**专题07 读后续写之各种心理活动描写**



一、关键词

**（一）Hesitate (犹豫)**

Then she asked, **hesitating, filled with anxious doubt.**

**（二）Nervous/Frightened（紧张、害怕）**

1. I said nervously, **my voice trembling a bit**.
2. **I was seized by a sudden impulse** （冲动）to run.
3. Fear **took hold of** me. / Panic seized us.
4. My body **tense**d as I heard...
5. I **chew**ed my lip.
6. I **tossed and turned** all night.彻夜难眠
7. ... I replied, feeling a **lump(块状物)** rise in my throat.
8. I felt that **the blood in my body cooled\froze rapidly** because of the terrible sight
9. With a **pounding** heart and cold, **moist palms**, I felt faint.

10.I froze with terror, **too scared to move an inch**.

**（三）Ashamed（羞愧）**

1. My throat was dry and **my face was burning up**.
2. So ashamed was I that I could **feel my face burning/the blood rush to my face**.
3. I **dropped my eyes**.

**（四）Sad/depressed (悲伤、抑郁)**

1. Jack is overcome with **grie**f.
2. **Grief** comes in waves. 悲伤如潮水一般涌来。
3. The last word went like a bullet(子弹) to my heart. ---伤心、扎心
4. A ripple of sadness **welled up** inside him 涌起阵阵悲伤
5. The gloom（忧郁）deepened as the result came in. 更加难过
6. **My heart seemed to be torn**.(心都要撕碎了)
7. Her eyes **are flooded with tears**.
8. Tears are rolling down from her eyes.
9. Eyes begin to water.
10. I **sobbed bitterly**, tasting the salt from the tears that **streamed down my face**.
11. I felt so sad that I found myself crying **unconsciously**, unable to **hold back my tears**.
12. There was clearly nothing left to do but **drop herself onto the shabby little couch and weep**.
13. **An air of sorrow and depression settled over the crowd**.
14. Her tears seemed to **grieve** （使伤心）the kindhearted others, for they immediately took out their handkerchiefs and began to weep also.

**（五）Angry生气**

1. Charlie **glower**ed(怒视) when I asked him to come forward.
2. The boss **is up in arms** about the company’s poor sales record in the past few months. (举起双臂，抖动两个拳头, 表示愤怒)
3. be red with anger/**rage(愤怒)**; boil with rage; be filled with **fury**（愤怒）
4. He **clench**ed his fists. 他紧握拳头. / She shook her fist at him (i.e. as an angry threatening gesture). 她向他挥动拳头.
5. My voice sounds like a **growling（咆哮）**, angry bear.
6. The reply of the man again **fueled the foolish officer’s anger(火上浇油、更加愤怒)**.
7. His friend, **whose patience had worn thin(耐心被消磨光了)**, phoned to complain.
8. My teacher’s **eyes were shining with anger**.
9. Anger **engulf**ed吞噬 him like a wild beast.
10. She could feel the anger growing, **bubbling up inside her**.如起泡一般变大
11. I **had an undercurrent resentment （对...心怀不满）**towards the new proposal.
12. She **threw** the invitation on the table **with annoyance**, murmuring...
13. Stamp one’s foot in anger 气得直跺脚
14. Run out of the room **in a burst of anger怒气冲冲**
15. **He was sweating and burning with rage.**

**（六）Lonely（孤单）**

1. I **feel abandoned by the world 被全世界抛弃。**
2. New fathers often **feel left out** when baby arrives.
3. He **felt a strong sense of loss** after his divorce.
4. I **ended up feeling completely lost and abandoned**.
5. We all have moments of desperation.我们都有沮丧的时候。
6. Ever since I lost him, I have **been faced with** **a deep sense of loss(失落感)**--a feeling which **is difficult for me to describe in words(难以用语言描述)**.

