

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.

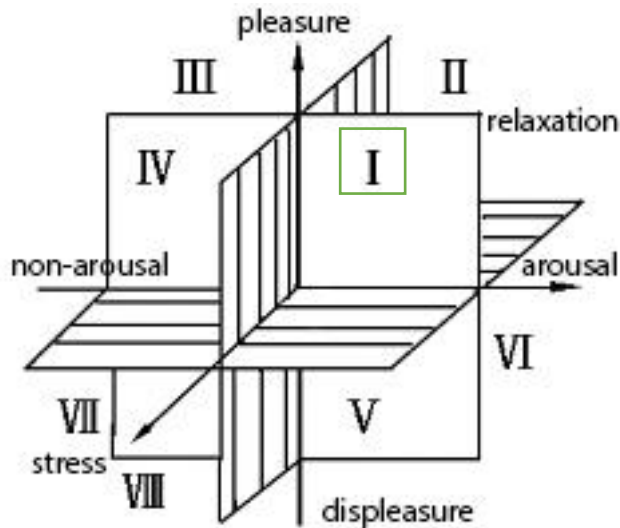
Pleasure: the feeling of happiness, enjoyment, or satisfaction that you get from an experience.

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).

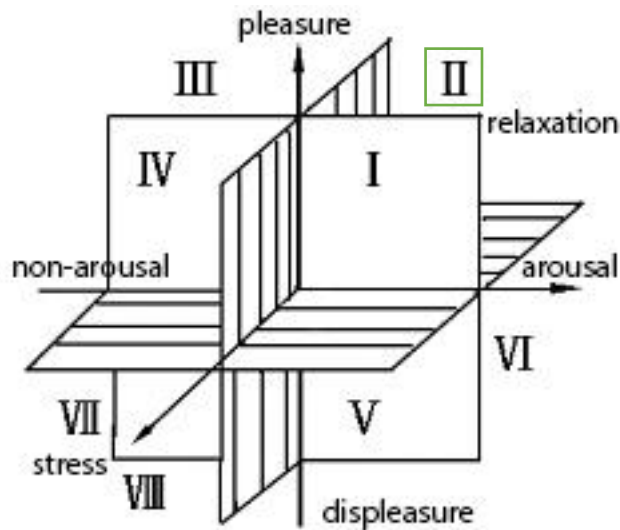
1.这三者并不相互独立, 但是这三者也不完全相关. 例如并非有压力就会被唤醒, 并非无压力就属于未唤醒. 需要将自己代入理解并熟知这个模型的设计思路.

2.你可以在同一象限内自行依照现实需求更改编号顺序.



! 被唤醒的 愉快的 有压力的

- 1.1. **Exhilarated** *extremely happy, excited, and full of energy* (被...)振奋的;(复杂情绪)
- 1.2. **Passionate** *believes something very strongly, like it a lot* (对...)狂热的;(复杂情绪)
- 2.1. **Expectant** *hopeful that something good or exciting will happen, or showing this* (对...)满怀期待的;(喜)
- 2.2. **Desired** *A desire is a strong wish to do or have something* (对...)渴望的;(复杂情绪)
3. **Surprised** *having a feeling of surprise* (对...)惊奇的;(觉得惊讶的;(复杂情绪)
4. **Shy Bashful** *easily embarrassed in social situations* 娇羞的;腼腆的;忸怩的;(复杂情绪)



II 被唤醒的 愉快的 放松的 excited ; pleasure; relax、enjoy

1.Happy *having feelings of pleasure, for example because something good has happened to you or*

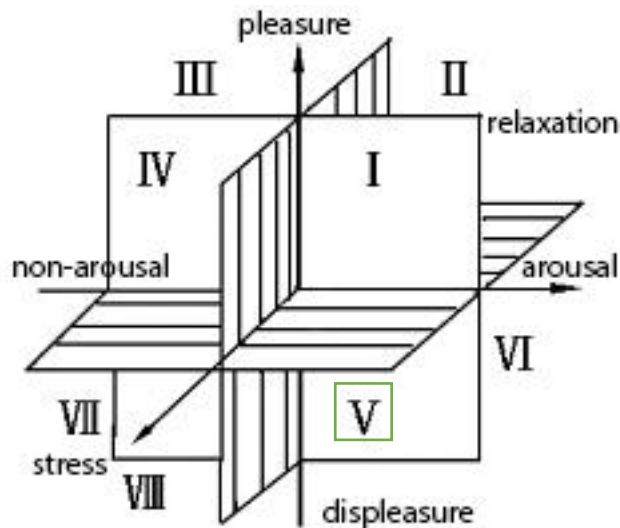
you are very satisfied with your life 幸福的;高兴的;(喜)

2.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)

3.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)



V 被唤醒的 不愉快的 有压力的 *excited* ; *displeasure* ; *tense*、*worry*、*not enjoy*

1.1.Angry *feeling strong emotions which make you want to shout at someone or hurt them because they have behaved in an unfair, cruel, offensive etc way, or because you think that a situation is unfair, unacceptable etc* 生气的;发怒的;(怒)

1.2.Raging *very great and hard to control* 愤怒的;狂暴的;(怒)

2.1.Depressed *very unhappy* 抑郁的;消沉的;沮丧的;(哀)

2.2.Sad *not happy, especially because something unpleasant has happened* 悲伤的;伤心的;(哀)

2.3.Heartbroken *extremely sad because of something that has happened* 悲痛欲绝的;极度伤心的;(哀)

