

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.

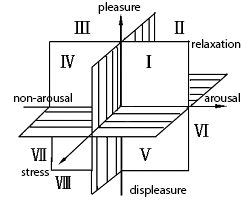
Pleasure: the feeling of happiness, enjoyment, or satisfaction that you get from an experience.

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)~~

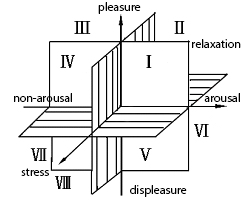
①Surprised *having a feeling of surprise* (对...)惊奇的;(觉得惊讶的;

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~~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

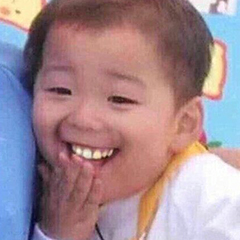
③Happy *having feelings of pleasure, for example because something good has happened to you or you are very satisfied with your life*幸福的;高兴的;(喜)

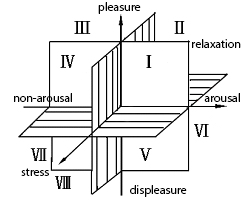


1. Satisfied *feeling that something is as good as it should be, or that something has happened in the way that you want*(被...)满足的;(对...)满意的;(喜)
2. Interested *giving a lot of attention to something because you want to find out more about it or because you enjoy it* (对...)有兴趣的;(喜)

4.Proud 骄傲的;自豪的;

④Complacent 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)

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⑦Sad 悲伤的;伤心的;(哀)

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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)

THB9W~{]C0]LMS}2_FX@MEJ

1. Disturbed 心神不宁的;
2. Agitated 焦虑不安的;

⑧Shocked 震惊的;惊愕的;(因...)身心受到打击的;

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⑨Embarrassed 窘迫的;尴尬的;

I)DR6AU(G{_LJ]{H@K2Q%L8DJJ}8`R`Y]7AEQMJSQY$CX2(%A53COR8}}C2`H`]]GR38A1UK[Y3CWT0X$V$8E$OIBC$2

13.Jealousy 嫉妒的;吃醋的;

⑩Disgusted (对...)厌恶(憎恶)的;(对...)嫌弃的(}D_R679U6P4U[TJM5P0$X4PS@S[TTD(X6LCJ{(D0V1BO1(2C_[7_(ZW30(E23(98WO75BJN3)V@RTAIN77ONCJ~}{VN

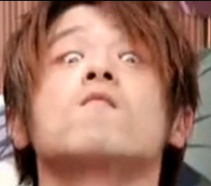
~~15.Sentimental多情的;多愁善感的;~~

16.Flurried 慌张的;慌乱的;(因紧张或所应付的事情过多)

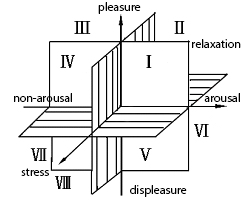


17.Panic 惊慌失措的;恐慌的;

⑪Gruesome (面部表情)阴森的;可怕的;残忍的;



1. Despairing 感到绝望的;
2. Painful 痛苦的;难受的;不适的;



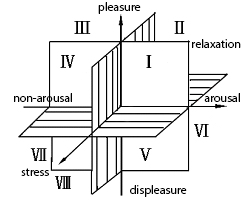
# VI 被唤醒的 不愉快的 放松的

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;

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

$F]`(1`T1BL[3~@4)9X%QQK



# 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;

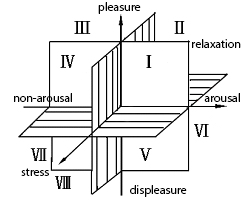
⑬Lazy *You can use lazy to describe an activity or event in which you are very relaxed and which you do or take part in without making much effort.*懒散的;懒洋洋的;精神松弛的;毫无干劲儿的;



1. Tsundere 傲娇的;

⑭Disdainful (对...)轻蔑的;鄙夷的;

JQQ95G4A51M31DSLTQ9[1XSVETTWJI`64TFG}_5H5~W2M1{}]`(_ZRE9($%F9EG2YEZFWG`9QCE6GHWB`5))ASIKDMHB2LL%HDXA{UF3P]U}2SW}9XO



# IV 未被唤醒的 愉快的 有压力的

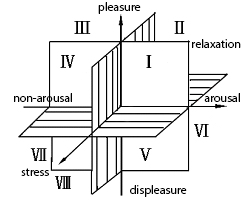
⑮Mischievous *someone who is mischievous likes to have fun, especially by playing tricks on people or doing things to annoy or embarrass them*调皮的;淘气的;喜欢恶作剧的;



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

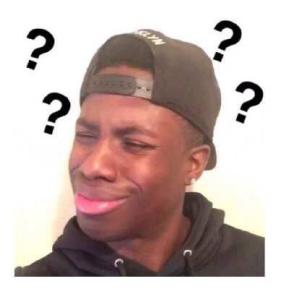
⑯Bored *tired and impatient because you do not think something is interesting, or because you have nothing to do* 感到厌倦(烦)的;



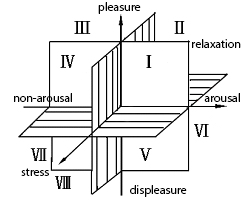
2.Distracted *anxious and unable to think clearly* 心不在焉的;

~~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)~~

⑰Puzzled *confused and unable to understand something* (对...)困惑(迷惑)的;

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1. 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;