

Arousal: a state in which you feel excited or very alert, for example, as a result of fear, stress, or anger.

Arousal (唤醒) 和 non-arousal(未唤醒)的区别:

造成某一种或几种感情出现的事件是否存在不可避免的生理刺激性, 即是否会不可避免的造成生理上的一系列变化.

比如, 第一次考试作弊被抓到的时候, 会瞬间头脑空白浑身冒汗甚至双腿发软. 并且引导惊慌失措与绝望等情绪, 这就是 state of under arousal.

Pleasure: the feeling of happiness, enjoyment, or satisfaction that you get from an experience.

Stress: continuous feelings of worry about your work or personal life, that prevent you from relaxing.

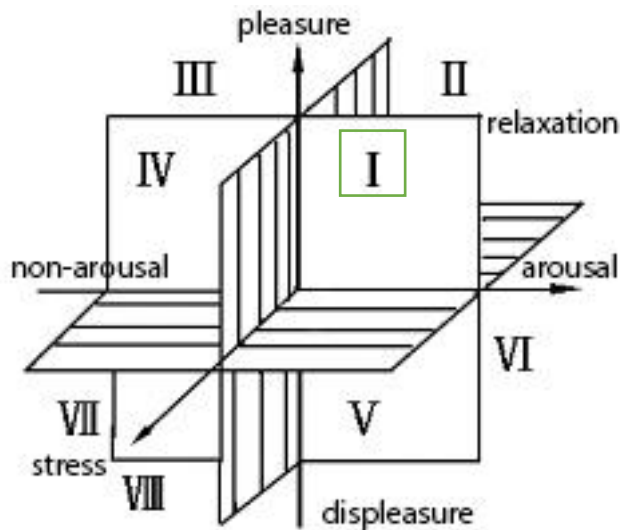
是否有压力: 是否存在压力源. 比如驱动欲, 对事情后续发展的担忧(期待), 感到心理上的压力(并非所有的心理压力都会引导生理压力, 只有心理压力达到一定阈值才会引导出生理压力).

1.这三者并不相互独立, 但是这三者也不完全相关. 例如并非有压力就会被唤醒, 并非无压力就属于未唤醒. 需要将自己代入理解并熟知这个模型的设计思路.

2.你可以在同一象限内自行依照现实需求更改编号顺序.

3.多种情绪的表情包, 拷贝出来一份副本重新命名. 如: 一个表情既疯癫, 又狂热; 既振奋又滑稽; 既娇羞又色情, 那就复制出来一张相同的图片然后贴上不同标签.

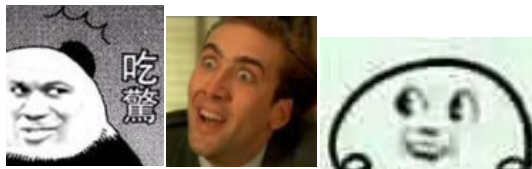
不考虑象限, 只对属于蓝色字体类别的表情包做归类, 可百分百判断的表情包进行细致情感归类, 其他类型用 0 占位.



I 被唤醒的 愉快的 有压力的

1. ~~Exhilarated extremely happy, excited, and full of energy~~ (被...)振奋的;
2. ~~Passionate believes something very strongly, like it a lot~~ (对...)狂热的;
3. ~~Expectant hopeful that something good or exciting will happen, or showing this~~ (对...)满怀期待的;(喜)
4. ~~Desired A desire is a strong wish to do or have something~~ (对...)渴望的;(复杂情绪)

