

# 背它，你的读后续写就稳了

【分类整理！条理清晰！续写稳拿高分！电子版 11 页可打印！】

## 一、心理描写类

### ☑ 表达愉悦的心情

1. feel on top of the world/be tickled pink/be on cloud nine/be wild with joy 非常高兴
2. with her heart pounding/beating violently/racing with excitement 她的心激动得直跳
3. A smile of understanding/A faint smile crossed 会心的微笑划过他的脸庞
4. Laughter lingered around the room. 笑声在房间里回荡
5. beam at sb/The children's faces beamed with pleasure/joy 眉开眼笑
6. Her face brightened/lit up 喜形于色
7. Joy welled up inside her. 喜悦涌上心头
8. I was pleased beyond description. 喜不胜收
9. She wore a shining smile on her face. 脸上带着灿烂的笑容
10. She shed tears of joy. 高兴的流下了眼泪
11. She was overwhelmed by happiness/excitement. 满心欢喜
12. Amusement gleamed in his eyes. 他眼里露出愉悦的深情
13. His face glowed/reddened with delight 他高兴得满脸通红 【波波老师】
14. Tears of happiness flowed down 流下了幸福的泪水/trickled down one's cheeks
15. She giggled behind her hands. 捂嘴咯咯地笑
16. As he listened, his mouth split into a big smile. 咧嘴笑
17. His face expanded with a satisfied smile. 绽开满意的笑容
18. Her flushed face was shining with excitement. 兴奋得满脸通红
19. The smile on her face shone like a diamond. 她脸上的笑容如钻石闪耀
20. He marched out the class, whistling a merry tune. 吹着轻快的口哨
21. She couldn't restrain anymore, and burst out laughing. 再也无法克制，突然大笑
22. Our faces lit up at her words. 她的话让我们喜形于色
23. Mr. Shore's face lit up with relief 喜形于色

### ☑ 表达愤怒的心情

1. He stamped his feet in anger. 气得跺脚
2. A wave of rage/irritation/anger/annoyance swept over me. 愤怒向我袭来
3. His face twisted with anger. 他气的脸都扭曲了
4. He held back/contained his anger without uttering a single word. 忍住怒火不说话
5. She was burning with anger. 怒火中烧
6. His anger boiled over. 勃然大怒
7. His voice trembled with anger. 气的声音发抖
8. His face clouded with anger. 他气的脸色阴沉
9. I felt my blood boil. 火冒三丈
10. She stood in a rage, stormed out and slammed the door. 【波波老师】
- 一怒之下站起来，冲出房间，狠狠摔门
11. His wife glared/glowered at him. 怒目而视
12. "You'll repay this debt some day," he said, gnashing/clenching his teeth. 咬牙切齿

13. He clenched his fists in anger. 他愤怒地攥紧拳头
14. There was a flash of anger in his eyes. 他的眼睛闪过一道愤怒
15. could feel my cheeks flush with anger. 我的脸颊因愤怒而发红
16. be furious with sb/at sth 对某人/某事大发雷霆
17. glare at his brother and shout in despair, with anger boiling up inside.  
怒视着他的弟弟, 绝望地大喊, 心中怒火中烧
18. unable to contain his anger, waving his fist in the air  
无法控制他的愤怒, 在空中挥舞着他的拳头

