1-21 · 1-4 감정의 정체
01 마음과 뇌 · 교재 p.24

2026년 6월 고1 학평 23번

2026년 6월 시행 · 전국연합학력평가

Shame is about who we are, and guilt is about our ① behaviors. We feel guilty when we hold up something we've done or failed to do against the kind of person we want to be. It's an ② uncomfortable feeling, but one that's helpful. When we apologize for something we've done, make amends to others, or change a behavior that we don't feel good about, guilt is most often the ③ obstacle. Guilt is just as powerful as shame, but its effect is often ④ positive while shame often is destructive. When we see people apologize, make amends, or replace negative behaviors with more positive ones, guilt is often the motivator, not shame. In fact, in my research, I found that shame ⑤ corrodes the part of us that believes we can change and do better.

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 Shame Makes Us Better
② Never Apologize for Mistakes
③ Guilt and Shame Are the Same
④ Guilt Helps, Shame Hurts
⑤ How to Hide Your Feelings

2026년 6월 고1 학평 40번

2026년 6월 시행 · 전국연합학력평가

We go out in the world every day and make decisions about what is safe or not and what is appropriate or not. It is what psychologist Joseph LeDoux has suggested is an unconscious "danger detector" that determines whether or not something or someone is safe before we can even begin to consciously make a determination. When the object, animal, or person is assessed to be dangerous, a fear response, which has been called "fight or flight," occurs. On a conscious level we may correct a mistake in this "danger detector" when we notice it, but often, of course, we simply begin to generate reasons for why it was accurate in the first place. We are generally convinced that our decisions are "rational," but in reality, most human decisions are _____, and then we collect or generate the facts to justify these decisions. When we see something or someone who "feels" dangerous, we have already launched into action internally before we have even started "thinking."

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① made after careful thought
② made emotionally
③ based on facts alone
④ shared with others
⑤ delayed until danger passes

2. 요지 윗글의 요지로 가장 적절한 것은?

① 우리는 위험 여부를 무의식적·감정적으로 먼저 판단한 뒤 그 결정을 합리화한다.
② 인간의 결정은 대부분 이성적으로 이루어진다.
③ 두려움 반응은 의식적 판단 후에 일어난다.
④ 위험 감지기는 실수를 하지 않는다.
⑤ 우리는 잘못된 판단을 즉시 고친다.

2025년 10월 고1 학평 33번

2025년 10월 시행 · 전국연합학력평가

Despite the cultural trope depicting emotions as the ① opposite of rational thought, cognition—what we commonly refer to as thinking—is actually a key building block of emotion. How we think about our circumstances ② shapes the emotions we experience; then those emotions echo back to influence how we think. For instance, if you walk into a test thinking you are bad at taking tests, your anxiety will be ③ increased. Then you don't feel good about your performance on the test, and that becomes evidence for continuing to think that you're bad at test taking. In this way, there's simply no pulling emotion and cognition ④ apart. This bi-directionality of cognition and emotion allows us to adjust difficult emotions by changing the way we think. By thinking differently—I get nervous sometimes, but I'm still a good test taker, or that nervous feeling is just excitement and anticipation, it means I'm ready—you can work those pathways to your ⑤ disadvantage.

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 Emotions Are the Enemy of Reason
② Think Differently, Feel Differently
③ Why Tests Cause Anxiety Forever
④ Feelings Never Change Thoughts
⑤ How to Avoid Taking Tests

2025년 9월 고1 학평 31번

2025년 9월 시행 · 전국연합학력평가

Whether we feel happy or sad, content or discontent, is not ① determined merely by each individual successive moment of life experience—a good thing happens and I'm happy, a bad thing happens and I'm sad. While our experiences affect our mood, we are not ② blown in a completely new direction by each gust of wind. As humans, we adjust—to new information and events both good and bad—and return to our personal default level of well-being. There will be highs and lows, but over time, like water ③ seeking its own level, we are pulled toward our baseline—back up after bad news and back down after good. The euphoria of first love ④ fade, and so does the despair of a break-up. This tendency is best seen with little kids and their toy joy: When they get what they've longed for, they believe they will be happy for the rest of their lives. And for the first few minutes of the rest of their lives, they are. But then the kids—like adults—⑤ adapt.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① why kids love toys forever
② the lasting despair of a break-up
③ how good events change our mood permanently
④ the science of water levels
⑤ our tendency to return to a baseline of happiness

2025년 3월 고1 학평 33번

2025년 3월 시행 · 전국연합학력평가

Our skin conducts electricity more or less efficiently, depending on our emotions. ① We know that when we're emotionally stimulated—stressed, sad, any intense emotion, really—our bodies sweat a tiny bit, so little we might not even notice. ② And when those tiny drops of sweat appear, our skin gets more electrically conductive. ③ Some people sweat more in summer because of the hot and humid weather. ④ This change in sweat gland activity happens completely without your conscious mind having much say in the matter. ⑤ If you feel emotionally intense, you're going to notice an increase in sweat gland activity. This is particularly useful from a scientific viewpoint, because it allows us to put an objective value on a subjective state of mind. We can actually measure your emotional state by tracking how your body subconsciously sweats, by running a bit of electricity through your skin. We can then turn the subjective, subconscious experience of emotional intensity into an objective number by figuring out how good your skin gets at transferring an electrical current.

