am fortunate enough to experience every day. A cheeky* glance from my daughter to her father; the "rrrrrr" of my cat as she jumps on the bed in the middle of the night and starts purring*; opening a new book and realizing I'm in safe hands, it's going to be good.

There is a disturbing vulnerability that comes with an unconscious

wish to feel special. It means you can easily be drawn into relationships built on sand — falling in love not with the other person, with who they are, but with yourself through their eyes. Someone who can make you feel like you are the most special person in the world — far more special than anyone else — can also just as easily make you feel like you are the dirt on the bottom of their shoe. And you might be inclined to believe that's who you are, too. ^(h)

It can be a huge relief to find a partner who can treat you in an ordinary way, as an ordinary person, as someone who does not need to be special and dazzling. At first, it might feel boring, if you're used to the cycle of idealization followed by denigration*. But after a while, you might realize that boring is just a denigration of something far more precious. You might have found someone who recognizes you and loves you in your ordinariness. It might not always feel as exciting, but it can feel more real; it can feel like coming home.

(By Moya Sarner, writing for *The Guardian*, February 24, 2025,
イギリス式をつづり・表記はアメリカ式に変更)

- [注] craving (crave 渴望する)
lurking (lurk 潜む)
excruciating 耐え難い
mortifying 屈辱的な
dazzling 目もくらむほどの
tinkering with (tinker with ~をいじくりまわす)
LinkedIn ビジネス向けのSNS
cheeky 生意気な
purring (purr 喉をごろごろならす)
denigration 過小評価

I - A 空所(X)～(Z)に入るもっとも適切なものを次の1～4の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

- | | | | | |
|-----|--------------|--------------|-------|-------|
| (X) | 1 How | 2 What | 3 Who | 4 Why |
| (Y) | 1 Apart from | 2 Except for | | |
| | 3 In case of | 4 Owing to | | |
| (Z) | 1 by | 2 in | 3 on | 4 to |

I - B 下線部 (a)～(h) の意味・内容にもっとも近いものを次の1～4の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

(a) toil away

- | | |
|----------------|------------|
| 1 get deceived | 2 get lost |
| 3 labor | 4 worry |

(b) conferred

- | | | | |
|-------------|------------|-------------|-----------|
| 1 confessed | 2 deprived | 3 forgotten | 4 granted |
|-------------|------------|-------------|-----------|

(c) insight

- | | |
|----------------------|-----------------------|
| 1 deep understanding | 2 general explanation |
| 3 minor hesitation | 4 rough data |

(d) crushing

- | | |
|---------------|--------------|
| 1 crucial | 2 demanding |
| 3 devastating | 4 flattering |

(e) elevated

- | | | | |
|--------------|------------|----------|----------|
| 1 celebrated | 2 inspired | 3 judged | 4 valued |
|--------------|------------|----------|----------|

(f) fortunate

- | | | | |
|-----------|-------------|---------|-----------|
| 1 capable | 2 favorable | 3 lucky | 4 wealthy |
|-----------|-------------|---------|-----------|

(g) vulnerability

- | | | | |
|-------------|----------|------------|------------|
| 1 certainty | 2 desire | 3 validity | 4 weakness |
|-------------|----------|------------|------------|

(h) inclined

- | | | | |
|-------------|----------|----------|-------------|
| 1 dedicated | 2 forced | 3 likely | 4 reluctant |
|-------------|----------|----------|-------------|

I - C 波線部 (ア)～(ウ) の意味・内容をもっとも的確に示すものを次の 1～4 の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

(ア) get caught up in who's climbing the ladder

- 1 investigate other people moving past you
- 2 move up in a group of people
- 3 stress about people getting ahead
- 4 try to catch up with other people

(イ) you just can't see it because you're trying to live a different one

- 1 you don't realize what you have because you are attempting to live otherwise
- 2 you don't understand the importance of being ordinary
- 3 you never imagine what it is like to be somebody special
- 4 you never know the value of your life because it is different from others'

(ウ) realizing I'm in safe hands

- 1 feeling that reading it will be a reassuring experience
- 2 knowing it's a book I can share with my family
- 3 noticing that it's by an author I've read before
- 4 recognizing that it will be quick and easy to read

I - D 二重下線部の空所(あ)～(か)に次の 1～8 の中から選んだ語を入れて、本文の意味・内容に合う文を完成させたとき、(あ)と(う)と(お)に入る語の番号を解答欄に記入しなさい。同じ語を二度使ってはいけません。選択肢の中には使われな
いものが二つ含まれています。

I feel less of a need to (あ) (い) I used to and when I (う)
(え) (お) need, I can (か) it and respond differently