☒ 表达哀伤沮丧的心情

1. depressed 抑郁的: frustrated/upset 沮丧的: sorrowful 悲伤的: disappointed; painful
2. Tears blurred her eyes. 泪水模糊了她的双眼。Tears broke free. 泪水夺眶而出。
3. I feel down in the dumps/be in low spirits. 情绪低落
4. I tried to fight/hold back tears. 强忍住泪水
5. They were immersed in sorrow/despair/desperation/hopelessness. 沉浸在悲痛之中
6. A gale was blowing, making them unable to open their eyes. Worse still/To make matters worse the temperature dropped dramatically, plunging them into deep despair.  
狂风大作, 让他们睁不开眼睛。更糟糕的是, 温度骤降, 他们陷入了深深的绝望中
7. He was suddenly thrown into a world of darkness and sank into hopelessness.  
他突然被投入黑暗之中, 陷入了绝望
8. Her hands shaking, she was on the verge/edge of tears/collapse.  
她的手在颤抖, 快要哭了/崩溃
9. I was overwhelmed by/consumed with guilt and shame. 我内心充满了内疚和羞愧
10. Upon hearing the bad news, she felt seized by a burst of sadness and couldn't help crying bitterly with tears streaming/rolling down her cheeks.  
一听到那个坏消息, 一阵悲伤袭来她忍不住痛苦地哭了起来, 泪水顺着脸颊流下来。
11. I have a splitting headache. 头痛欲裂
12. A wave/surge of pain/sadness ran over him. 一阵痛楚袭上他的心头。
13. Her face was clouded with grief. 脸因悲伤而变得阴沉。
14. The little girl was wailing miserably. 痛苦的哀嚎
15. She sobbed, hiding her face in her hands. 抽泣着, 用双手捂着脸
16. They sat there with gloomy looks on their faces. 面带愁容
17. The news cast a cloud of gloom over his face. 脸上蒙上了一层愁云
18. I feel like I am floating in an ocean of sadness. 在悲伤的海洋里沉浮
19. His wife's disease took away his appetite. 茶饭不思
20. Words cannot express my sorrow/Words failed me. 言语无法表达我的哀伤
21. Seeing this made my heart sink. 看到这个让我心情沉重
22. A ripple of regret welled up inside me. 一阵后悔涌上心头  
A ripple of fear passed through him. 一阵恐惧传遍他全身  
The announcement sent a ripple of excitement through the crowd.  
这件事一宣布就在人群中引起一阵兴奋

☒ 表达恐惧、担忧等紧张的心情

1. I am frozen/rigid with fear. 吓得我动都不敢动

2. She was choked with fear. 吓得透不过气来了.
3. Her face turned pale and stood there tongue-tied. 她脸色苍白, 站在那里张口结舌
4. Her heart beat so violently/wildly that she felt nearly suffocated.  
她的心跳的厉害, 几乎要窒息了
5. She shook all over, feeling like sitting on pins and needles. 浑身发抖, 感到坐立不安
6. A wave of panic flooded/swept/ran over me. 一阵恐惧向我袭来
7. When my brother was nowhere to be seen, I felt so scared that my throat tightened and my knees felt weak. 当我到处找不到我弟弟时, 我害怕得嗓子发紧, 膝盖发软。
8. was dragging through the rain, my mind drawing a blank.  
(独立主格)我在雨中艰难前行, 脑子一片空白。
9. I shook/trembled with fear/terror/ horror/fright/dread. 因害怕恐惧而发抖
10. Fear slowly creeps upon her. 恐惧慢慢爬上她的心头(creep-crept-crept)
11. Her eyes were wide with horror. 她吓的睁大眼睛 【波波老师】
12. Billy's eyebrows knitted together. 眉毛皱在一起
13. A chill went up his back as he turned around in fear. 他背后袭来一阵寒意
14. The sea roaring, was seized by a strong sense of horror and my palms were sweating. 大海在咆哮, 我被深深的恐惧所控制, 手心出汗

#### ☑ 其他情感

1. anxious-anxiety 焦虑 confused-confusion 困惑 curious-curiosity 好奇
2. bored-boredom 无聊 envious-envy 妒忌 jealous-jealousy 妒忌
3. pessimistic-pessimism 悲观 puzzled-puzzle 困惑 satisfied-satisfaction 满意
4. sympathetic-sympathy 同情 ashamed- shame 羞愧 content- contentment 满意
5. doubtful-doubt 怀疑 enthusiastic- enthusiasm 热情 regretful-regret 后悔
6. guilty-guilt 内疚 optimistic-optimism 乐观 pitiful-pity 同情
7. stressed-stress 紧张 tense-tension 紧张 nervous-nervousness 紧张
8. disgusted-disgust 厌恶 discouraged-discouragement 气馁
9. a smile crept across his face 脸上掠过一丝微笑
10. apologize immediately 马上道歉 voice trembling 声音颤抖 tears welling up 眼泪涌出来
11. stare at her in disbelief 难以置信地盯着她
12. on the verge of giving up 正处于放弃边缘的时候
13. hear the thunderous cheers 听到雷鸣般的掌声
14. be consumed with upset 深感烦闷
15. contain my anger and grievance 控制我的怒气和委屈 【波波老师】
16. My heart sank as if splashed by cold water. 我的心往下沉, 好像被冷水泼了一样
17. stared at the shirt, excitement fading away from my face  
我盯着那件衬衫, 兴奋慢慢从我脸上消退
18. With the last string of hope remaining 心存最后一丝希望
19. feel like a tiny broken boat at the mercy of the frightening wave  
自己就像一个被可怕的波浪摆布的小破船
20. eyes were wide with fright 吓得双眼圆瞪
21. My energy and the excitement drained out of me 我的精力和兴奋都消失了
22. my doubts vanished 我的怀疑消退了