1. 무관한 문장 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Why We Sweat in Hot Weather
② Electricity Is Dangerous for Skin
③ Sweat Tells the Truth: Measuring Emotions Objectively
④ Our Conscious Mind Controls Sweat
⑤ Emotions Cannot Be Measured

2024년 10월 고1 학평 37번

2024년 10월 시행 · 전국연합학력평가

Conventional medicine has long believed that depression is caused by an imbalance of neurotransmitters in the brain. However, there is a major problem with this explanation. This is because the imbalance of substances in the brain is _____. In other words, depression causes a decrease in brain substances such as serotonin and noradrenaline, not a decrease in brain substances causes depression. In this revised cause-and-effect, the key is to reframe depression as a problem of consciousness. Our consciousness is a more fundamental entity that goes beyond the functioning of the brain. The brain is no more than an organ of consciousness. If it is not consciousness itself, then the root cause of depression is also a distortion of our state of consciousness: a consciousness that has lost its sense of self and the meaning of life. Such a disease of consciousness may manifest itself in the form of depression.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① the main cause of depression
② unrelated to depression
③ a consequence of depression, not its cause
④ a cure for depression
⑤ a sign of good health

2. 요지 윗글의 요지로 가장 적절한 것은?

① 우울증은 신경 전달 물질이 부족해서 생긴다.
② 뇌가 곧 의식 그 자체이다.
③ 세로토닌을 늘리면 우울증이 완치된다.
④ 우울증은 삶의 의미와 무관하다.
⑤ 뇌 물질의 불균형은 우울증의 결과일 뿐이며, 근본 원인은 의식 상태의 왜곡이다.

2024년 9월 고1 학평 22번

2024년 9월 시행 · 전국연합학력평가

Our emotions are thought to exist because they have contributed to our ① survival as a species. Fear has helped us ② avoid dangers, expressing anger helps us scare off threats, and expressing positive emotions helps us bond with others. From an evolutionary perspective, an emotion is a kind of "program" that, when triggered, directs many of our activities (including attention, perception, memory, movement, expressions, etc.). For example, fear makes us very attentive, ③ widens our perceptual focus to threatening stimuli, will cause us either to face a situation (fight) or avoid it (flight), and may cause us to remember an experience more ④ acutely (so that we avoid the threat in the future). Regardless of the specific ways in which they activate our systems, the specific emotions we possess are thought to exist because they have helped us (as a species) survive challenges within our environment long ago. If they had not helped us ⑤ adapt and survive, they would not have evolved with us.

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 Emotions: Programs for Survival
② Why Fear Is Always Harmful
③ Anger Ruins Relationships
④ Emotions Have No Purpose
⑤ Memory Without Feelings

정답 및 해설

1-21 **1.**③ **2.**④ · 1-22 **1.**② **2.**① · 1-23 **1.**⑤ **2.**② · 1-24 **1.**④ **2.**⑤ · 1-25 **1.**③ **2.**③ · 1-26 **1.**③ **2.**⑤ · 1-27 **1.**③ **2.**①

1-21 · 2026년 6월 고1 학평 23번
1. ③ 사과하거나 행동을 바꿀 때 죄책감이 '동기'가 된다. ③ obstacle → motivator.
2. ④ 죄책감은 행동에 대한 것으로 긍정적 변화를 이끌지만, 수치심은 자기 자신에 대한 것으로 파괴적이라는 글이다.

1-22 · 2026년 6월 고1 학평 40번
1. ② 우리는 결정이 이성적이라 믿지만 실제로는 대부분 감정적으로 먼저 결정하고, 나중에 근거를 모아 정당화한다. ①은 우리가 착각하는 모습이다.
2. ① 무의식적인 '위험 감지기'가 먼저 반응하고, 우리는 그 결정을 정당화할 이유를 만들어 낸다는 것이 요지다.

1-23 · 2025년 10월 고1 학평 33번
1. ⑤ 생각을 바꾸어 감정을 조절하면 그 경로를 '유리하게' 활용할 수 있다. ⑤ disadvantage → advantage.
2. ② 인지와 감정은 서로 영향을 주고받으므로, 생각을 바꾸면 힘든 감정도 조절할 수 있다는 글이다.

1-24 · 2025년 9월 고1 학평 31번
1. ④ 주어가 단수 The euphoria이므로 fades가 알맞다. ④ fade → fades.
2. ⑤ 좋은 일이든 나쁜 일이든 시간이 지나면 우리는 각자의 기본 행복 수준으로 돌아간다는 내용이다.

1-25 · 2025년 3월 고1 학평 33번
1. ③ 글은 감정에 따라 땀이 나고 피부 전기 전도도가 바뀐다는 내용이다. ③은 날씨 때문에 땀이 난다는 이야기로 흐름과 무관하다.
2. ③ 감정이 격해지면 땀이 나 피부 전도도가 높아지므로, 이를 측정해 주관적 감정을 객관적 수치로 바꿀 수 있다는 글이다.

1-26 · 2024년 10월 고1 학평 37번
1. ③ 뇌 물질의 불균형은 우울증의 원인이 아니라 결과이다. ①은 기존 의학의 믿음이다.
2. ⑤ 인과를 뒤집어 보면 우울증은 자아와 삶의 의미를 잃은 의식의 문제라는 것이 요지다.

1-27 · 2024년 9월 고1 학평 22번
1. ③ 두려움은 위협적인 자극에 지각의 초점을 '좁힌다'. very attentive와 함께 위협에 집중하는 모습이다. ③ widens → narrows.
2. ① 감정은 주의·지각·기억 등을 조절하는 '프로그램'으로, 종의 생존을 도왔기 때문에 존재한다는 글이다.