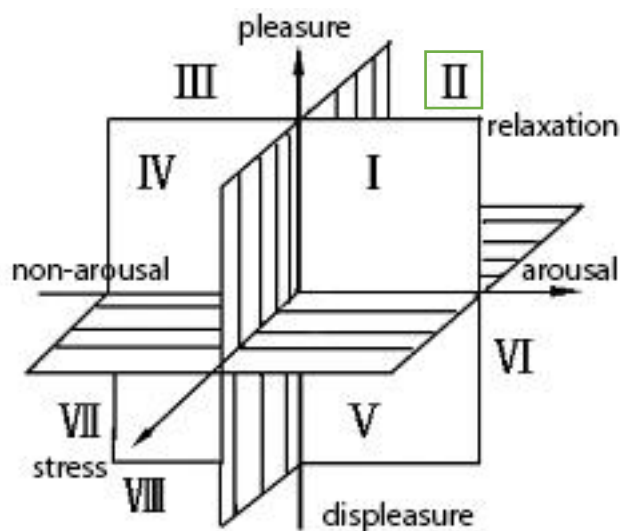
① ~~Surprised having a feeling of surprise~~ (对...)惊奇的;(觉得惊讶的);



6. ~~Bashful easily embarrassed in social situations~~ 娇羞羞的;腼腆的;忸怩的;(强)

② ~~Sexual(Porn) feelings or activities are connected with the act of sex or with people's desire for sex~~ 性欲的(色情的)





II 被唤醒的 愉快的 放松的

③ Happy *having feelings of pleasure, for example because something good has happened to you or you are very satisfied with your life* 幸福的; 高兴的;(喜)



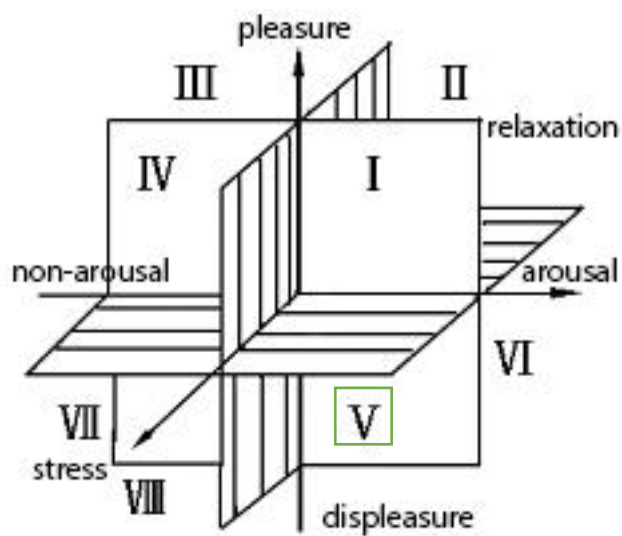
1. Satisfied *feeling that something is as good as it should be, or that something has happened in the way that you want* (被...) 满足的;(对...) 满意的;(喜)

2. Interested *giving a lot of attention to something because you want to find out more about it or because you enjoy it* (对...) 有兴趣的;(喜)

4. Proud 骄傲的;自豪的;

④ Complacent 自满的;洋洋得意的;沾沾自喜的(窃喜)





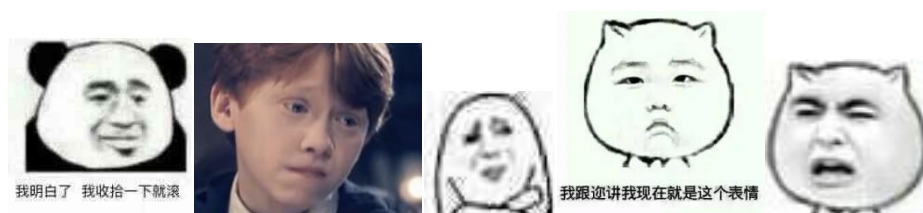
V 被唤醒的 不愉快的 有压力的

⑤Angry 生气的;发怒的;(怒)



2.Raging 愤怒的;狂暴的;

⑥Depressed 抑郁的;消沉的;沮丧的;(哀)



⑦Sad 悲伤的;伤心的;(哀)



5.Heartbroken 悲痛欲绝的;极度伤心的;(哀)

6.Vigilance (对...)警惕的;(对...)有所提防的;(惧)