## 二、环境描写类

1. The day was bright, with a fresh breeze blowing. (天气晴朗, 吹来阵阵清风)
2. The sky is overcast with dark clouds. (天空乌云密布)
3. The mountain slope was wrapped in a thin mist. (山坡上笼罩着一层薄雾)
4. The storm is at its height. (暴风刮得正猛)
5. Outside, the dust was blown about by the wind, which made people unable to open their eyes. (风刮得尘土飞扬, 让人睁不开)
6. The wind was so bone-chilling that it cut right through me. 寒风刺骨
7. Even worse, the temperature suddenly dropped dramatically. (温度骤降)
8. A gale was blowing, making them unable to open their eyes. Worse still/To make matters worse the temperature dropped dramatically, plunging them into deep despair.  
狂风大作, 让他们睁不开眼睛。更糟糕的是, 温度骤降, 他们陷入了深深的绝望中。
9. The beach was bathed in the golden sunshine. 海滩沐浴在金色的阳光里
10. It's damp and chilly. 天又湿又冷
11. It seems to be clearing up. 天似乎在转晴 a fair and breezy day 风和日丽的日子
12. The wind howled and the sea roared. 狂风呼啸, 大海怒吼
13. The day was bright, with a fresh breeze blowing. 天气晴朗, 吹来阵阵清风
14. The hills were enveloped in dense fog. 浓雾包住了群山
15. The village is surrounded by mountains. 村庄为群山围抱
16. The lake was covered with a layer of mist. 湖上笼罩着一层薄雾
17. The breathtaking scenery captured/attracted/appealed to everyone.  
令人叹为观止的景色吸引了每个人
18. Roses were in full bloom, perfuming the whole garden. 玫瑰盛放, 满园花香
19. We were woken early by the sound of the birds singing.  
我们很早就被鸟儿的歌唱声唤醒
20. She lay on the bank, listening to the ripple of the stream.  
她躺在河岸上, 听着小河的潺潺流水声

## 三、动作描写类

### (一) 听

1. I overheard a conversation between two boys on the bus just now. 无意中听到
2. As students, we must listen attentively to the teacher in class. 专心地听. Her ears pricked up at the sound of his name. 竖起耳朵听
4. Tell me about your first day at the new job -- I am all ears! 洗耳恭听
5. I was only listening to the radio with half an ear, while I was preparing some food. 没太专心听广播节目
6. When listening to the story, Jenny was totally absent-minded. 心不在焉地听

### (二) 说

1. I kept telling myself that everything was OK. 不断地自言自语
2. He leaned in and whispered in my ear. 悄悄在我耳边说 whisper to sb 对某人低声说了 had to speak loudly so that the audience could hear me. 大声地说
4. "I was once as confused as you are", she said/uttered meaningfully. 意味深长地说
5. She screamed into the dark night after she heard the news. 尖叫着冲进黑夜之中

6. When the wolf was approaching us, my sister shouted/exclaimed. "Run, now!" 大喊
7. Murmura "Thank-you" 轻轻说了声谢谢
8. yell at sb 对某人吼叫; she cried "... " 哭喊道