3.1.Vigilance *careful attention that you give to what is happening*(对...)警惕的;(对...)有所提防的;(惧)

3.2.Scared *frightened of something, or nervous about something* 惊恐的;恐惧的;害怕的;(惧)

4.1.Worried(Pensive) 担心的;发愁的;(沉思的;忧思的)(复杂情绪)

4.2.Disturbed *worried or upset* 心神不宁的;(复杂情绪)

4.3.Agitated *so nervous or upset that you are unable to keep still or think calmly* 焦虑不安的;(复杂情绪)

5.Impetuous *tending to do things very quickly, without thinking carefully first* 冲动的;鲁莽的;急躁的;(复杂情绪)

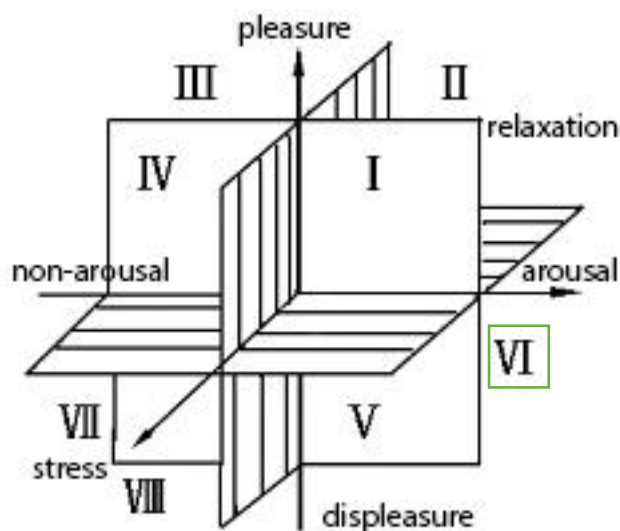
6.Shocked *feeling surprised and upset by something very unexpected and unpleasant* 震惊的;惊愕的;(因...)身心受到打击的;(复杂情绪)

7.Embarrassed *feeling uncomfortable or nervous and worrying about what people think of you, for example because you have made a silly mistake, or because you have to talk or sing in public* 窘迫的;尴尬的;(复杂情绪)

8.Jealousy *feeling unhappy because someone has something that you wish you had* 嫉妒的;吃醋的;(复杂情绪)

9.Disgusted *very annoyed or upset by something that is not acceptable* (对...)厌恶(憎恶)的;(复杂情绪)

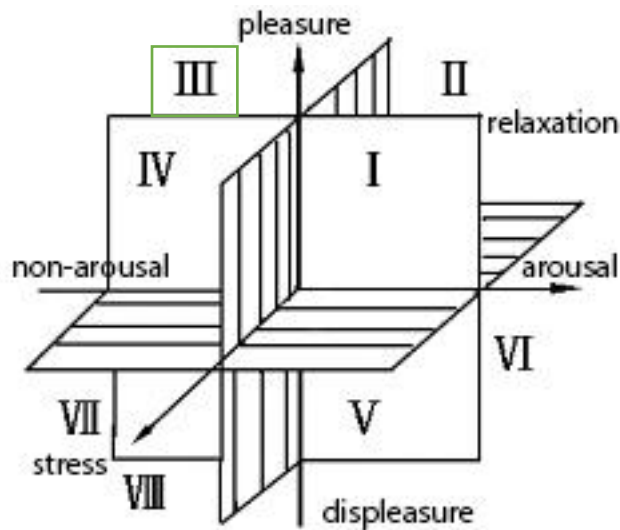
10.Sentimental *someone who is sentimental is easily affected by emotions such as love, sympathy, sadness etc, often in a way that seems silly to other people* 多情的;多愁善感的;(复杂情绪)



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;(复杂情绪)

2.Overbearing *always trying to control other people without considering their wishes or feelings* 霸道的;专横的;盛气凌人的;(复杂情绪)



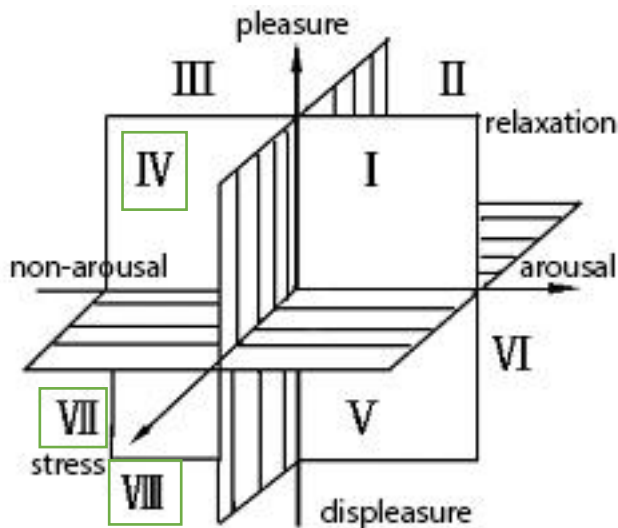
III 未被唤醒的 愉快的 放松的

1. Humorous(Comical) *funny and enjoyable* 诙谐幽默的;(复杂情绪)

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)(复杂情绪)

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

3. Lazy *You can use lazy to describe an activity or event 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



IV 未被唤醒的 愉快的 有压力的

1. **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;(复杂情绪)

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;(复杂情绪)

VII 未被唤醒的 不愉快的 有压力的

1. **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;(复杂情绪)

2. **Distracted** *anxious and unable to think clearly* 心不在焉的;(复杂情绪)

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)

4. **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;