- | | | | |
|-------------|--------|--------|-----------|
| 1 do | 2 feel | 3 few | 4 perform |
| 5 recognize | 6 than | 7 that | 8 what |

I - E 本文の意味・内容に合致するものを次の1～8の中から三つ選び、その番号を解答欄に記入しなさい。

- 1 Striving to be a special person, who surpasses others, may shape our actions.
- 2 People will often work extra hours knowing that even then their work will be judged merely good enough.
- 3 The author's analyst has helped her to understand the need for more effort in impressing the people around her.
- 4 A friend of the author made her cry by reassuring her that her efforts were appreciated.
- 5 The best thing for children is to teach them not that being special is more important, but that being themselves is what matters.
- 6 The author's perfectionism has driven her to create an easier life by making, for example, simple meals.
- 7 The problem with people who can make you feel special is that they also have the power to damage your self-esteem.
- 8 When you find the right partner, you find immediately that life is no longer boring.

〔Ⅱ〕 次の文章を読んで設問に答えなさい。[*印のついた語句は注を参照しなさい。](83点)

Someone has probably told you that confidence is key. Key to what exactly? Whatever you aim to accomplish, it seems. Want to play music in front of an audience? You need confidence in your skills. Want to be a better writer or public speaker? Different skill sets but confidence is still required. What about starting a business, excelling in a leadership role, or being a better networker? Confidence, confidence, and—you guessed it—confidence.

But if there's one pursuit where confidence's benefits are best on display, it has to be sports. Professional athletes and coaches radiate* self-assurance, making the link between their successes and confidence a common talking point in sports media. For instance, golf legend Jack Nicklaus is reported to have said: "Confidence is the most important single factor in this game, and no matter how great your natural talent, there is only one way to obtain and sustain it: work." Nine-time Olympic gold medalist Carl Lewis held a similar view: "If you don't have confidence, you will always find a way not to win." (中略)

As encouraging as these quotes are, they also inspire a chicken-and-egg question: Does confidence ^(a)propel great athletes and coaches to success, or did success later imbue* ^(b)them with an exceptional degree of confidence—an attribute we might call "ultra-confidence"? As with most things in life, the answer is nuanced*, but the research overall suggests confidence to be an important psychological characteristic underpinning* success. That may sound bleak to the naturally self-doubting, as if success is the inheritance of those born with certitude* and self-certainty ^(c)pre-coded into their genes. ⁽¹⁾But the research reveals a silver lining: Athletes can build their confidence using certain psychological techniques, and those

techniques can be employed in pursuits on and off the pitch.

To better understand the relationship between confidence and success, performance psychologists first needed to determine where athletes gain confidence from and how it affects their performance. It's worth noting here that psychologists differentiate between self-efficacy and self-confidence. Self-efficacy is the belief that you have the skills to attain a desired result, whereas self-confidence represents a broader trust in your abilities. For simplicity, this article uses confidence as a catchall* to describe trust in one's abilities to attain results.

In an influential 2007 paper, researchers proposed nine potential sources of athletic self-confidence. One of those was achievements, meaning there is some truth to the idea that successful people are confident (X) their successes. As psychologist Noel Brick and author Scott Douglas write in *Strong Minds*: “Our previous accomplishments — what we've achieved in the past — are our strongest source of self-confidence.” But they quickly add: “Previous accomplishments include experiences of success, but they also include learning, improving, and mastering the skills required to meet a challenge.” In other words, preparation and past experiences help athletes and coaches strengthen their skills and gain the knowledge necessary to execute when it counts. As (あ) as they (い) the mental (う)(え) their preparation (お) later execution, they feel ready to perform. Preparation helps explain why some people sport ultra confidence before achieving career-making success. Football manager Jose Mourinho famously referred (Y) himself as a “top manager” and “a special one” before winning two League Cups in three years with Chelsea Football Club*. Such confidence may come naturally to Mourinho, but it likely stemmed from the preparation, experiences, and successes he earned earlier in his career, as well.

Other important sources of self-confidence include coaching, social

support, positive self-talk, and competitive advantage. That said, not all the sources can be mined as deeply by everyone. Two examples: First, the more credible* a coach or supporter is, the more valuable their encouragement. Second, women athletes find personal performance significant, while men derive more assurance by proving themselves superior to others—which, as we’ll see, is a troublesome outlook for maintaining confidence. Whatever the source, once gained, confidence has been shown to improve player effort, strategy selection, and emotional regulation. “Remember, self-confidence isn’t about what we’re actually capable of, but what we think we can do with the skills we possess,” Brick and Douglas write. (中略)

Nonetheless, confidence isn’t a guaranteed win. A 2006 systematic review examined 41 studies on confidence and performance in the sports literature. All told, the studies accounted for four decades of research, totaling 3,711 athletes from 15 countries who played 24 different sports. That’s a lot of data, and after analyzing it, the researchers found that confidence aided players by helping them feel more relaxed, focus on important details, and be more committed to the task. These profitable attitudes improved performance, but while the relationship was positive, it was also small. In other words, confidence proved far from the only ingredient in successful play. The review identified some of these moderating factors. For instance, confidence was less of a performance booster* in team sports, likely because fewer outcomes are (Z) one person’s control. It also proved less beneficial for longer-duration sports since confidence can wane* amid a poor performance or as the level of competition rises. Any baseball fan will recognize both at play in the sport’s history of eighth-inning comebacks.