### (三)看

1. They exchanged a knowing glance. 互相会意地看了一眼
2. She soon spotted me in the crowd because I wore a red sweater. 发现/看到
- .He gazes up at the sky silently 抬头凝视 rack one's brain/beat one's brains out/scratch one's head 绞尽脑汁
4. We all threw a curious glance at her red skirt. 好奇地瞥一眼
5. In the street caught sight of an old friend whom I had not seen for years. 突然看见
6. She glanced round the room before she left. 略微环视
7. He looked so different from his usual look that I stopped a moment to stare at him. 盯着看
8. The woman glared at the man after he glared at her. 怒目而视
9. The little girl is unhappy and I could see that she had been crying. 察觉
10. One old gentleman stayed, admiring the tablecloth. 欣赏

### (四)走

1. Richard was dragging through the snow. 拖着脚步艰难移动
2. The homeless man walked towards me trembling with cold. 冷得全身发抖地朝我走来. She walked/wandered on the street aimlessly. 漫无目的地在大街上走着
4. I injured my leg in an accident, so I had to limp for a long time. 一瘸一拐地走
5. I noticed him slipping away before the end of the meeting. 溜走
6. He went home on tired legs after a long-time walk. 拖着疲惫的双腿回家
7. They would like to walk arm in arm after class. 挽臂而行
8. I rushed/dashed to the airport, only to find that the plane had taken off. 冲
9. I went back to the hotel and crept up to my room. 蹑手蹑脚地走进房间

### (五)其他

1. I was overwhelmed by a wave of panic and burst into tears again 我惊恐难当，再次痛哭起来
2. leave me dumbfounded (目瞪口呆)/speechless for a moment. 我有那么一会儿目瞪口呆/说不出话来
3. Jackson grinned, with his eyes glittering 杰克逊咧嘴一笑，眼睛闪闪发光。
4. feel the anger arowing, bubblina up inside him. his hands curling into fists. 杰克逊咧嘴一笑，眼睛闪闪发光。卡特能感觉到愤怒在增长，在他心中沸腾，他的手卷成拳头
5. exclaim with a big smile 笑着喊道
6. pat us on the shoulder and smiled 拍了拍我们的肩膀，微笑着说
7. They were so stunning that Rachel was completely lost for words and her eyes lingered on them. 它们如此之迷人以至于雷切尔完全说不出话，眼睛流连在它们身上
8. Out dashed Bill like an arrow 比尔像箭一样飞奔而出
9. with his teeth clenched, he ran at full speed 他咬紧牙关，全速奔跑
10. slip on the glove 戴上了手套
11. couldn't help casting/stealing a glance at it 忍不住偷偷瞥了手套一眼
12. calmness returned to my mind 我慢慢恢复平静
13. struggle to compose myself while speaking 边说边极力使自己镇静
14. his eyes glitter with anticipation 他的眼睛里闪烁着期待的光芒