7.Scared 恐惧的;害怕的;(惧)

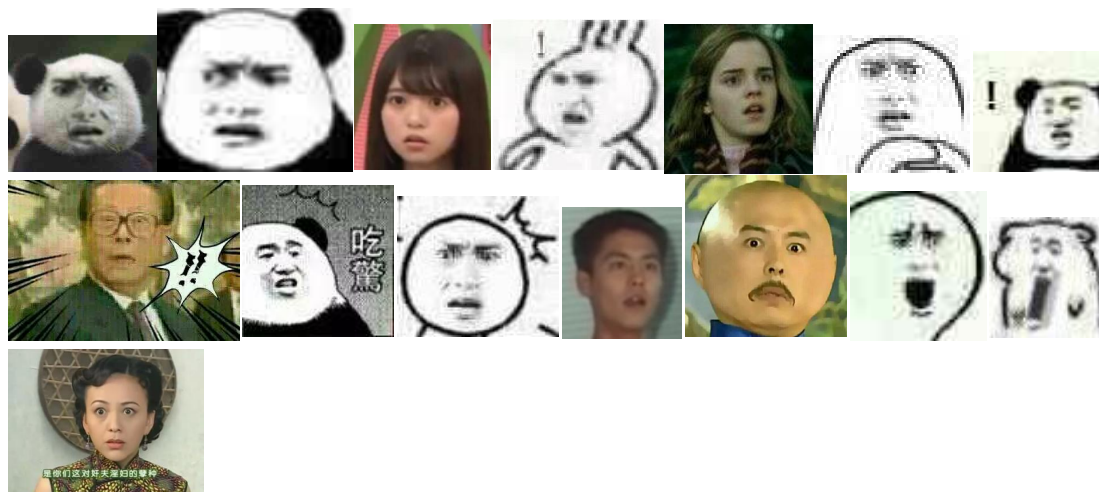
8.Worried(Pensive) 担心的;发愁的;(沉思的;忧思的)



9.Disturbed 心神不宁的;

10.Agitated 焦虑不安的;

⑧Shocked 震惊的;惊愕的;(因...)身心受到打击的;



⑨Embarrassed 窘迫的;尴尬的;



13. Jealousy 嫉妒的;吃醋的;

⑩ Disgusted (对...)厌恶(憎恶)的;(对...)嫌弃的



15. Sentimental 多情的;多愁善感的;

16. Flurried 慌张的;慌乱的;(因紧张或所应付的事情过多)



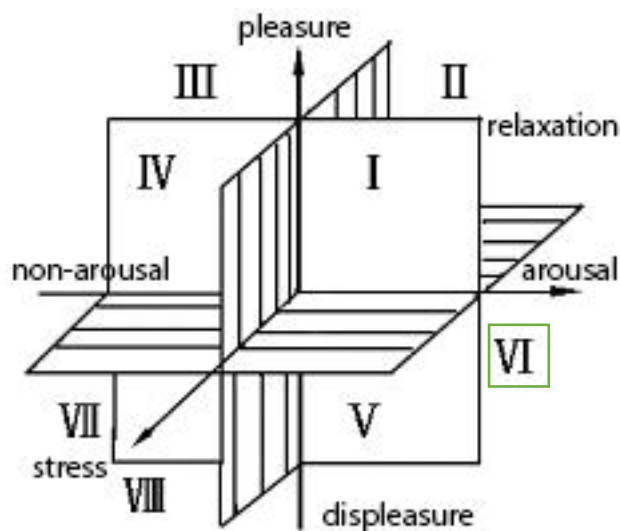
17. Panic 惊慌失措的;恐慌的;

⑪ Gruesome (面部表情)阴森的;可怕的;残忍的;



12.Despairing 感到绝望的;

13.Painful 痛苦的;难受的;不适的;