Finally, some moderating factors may not have been identified in the data. These include preparation, timing, and luck—which, as with so

many other facets* in the sporting life, can be everything. “Self-confidence dominates the sports media and the athletic rhetoric as vital to performance,” the researchers write. “It might be true, as Carl Lewis asserts, that without confidence one cannot win. However, it might simply be that without more confidence than the other team or competitor at a critical moment, one will find a way not to win.”

(By Kevin Dickinson, writing for *Big Think*, February 5, 2025)

[注] radiate 発散する、あふれ出す

imbue 吹き込む

nuanced 微妙な違いのある

underpinning (underpin ~を支える)

certitude 確実性

catchall 包括的な語句

Chelsea Football Club イギリスのプロサッカークラブ

credible 信頼できる

booster 活気づけるもの

wane 弱くなる

facets 側面

II - A 空所(X)～(Z)に入るもっとも適切なものを次の1～4の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

(X) 1 aside from 2 because of 3 in case of 4 in spite of

(Y) 1 for 2 in 3 of 4 to

(Z) 1 beneath 2 beyond 3 outside 4 under

II - B 下線部 (a)~(h) の意味・内容にもっとも近いものを次の 1 ~ 4 の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

(a) encouraging

- | | |
|--------------|----------------|
| 1 alarming | 2 breathtaking |
| 3 motivating | 4 refreshing |

(b) propel

- | | | | |
|----------|---------|--------------|----------|
| 1 arouse | 2 drive | 3 revitalize | 4 rotate |
|----------|---------|--------------|----------|

(c) bleak

- | | |
|--------------|----------------|
| 1 convincing | 2 discouraging |
| 3 hopeful | 4 impossible |

(d) meet

- | | | | |
|------------|----------|-----------|---------|
| 1 confront | 2 reject | 3 utilize | 4 value |
|------------|----------|-----------|---------|

(e) sport

- | | | | |
|-----------|----------|--------|--------|
| 1 display | 2 extend | 3 play | 4 work |
|-----------|----------|--------|--------|

(f) earned

- | | | | |
|------------|-------------|------------|------------|
| 1 acquired | 2 appointed | 3 promised | 4 required |
|------------|-------------|------------|------------|

(g) outlook

- | | |
|------------|---------------|
| 1 ambition | 2 development |
| 3 forecast | 4 mindset |

(h) All told

- | | |
|---------------|---------------|
| 1 As a result | 2 For example |
| 3 In fact | 4 In sum |

II - C 波線部 (ア)~(エ) の意味・内容をもっとも的確に示すものを次の 1 ~ 4 の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。

- (ア) if there's one pursuit where confidence's benefits are best on display
- 1 if all activities show equal benefits from confidence when looked at carefully
 - 2 if one activity shows the benefits of confidence more clearly than others
 - 3 if there is one activity designed to hide its benefits from confidence
 - 4 if there is only one benefit of confidence that seems worth pursuing
- (イ) pre-coded into their genes
- 1 acquired through habit
 - 2 culturally passed on through generations
 - 3 naturally inherited
 - 4 shaped by environmental conditions
- (ロ) not all the sources can be mined as deeply by everyone
- 1 each source of self-confidence offers similar benefits to most individuals
 - 2 individuals should think profoundly about the best source of confidence
 - 3 people generally experience the same growth in self-confidence regardless of which source they rely on
 - 4 people vary in how much confidence they can gain from each source
- (ハ) confidence isn't a guaranteed win
- 1 confidence ensures that performance will be better than usual
 - 2 confidence helps, but it doesn't always lead to success
 - 3 people can gain more confidence through winning
 - 4 people with confidence win more often than others

II - D 二重下線部の空所(あ)～(お)に次の1～8の中から選んだ語を入れて、本文の意味・内容に合う文を完成させたとき、(あ)と(い)と(え)に入る語の番号を解答欄に記入しなさい。同じ語を二度使ってはいけません。選択肢の中には使われな
いものが三つ含まれています。