15. exclaim proudly 自豪地说
16. breath a sigh of relief 松了一口气
17. clumsily take her orders and see her staggering to a table occupied by my siblings 我笨，拙地接受了她的点单，看到她跌跌撞撞地走到一张被我兄弟姐妹占着的桌子前
18. So astonished and nervous was I that I was rooted to the ground, tongue-tied 我是如此惊讶和紧张，以至于我杵在那儿，舌头打结
19. drift into a long dream waiting for spring 飘进了一个等待春天的长梦
20. I threw my arms around my mom and kissed her spontaneously. 我搂着妈妈，自然地吻了她
21. squeeze a smile / force myself to put on a smiling face 强颜欢笑
22. a huge wave swallowed me. 一个巨浪吞没了
23. kick my legs desperately 拼命地踢着我的腿
24. Guilty about what I had done, I didn't dare to look up to meet their eyes 对我所做的事情感到内疚，我不敢抬头正视他们的眼睛
25. He beat the water with his hands to hold himself up, but the harder he tried, the deeper he sank. 他用手拍打水面，想让自己浮起来，可是越用力，沉下去得越深。
26. They beat the water vigorously with quick, downward strokes, forcing him to the surface. 这双手敏捷而有力地在水中扑打着，不停地向下摆动，迫使他浮向水面。
27. The swimmer beat about in the water, trying not to drown. 那位游泳者在水中四处拍水，以免沉没。
28. wipe off her tears and threw herself into study thereafter 擦去眼泪，然后投入了学习
29. wander around aimlessly 漫无目的的四处游荡
30. lay on his stomach gently and crawled his way forward cautiously. 轻轻地趴在地上，，小心翼翼地匍匐前进
31. listen attentively 仔细地听
32. untie the ribbon 解开丝带
33. Their gratitude was beyond the bounds of what I ever could possibly have expected, 他们的感激之情超出了我的预期。
34. So touched was I that I murmured "Thank you" in a choked voice. 我感动得哽咽着说了声“谢谢”。
35. say suspiciously 怀疑地说 36. jump up and down 跳上跳下 37. pick up her head 抬起头
38. give me the wettest lick on my face 在我脸上湿乎乎地舔了一下 39. smile mysteriously 神秘地笑 40. hang up the phone 挂断了电话 41. giggle 咯咯地笑
42. grin 咧着嘴笑 (grinned)
43. distract myself 分散自己的注意力
44. Agatha hugged her friends in appreciation of their surprise gifts 阿加莎拥抱她的朋友们，感谢他们给她的惊喜礼物。
45. solve/ uncover the mystery 解开谜团
46. Her heart pounding, Agatha entered. 她走了进去，心怦怦直跳。
47. With laughter and cheers lingering around, Agatha happily made a wish, blew the candles and shared the cake. 在欢声笑语中，阿加莎愉快地许了个愿，吹灭了蜡烛，分享了蛋糕。
48. think to himself 心里想
49. Though years had wrinkled their skin, they still recognized each other the moment they met. 虽然岁月使他们长起了皱纹，但他们还是一眼就认出了对方。
50. So excited was Desiree that she was completely unable to hold back her tears. 德西里

激动万分，完全无法忍住泪水。

51.The businessmen were also in a celebratory mood, mistakenly assuming they were tasting the most famous Bordeaux. 商人们也在庆祝，误以为他们在品尝最著名的波尔多葡萄酒。

52.with a sincerely apologetic smile 带着真诚的道歉的微笑

53.With this also emerged the image of Dad. 伴随着这一切浮现的是父亲的形象

54.turn his head away 把头转过去

55.pat me on the shoulder 拍拍我的肩膀

56.dash to the checkout counter 冲向了收银台

57.A mixture of guilt and delight came from the bottom of my heart. 内疚与喜悦交织在一起，从我心底涌出。

58.break the silence 打破了沉默

59.However, it seemed that Sid was too frightened to move. 然而，希德似乎吓得动也动不了。

60.Monty and Dewey flew out of the water, screaming at Sid, but Sid was trembling, unable to move. 蒙提和杜威从水里飞奔出来，冲着希德尖叫，但希德却在发抖，动弹不得。

61.grab hold of Sid's arm 抓住蒙蒂的手

62.When Sid composed himself, he couldn't help murmuring, "Thank you Chet. 希德镇定下来后，禁不住低声说道：“谢谢你，切特。

63.But for your timely help, I would have been killed due to my stupidity.”如果没有你的及时帮助，我就会因为我的愚蠢而丧失了。”

64.Blessings for the ride flooded in on social media. 社交媒体上充斥着对这段旅程的祝福。

65."Thank you. Thanks for coming." said Christine as they folded into a deep hug. Then came the tears. “谢谢。谢谢你的到来。克里斯汀说，他们紧紧拥抱在一起。然后是眼泪。

66.At James's headstone Mike squatted down and took a deep breath, feeling the strong pulse of James's heart in his chest. 在詹姆斯的墓碑前，迈克蹲了下来，深吸了一口气，感觉着詹姆斯的心脏在他的胸腔里强烈的跳动。

67.He was rooted to the ground, feeling extremely helpless. 他站在那儿一动不动，感到极为无助。

68. cast glances at him 对他侧目

69.His face reddened as he got in the car. 他上车时脸都红了。

70.The more he reflected on what happened, the more ashamed he was of himself. 他越是反思所发生的事情，就越为自己感到羞愧。