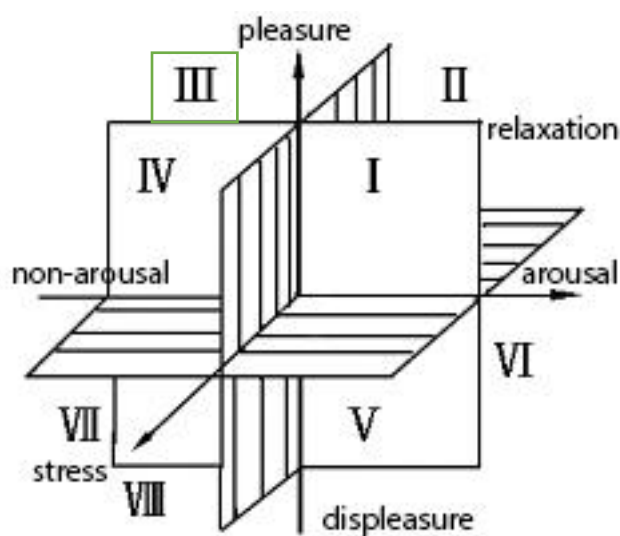
VI 被唤醒的 不愉快的 放松的

1.Arrogant *behaving in an unpleasant or rude way because you think you are more important than other people* 傲慢的;自大的;



没有，快滚

⑫Overbearing *always trying to control other people without considering their wishes or feelings* 霸道的;专横的;盛气凌人的;



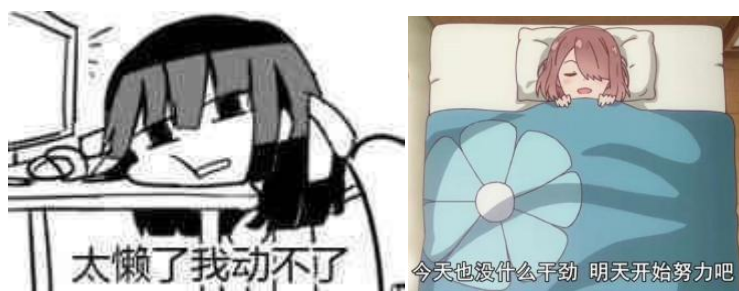
III 未被唤醒的 愉快的 放松的

1. Humorous (Comical) *funny and enjoyable* 诙谐幽默的; (滑稽的)

2.1. Leisurely (Genteel) *if you do something in a leisurely way, you do it in a slow relaxed way, without hurrying* (动) 从容的; (举止优雅的)

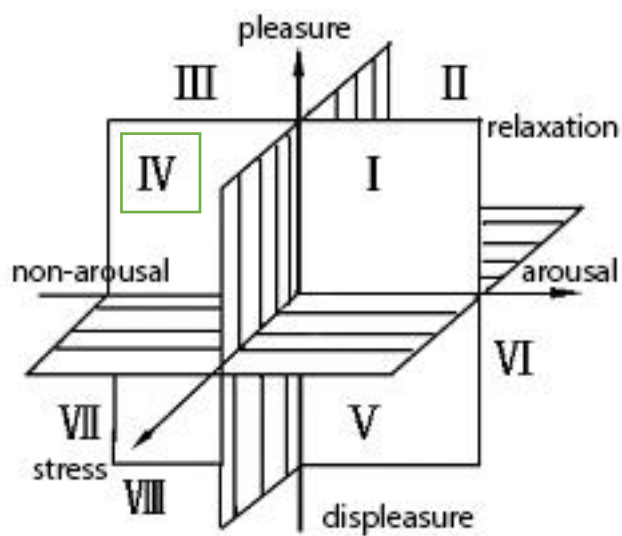
2.2. Serene *very calm or peaceful* (静) 安详的; 平和的;

⑬ Lazy *You can use lazy to describe an activity or even in which you are very relaxed and which you do or take part in without making much effort.* 懒散的; 懒洋洋的; 精神松弛的; 毫无干劲儿的;