As (あ) as they (い) the mental (う)(え) their
preparation (お) later execution

- | | | | |
|--------|-----------|--------------|-----------|
| 1 and | 2 between | 3 connection | 4 far |
| 5 long | 6 make | 7 take | 8 without |

II - E 本文の意味・内容に合致するものを次の1～8の中から三つ選び、その番号を解答欄に記入しなさい。

- 1 Jack Nicklaus believed natural talent was more important than confidence in being a successful golfer.
- 2 Researchers now believe that success leads to confidence, not the other way around.
- 3 Psychological techniques can be developed and utilized not only in sports but also in everyday life.
- 4 Self-confidence is the belief in one's ability to achieve a specific goal, whereas self-efficacy represents a more general faith in one's abilities.
- 5 While female athletes are more concerned about their own performance, men are likely to gain confidence from beating others.
- 6 Research found that confidence helps athletes perform better by creating beneficial mental conditions, though its benefits are limited.
- 7 Confidence-building techniques are equally effective in both short-duration and long-duration sports.
- 8 Preparation, timing and luck are no longer considered moderating factors that affect confidence and success.

II - F 本文中の太い下線部を日本語に訳しなさい。

self-confidence isn't about what we're actually capable of, but what we think we can do with the skills we possess

〔Ⅲ〕 次の会話を読んで設問に答えなさい。(50点)

(Alan is hiking in the hills outside Kyoto when he meets Hikaru.)

Alan: Excuse me, do you speak English?

Hikaru: A little.

Alan: I'm a bit lost. Some of the signs up here have an English translation, but some don't. I'm trying to find my way to Mount Daimonji. Am I pronouncing that right?

Hikaru: Yes, I understand. _____ (a) _____ Daimonji is that way (*pointing*).

Alan: Oh dear! Well, I'm glad I've met you. Otherwise I don't know what would have happened. _____ (b) _____ I'm not used to climbing with so many trees around all the time.

Hikaru: Where are you from?

Alan: I'm from Switzerland, though my mother is originally from New Zealand. It's my first time in Japan — a dream come true.

Hikaru: And what do you think of Japan?

Alan: I love it! Especially the old parts of Kyoto. _____ (c) _____

Hikaru: What's that?

Alan: I don't like fish.

Hikaru: Oh no! What about other seafood?

Alan: Nothing from the sea, unfortunately. I knew that the Japanese ate a lot of these things, but I didn't realize just how much until I got here. Mind you, I have a friend who came here in the past, and who couldn't eat soy sauce. That really was difficult! [彼の状況を考えるとときはいつも、私の大変さなんてそんなに大したことないと思う。]

Hikaru: I'm sorry you can't enjoy all the amazing Japanese dishes with

seafood. _____ (d) _____ I grew up in a town called Kinohaki, where people eat crab all the winter. It's a real crab town.

Alan: I think I've heard of Kinohaki. It's a popular tourist resort, isn't it? The place with the baths? I was thinking of going there.

Hikaru: _____ (e) _____ It's a great place if you love hot baths and crab. But my parents moved to Osaka when I was thirteen.

Alan: I love the Japanese bathing culture, but all the crab might be a problem. In any case, I'm thinking of spending most of the rest of my time in Japan in Kyoto. _____ (f) _____

Hikaru: How much more time do you have in Japan?

Alan: Another week. I'm here for three weeks in total. At some point, I'll need to head back to Tokyo, as I'm flying out of Narita.

Hikaru: Well, I hope the rest of your time in Japan goes really well.

Alan: Thank you! And right now, I'd better get on and find Daimonji.

_____ (g) _____

Hikaru: Yes, it's well worth seeing. Just take this path up here, then turn left, and later on, turn left again. _____ (h) _____

Alan: Thanks so much for your help and I'm really glad to have met you. I'm Alan, by the way.

Hikaru: I'm Hikaru. Enjoy Kyoto. Goodbye!

Ⅲ－A 空所 (a)～(h) に入るもっとも適切なものを次の 1～10 の中からそれぞれ一つ選び、その番号を解答欄に記入しなさい。同じ選択肢を二度使ってはいけません。選択肢の中には使われないものが二つ含まれています。

- 1 I can't imagine not eating them.
- 2 I've heard the view from the top is fantastic.
- 3 I would have kept on going wrong.
- 4 I would recommend Nara instead.
- 5 Nevertheless, I'm not convinced.
- 6 There's just one thing I'm not fond of.
- 7 There's still so much that I haven't seen there.
- 8 Yes, it's a very popular town.
- 9 You'll see other people as you get closer.
- 10 You've taken a wrong turn.

Ⅲ－B 本文中の [] 内の日本語を英語で表現しなさい。

彼の状況を考えるときはいつも、私の大変さなんてそんなに大したことないと思う。