71.smile understandingly 理解地笑了

72.With my teeth clenching the toothbrush tightly. I made great efforts to squeeze toothpaste onto it with my clumsy left hand, but I missed the target at the first attempt. 我牙齿紧咬着牙刷，用我笨拙的左手使劲往牙刷上挤牙膏，但第一次没有成功。

73. I stole a glance at Chris and spotted a flicker of disappointment in his eyes. 我偷偷看了克里斯一眼，发现他的眼睛里闪烁着失望的光芒。

74.button up the coats 扣外套纽扣

75.The day he left hospital, he hugged me with tears of gratitude, saying, "You are a truly good nurse, thank you." 出院那天，他拥抱了我，带着感激的泪水，说：“你真是个好护士，谢谢你。”

#### 四、主题升华类

1 Sometimes we don't really know what we have got until we lose it. but it's also true that we'll

cherish it once it is regained! 有时候,我们直到失去才真正知道自己曾经拥有过什么,但同样的事实是,一旦得到了,我们会珍惜!

2.Demanding and tiring as the job was, it was worth it because it could bring me a sense of achievement and satisfaction! 尽管这份工作要求很高,很累,但它很值得,因为它能给我带来成就感和满足感!

3.Sometimes he would buy a magazine from the boy, saying it was the boy who led his lonely soul out of darkness. Indeed, only when we open up the door of our heart, can we enjoy the warmth of love and care, 有时他会从男孩那里买一本杂志,说是男孩带领他孤独的灵魂走出黑暗。的确只有打开心灵的大门,才能享受到爱和关怀的温暖。

4.Soon two police officers came and took them back to investigate. Tom and his friends learnt something important--you are never too young to make a difference. 很快,两名警察来了,把他们带回去调查。汤姆和他的朋友们学到了一件重要的事---你永远不会因为太年轻而不能有所作为。

5.I felt both deeply grateful and bitterly sorry, badly wanting to do something for her, care for her and love her. She had devoted herself to me when I was sick. and now, it was my turn. 我心里充满了感激和遗憾,非常想为她做点什么,关心她,爱她。在我生病的时候,她全心全意地照顾我,现在,轮到我了。

6.It was at this moment that a sense of pride and achievement overwhelmed me, which made me determined to choose doctor as my lifelong career. 就是在这一刻一种自豪和满足感充满了我的内心,使我下定决心选择医生作为我终身的事业

7.With the warm sunshine shining in through the window. I made the final decision of becoming a doctor. 温暖的阳光通过窗子照射进来,我最终决定成为医生。

8.To his understanding, the essence of the sports was not winning but finding a better self., 在他看来,体育运动的本质不是取胜,而是找到一个更好的自己,

9.Standing in front of the picture window we could often spot the cat striding like a king in the yard lined with thriving vegetables and beautiful flowers. 站在落地窗前,我们经常可以看到猫在院子里像国王一样行进,院子里种满了茂盛的蔬菜和美丽的花朵。(stride, strode 阔步走)

10.It must be love that got them through the darkest time. 一定是爱让他们度过了最黑暗的时光

11.They stuck together through thick and thin. 他们同甘共苦。

12.To him, newspapers were not merely a means to get the latest news, but a way to spread care and love/strengthen the social bonds in the new era. 对他来说,报纸在新时代不仅仅是一种获取最新消息的手段,更是一种传播关爱/加强社会联系的方式。

13.In his heart Oak Street News not only brought locals convenience, but wove love and kindness in each piece of information they offered. 在他的心中,《橡树街新闻》不仅给当地人带来了便利,而且在他们提供的每一条信息中都编织着爱与善良。

14.I was still at that day but I've learned a lesson from the experience---there are tests everywhere in life, and only by being calm and brave can we pass these tests. 那天我还是迟到了,但是我从这次经历中学到了一个教训,生活中处处都有考验,只有冷静和勇敢才能通过这些考验。

15.What I've learned from that unforgettable experience is that even a small act of kindness can make a big difference. 我从这次难忘的经历学到了即使是一个小小的善举也能产生巨大的影响。

16.Meanwhile I vowed deep down in my heart that I would not steal and thoroughly reform myself. Hopefully, with diligence and determination, I could become a kind and righteous



writer just like Anil.