3.Tsundere 傲娇的;

⑭Disdainful (对...)轻蔑的;鄙夷的;



IV 未被唤醒的 愉快的 有压力的

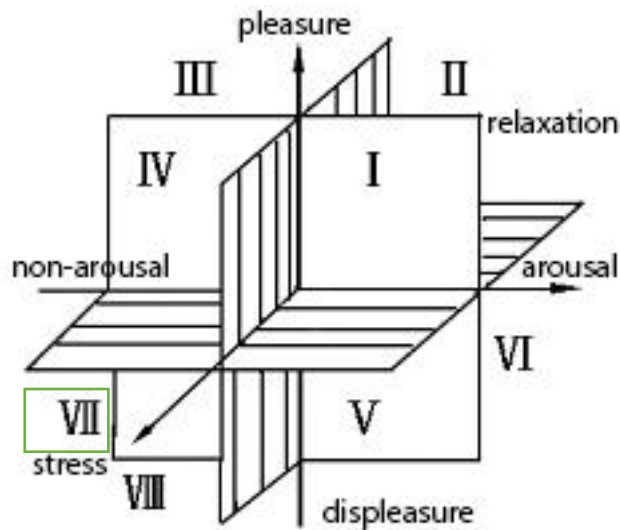
⑮ *Mischievous someone who is mischievous likes to have fun, especially by playing tricks on people or doing things to annoy or embarrass them*
调皮的;淘气的;喜欢恶作剧的;



2. *Whimsical unusual or strange and often amusing* 古怪的;异想天开的;反复无常的;(复杂情绪)

3. *Tongue-in-cheek a tongue-in-cheek remark is said as a joke, not seriously.* 戏谑的;半开玩笑的;

4. *Wondered Wonder is an emotion comparable to surprise that people feel when perceiving something very rare or unexpected (but not threatening).* 纳闷的, 好奇的



VII 未被唤醒的 不愉快的 有压力的

⑩ *Bored tired and impatient because you do not think something is interesting, or because you have nothing to do* 感到厌倦(烦)的;



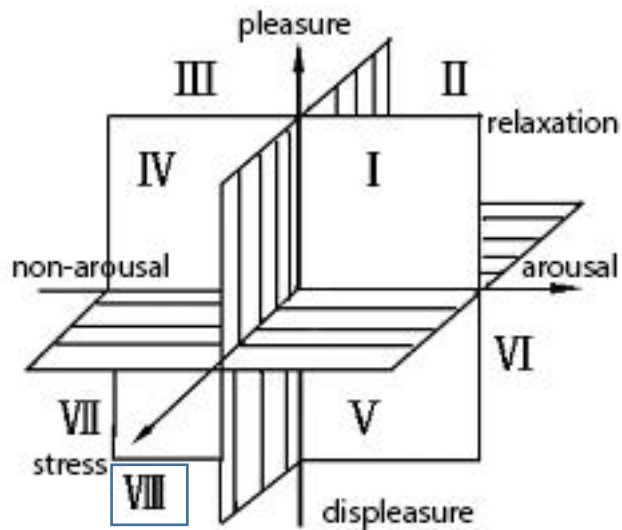
2. *Distracted anxious and unable to think clearly* 心不在焉的;

3. *Suspicious thinking that someone might be guilty of doing something wrong or dishonest* (对...)感觉可疑的;猜疑的;多疑的;(程度轻)

⑪ *Puzzled confused and unable to understand something* (对...)困惑(迷惑)的;



5.Serious *When important matters are dealt with in a serious way, they are given careful and thoughtful consideration.*郑重的;庄重的;严肃的;



VIII 未被唤醒的 不愉快的 放松的

1. *Tired feeling that you want to sleep or rest* 面露疲惫的;累的;
2. *Unfeeling not sympathetic towards other people's feelings* 无情的;冷酷的;
3. *Unsmiling looking serious and unfriendly* 不苟言笑的;不友善的;