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(一) 用于表达陷入困境或求助帮助类的文章

1. **After a series of fruitless attempts to** find a way out, we felt hungry and tired.
经过一系列徒劳的尝试，我们感到又饿又累。
2. **be caught / stuck / trapper in sth**
被困在...中；受困于某事
3. I ****thought to myself,**
我心中暗想...
4. An unexpected shower added to our difficulty in **** finding a way out****.
一场突如其来的阵雨增加了我们**寻找出路**的困难。
5. **I was almost on the edge of breaking down** When somebody appeared and did sth.
某人出现并做某事时，我几乎要崩溃了。
6. He explained that **it was ... who** Was badly **in need of** help.
他解释说.....是急需帮助的人。

7. (倒装句) Never can we **turn a blind eye** to those who are in need of help.
我们绝不能对那些需要帮助的人视而不见。
8. (主语从句) **What you have done** will make a meaningful Christmas.
你所做的一切将使这个圣诞节充满意义。
9. (宾语从句) **Hearing** what is father said, he...
听到父亲的话，他...
10. Additionally, he realized that **a small act of kindness can make a difference to the world**.
此外，他还意识到一个小小的善举可以改变世界。
11. **Without hesitating/without a second thought**, the neighbour/stranger agreed and Appealed to others to do sth./help sb.
邻居/陌生人毫不犹豫地同意了，并呼吁其他人做某事/帮助某人。
12. **Controlled by fear**, He dare not do something.
由于害怕，他不敢做某事。
13. (形容词做伴随状语) **Desperate and exhausted/Shocked and frightened**, looked around, **only to find...**

绝望而疲惫/震惊而恐惧，他环顾四周，意外的发现...

14. Though exhausted, they **gathered all their strength** to stick to sth.

他们虽然筋疲力尽，但还是**全力以赴**坚持做某事。

15. Thankfully/Fortunately/Luckily/**To one's relief**, ...was rescued/was out of danger.

值得庆幸的是，/令人宽慰的是，...获救了，脱离了危险。

16. **To my astonishment**, something happened.

使我惊讶，发生了某事。

17. **A feeling of ... rose from the bottom of my heart.**

一种...的感觉从我的心底升起。

18. All the cars stopped, so that the blind couple could walk through the heavy traffic, **safe and sound.**

所有的车都停了下来，这样这对盲人夫妇就可以**安然无恙**地穿过拥挤的交通。

19. One driver got out of his car, walked towards the blind couple quickly and whispered something to them.

一个司机下了车，快速走向盲人夫妇，小声说某事。

(二) 用于表示后悔道歉类的文章

1. **Regretful and guilty**, he **could do nothing but hug sb. tightly**.

他后悔又内疚，只好紧紧拥抱着某人。

2. He **was eager to** tell sb. the truth.

他急于告诉某人真相。

3. He had been **pictured a variety of** things in his mind that he could do to **make up for** sth.

他脑子里一直在想各种各样的事情，他可以做些什么来弥补某事。

4. (伴随状语) "Would you please forgive me for ..."He said **in a soft voice**, **expressing his sincere apology to** his wife.

“你可以原谅我...”他轻声说，表达了他对妻子真诚的道歉。

5. (分词作状语) **Approaching** his mother's room, he took a deep breath.

她走进母亲的房间，深吸了一口气。

6. (形容词作伴随) **Sad and tired**, she sat down and **was lost in thought**.

她又伤心又累，坐下来，陷入了沉思。

7. **Tears rolling** down her cheeks.

眼泪顺着她的脸颊流下来。

8. A gentle touch on her hair **called her mind back**.

有人轻抚她的头发，把她的思绪拉了回来。

9. She **couldn't help but** throw herself into her Mother's arm.

她情不自禁地投入了母亲的怀抱。

(三) 用于表达勇敢坚毅充满力量类的文章

1. **Refusing** to give up at this point, he **jumped to his feet** and ran as fast as he could.

不愿就此放弃，他跳了起来，以最快的速度奔跑。

2. Thinking that he couldn't let sb. down, he **spared no effort to do sth.**

想到他不能让某人失望，他就不遗余力的去做某事。

3. **Filled with delight**, he **couldn't wait to see sb. and share sth with sb.**

他满心欢喜，迫不及待地想见到某人并与某人分享某事。

4. (倒装句) **So thrilled was he** that he hugged sb. tightly.

他激动得地拥抱了某人。

5. (宾语从句) We **came to realize** that we should cherish what we have already had.

我们**开始意识到**我们应该珍惜我们已经拥有的。

(四) 其他

1. (分词的独立主格结构) They opened the gifts, **their hands trembling with excitement.**

他们打开礼物，手激动得发抖。

2. To tell the truth, I had **a sense of loss** at that time.

说实话，当时我有一种失落感。

3. I looked at him **in confusion, only to find** my little boy handed his favorite yoghurt to the homeless man.

我**困惑地**看着他，**意外地发现**我的小儿子把他最喜欢的酸奶递给了那个无家归的人。

4. They got up unwillingly **as if** they were not interested in the gifts at all.

他们不情愿地站了起来，好像对礼物一点也不感兴趣。

5. We entered their bedroom and woke them up, telling them **it was high time that we open/should open** gifts.m and woke them up, telling them

我们走进他们的卧室，叫醒了他们，告诉他们早该打开礼物了。

6. **A sense of loneliness came over me,**
which made me a bit upset/in deep sorrow.
一种孤独的感觉笼罩着我，这使我有点心烦
意乱/深感悲伤。

7. Dad almost devoted all his time and
energies to her, which she always took for
granted.
爸爸几乎把他所有的时间和精力都投入到她
身上，而总是认为这是理所当然的。

8. He was **so grateful that he expressed his
appreciation/thanks/gratitude from the
bottom of his heart** over and over again.
他如此感激，以至于一再从心底表达了他的
感激。

9. **On hearing** this, John was **so depressed
that he** couldn't help crying/burst into tears.
一听到这个消息，约翰非常沮丧，禁不住哭
了起来。