同时，我在内心深处发誓，我要停止偷窃，彻底改造自己。希望通过勤奋和决心，我能成为像阿尼尔一样善良正直的作家。

17. Tulips rose from the ruins and came to bloom again, which suggests that there could be happiness after so much misery and new life after much death. 郁金香从废墟中重新绽放，这说明在经历了如此多的苦难之后，还会有幸福，在经历了如此多的死亡之后，还会有新的生命。

18. The little bulbs that once saved lives in the war now eventually boomed again, bringing hope and happiness back to the country. 那些曾经在战争中拯救生命的小球茎现在终于再次茁壮成长，给这个国家带来了希望和幸福。

19. So never once did Grandma forget to make the chain of love extend to others when things turned better. Looking at the quilt, I was determined to help those in need as well. 因此，当情况好转时，奶奶从来没有忘记把爱的链条延伸到其他人。看着被子，我决心去帮助那些需要帮助的人。

20. Realized Grandma just like her neighbour sewed her love into the quilt, which would undoubtedly warm others physically and mentally. 我意识到，奶奶就像她的邻居一样，把她的爱缝在被子里，这无疑会温暖别人的身心。

21. Strong determination and hard work were the recipe for success. 强烈的决心和努力是成功的秘诀。

22. be more willing to bare their souls to me/open their hearts to me 并愿意向我敞开心扉

23. We all learned that it was mutual understanding and respect that mattered/counted most. 从这件小插曲，我们都明白了：我们都知道相互理解和尊重是最重要的。

24. It was his love for the career and the desire to serve the community that would back him forever. 他对职业的热爱和服务社区的愿望将永远支持他。

25. whatever the circumstances were, everything would turn out fine as long as we stuck together. 不管情况如何，只要我们团结一致，一切都会好起来的。

26. dad's love was actually always showered on me and stayed with me 爸爸的爱实际上一直在我身上一直陪伴着我。

27. What struck him most was... 最触动他的是...

28. When you ask for power, you should be prepared to accept the responsibilities that come with it too. 当你要求权力的时候，你也应该准备好承担随之而来的责任。

## 五、句型操练

### (一) as 的倒装

Challenging and demanding as the race was, he had never felt as good as he was by focusing on nothing but running. 尽管比赛充满挑战和严格的要求，但他专注于跑步，从来没有像现在这样感觉好。

2. Demanding and tiring as the job was, it was worthwhile (to do it) because it could bring me a sense of achievement and satisfaction! 虽然这份工作要求高且累人的，还是值得的因为它可以给我带来成就感和满足感。

Frightened as she was, she dashed to Clay, checked his wound and gave him some simple first aid.

3.

尽管她很害怕，但她还是冲向 Clay，检查了他的伤口给他做了一些简单的急救。

4. Regretful and strained/stressed as Sam was, he managed to comfort Tom, who was trembling, on the verge of tears. 虽然山姆很后悔也很紧张但他还是设法安慰了汤姆, 汤姆颤抖着快要哭了。

#### (二)分词做状语

1. Biting his lips, he racked his brain trying to figure out a way to address the problem, but in vain 他咬着嘴唇绞尽脑汁, 试图找到解决问题的办法, 但是徒劳无功。

1. He tossed and turned in bed every night, wrestling with his conscience. 他每天晚上在床上辗转反侧, 与自己的良心抗争。

2. There he sat, burying his head in his hands and moaning bitterly. 他坐在那儿, 双手捂着头, 痛苦地呻吟着。

3. In a flash the cat appeared out of nowhere, charging towards the greedy groundhogs at an alarming rate. 刹那间那只猫不知从哪儿冒出来, 以惊人的速度冲向贪婪的土拨鼠。

4. Ultimately, Jack threw away the magic trainers, determined to run the race in his old ones. 最后杰克扔掉了那双神奇的训练鞋, 决定用他的旧鞋参加比赛。

5. Having examined him carefully and given him first aid, I held the boy in my arms, placed him into my car and drove him to the hospital where I worked. 男孩给他急救之后, 我抱起男孩, 放到我车里, 开车送他到我工作的医院。

