

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.**

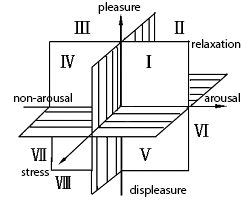
比如, 第一次考试作弊被抓到的时候, 会瞬间头脑空白浑身冒汗甚至双腿发软. 并且引导惊慌失措与绝望等情绪, 这就是 state of under arousal.

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.

***I 被唤醒的 愉快的 有压力的***

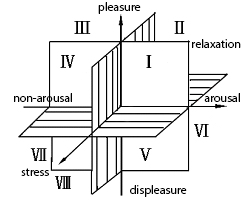
1. 1.~~Exhilarated~~ *extremely happy, excited, and full of energy*(被...)振奋的;(复杂情绪)

1.2.Passionate  *believes something very strongly ,  like it a lot*(对...)狂热的;(复杂情绪)

1. 1.Expectant *hopeful that something good or exciting will happen, or showing this*(对...)满怀期待的;(喜)

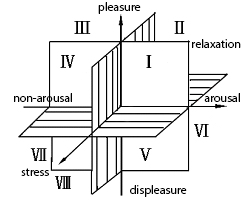
2.2.Desired *A desire is a strong wish to do or have something(*对...)渴望的;(复杂情绪)

1. Surprised *having a feeling of surprise* (对...)惊奇的;(觉得惊讶的;(复杂情绪)
2. Shy ~~Bashfu~~l *~~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 firs*t冲动的;鲁莽的;急躁的;(复杂情绪)

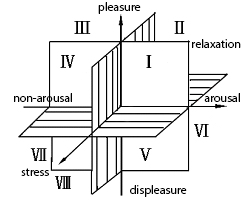
6.Shocked *feeling surprised and upset by something very unexpected and unpleasant*震惊的;惊愕的;(因...)身心受到打击的;(复杂情绪)

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)

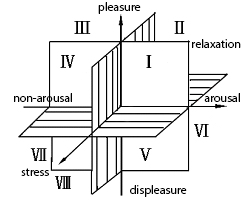
10.Sentimental *someone who is sentimental is easily affected by emotions such as love, sympathy, sadness etc, often in a way that seems silly to other people*多情的;多愁善感的;(复杂情绪)



***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)



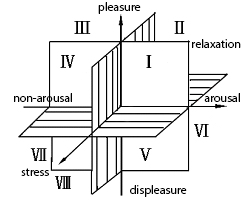
***III 未被唤醒的 愉快的 放松的***

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)

1. 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;