#### (三)定从

1. Henry's first Oak Street News then produced desired effects. Neighbors applauded the idea of sharing their needs in a communal newspaper, which really addressed their immediate concern in a practical and efficient way. 亨利的第一个橡树街新闻产生了预期的效果。邻居们赞成在公共报纸上分享他们的需求, 这真的以实际有效的方式解决了他们眼前的问题。

2. She was about to clean the table when she found a note written on the napkin, which read "Someone helped me out just the way I'm helping you. If you really want to pay me back, please don't let this chain of love end with you." 她正要收拾桌子, 突然发现餐巾上写着一张纸条, 上面写着“有人帮了我就像我帮你一样。如果你真的想报答我, 请不要让这条爱的链条在你这儿结束。”

#### (四)虚拟语气, 强调及倒装

1. Had it not been for/But for/Without your timely and professional help, my son would have had difficulty coming to himself. 要不是你及时且专业的急救, 我儿子可能很难苏醒。

2. It was then that he fully understood that running was not about winning or losing, but about becoming a better self. 就在那时他完全明白了, 跑步不是关于输赢而是关于成为一个更好的自己。Not only did stepping out help those in need, but also it allowed me to taste the sweetness of helping others. 走出去不仅帮助了那些需要帮助的人, 也让我尝到了帮助别人的甜头。

4. When the starting gun went off, out dashed Jack, like an arrow, completely forgetting about the shoe things. 当发令枪响时, Jack 像箭一样冲出去, 完全忘记了鞋子的事情。

#### (五)无灵主语

The last five minutes saw her snatching the ball from an opponent and making it to the front of the goalkeeper like the wind. 最后五分钟, 她从对手手中抢过球, 像风一样冲到了守门员的前面。

2. The following busy day saw Henry shuttling between familiar houses for news. 接下来繁忙的一天, 亨利穿梭于熟悉的房子之间, 寻找新闻。

#### (六)其它:

1. She asked Clay to hold the rope tightly and crawl forward along the rocky path. Meanwhile, she pushed him from behind. After what seemed to be ages, they finally got out, managed to pick up

cell signals and got help. 她要求 Clay 紧紧抓住绳子, 沿着石子小路向前爬行。同时, 她从后面推着他。经过很长一段时间他们终于出来了, 设法收到了手机信号并得到了帮助。

2. The burning heat swept over every inch of his skin greedily. Legs trembling, he had to crawl through the heavy smoke and fought his way downstairs, coughing with sharp pain in his lungs. With all his strength gathered, Surrell dashed out of the door but lost his consciousness and fell onto the ground. 一阵热浪席卷了全身。腿颤抖着, 他不得不爬过浓烟拼命下楼。肺部剧痛不停咳嗽。Surrell 用尽力气冲出了门但是失去了意识倒在了地上。

3. Frightened and upset, I hid behind Grandma, only stealing a glance at him now and then. He must have felt extremely cold as he was trembling all the time, 我又害怕又不安, 躲在奶奶身后, 只是偶尔偷瞄他一眼。他一定觉得很冷, 因为他一直在发抖。

4. It was no easy job for them, since the boat was rocked by the waves, shaking and jolting aimlessly. After what seemed to be ages, the angry sea gradually became peaceful and calm. 对他们来说, 这可不是件容易的事, 因为小船被海浪摇来摇去, 漫无目的地摇晃着。似乎过了好久, 狂暴的大海渐渐平静下来。

5. Standing in the middle of nowhere couldn't help trembling with cold and fear. To make matters worse, my empty stomach started to rumble/protest, which undoubtedly added to my misery. With night falling and wind howling, I was almost frozen with fright by nameless creatures murmuring in the dark. 我迷路了! 站在一片荒无人烟之地, 我又冷又怕, 忍不住瑟瑟发抖。更糟糕的是, 我空空如也的肚子开始咕咕直叫/开始抗议, 这无疑使我更加悲惨。随着夜幕降临, 寒风呼号, 无名生物在暗中低语, 我几乎被吓僵。

波波老师