**（七）happy/ecstatic/radiant/warm开心、温暖**

1. Bathed in sunshine, we all cheered and jumped with joy.
2. The crowd became **restless**(骚动), **excitement filling the room**.
3. **Tears of happiness poured down** Susan’s cheeks.
4. I **felt the warmth surging through** me.
5. I think he’d **mighty(及其)** happy that ...
6. **His eyes twinkle with pleasure** every time he remembers last winter. 每当他想起去年冬天，就喜上眉梢。
7. **Smiles are dancing in his eyes**./Her eyes danced with joy and happiness.
8. I laughed out loud**/laughed heartily** (哈哈大笑) when I saw that funny video. 当我在看有趣的录像的时候我大声笑了。
9. Eyes light up. 精神振奋、高兴
10. I **beamed at**(对...微笑) him, “Welcome back,...”
11. Her smile **hit the deepest of my heart**. 她的微笑触动了我内心深处。
12. Hearing this, everybody **was wild with joy(欣喜若狂)**
13. One’s eyes **brim over with** warm excited tears热泪盈眶
14. One evening, standing **under a jeweled sky**, I found myself thankful for all the hardships.

**（八）Shocked/startled/stunned/surprised震惊**

1. Mother **faint**ed **away**, **with the shock of the bad news**. 坏消息带来的震惊让妈妈昏过去了。
2. Hearing the bad news, Mary **froze with shock**, as if rooted on the ground. (僵住了，像扎根在地上一样)
3. The car was gone in seconds, leaving Alice **shaking her head in disbelief**. 难以置信地摇头
4. I sensed **a flash of surprise** in his eyes. 我感觉到他眼里的一丝惊讶。A flicker of \ a gust of

**（九）Disappointed/frustrated 沮丧**

1. **Overcome with/by my bitter disappointment**, I refused to be comforted.
2. When I saw the pile of dirty dishes, **my heart sank**. 我看到那一堆肮脏的餐具时,感到很扫兴.
3. **in low spirits \ in an unpleasant mood 情绪低落；沮丧**
4. Feel **nauseate**d 觉得恶心
5. I feel like all my insides have been drained out and I feel empty and let down.
6. I feel sad, frustrated, angry, confused, hopeless and hurt all at the same time.

**（十）Jealous 嫉妒**

1. This sense gives me a headache and makes me jump **from envy to severe hate(从嫉妒发展到极度憎恨)**.
2. I feel like I am a big, green, grouchy (不高兴的；不满的)monster.

**（十一）Regret/遗憾**

1. **Driven by a sense of regret(受到遗憾的驱使)** he decided to ...

**（十二）Tired/疲劳**

1. She had been tired enough to sleep **deeply and profoundly深深地**--too deeply and soundly to be disturbed by anything.

**（十三）curious/ 好奇**

1. **Burning with curiosity**, she ran across the field after it.

**（十四）其他情绪**

Never get **conceit**ed(骄傲自满的) because of victory or lose heart in case of failure. 胜不骄、败不馁

A unique sense of accomplishment **arise**s. **产生**了一种独特的成就感

The police wrote a ticket with **a tricky smile(狡黠的微笑)**.

I feel soft and gentle and caring and my heart feels really warm.

I feel like there are hundreds of butterflies dancing in my heart. (感觉到爱)

The actor playing the father was too wooden.饰演父亲的演员太呆板。

I’ve just been to the dentist and my face is still numb.我刚刚去看了牙医，脸上现在还没知觉呢。

Steve looked blank and said he had no idea what I was talking about.

史蒂夫显得很迷惑，说他不知道我在说什么。

She passed by with only a distant nod. 她冷漠的点了一下头就过去了。

Holly smiled distantly.霍利恍惚地笑了笑。

二、常用短语

（一）表示人物喜乐

1、既兴奋又开心a mixture of excitement and happiness

2、心情愉快in cheerful spirits

3、振作精神keep up one’s spirits

4、满意的表情a satisfied look

5、高兴地跳起来dance/jump for joy

6、流下幸福的泪水tears of happiness flowing down

7、感到鼓舞的feel inspired/encouraged

8、精神高涨be in high spirit

（二）表示悲忧消沉

1、强烈的失落感a strong sense of loss

2、陷入绝望fall into despair

3、悲痛欲绝cry one’s heart out

4、怀着沉重的心情with a heavy heart

5、沮丧的with a sinking heart

6、情绪低落be down in spirits

7、垂头丧气lose one’s spirits

8、意志消沉a broken spirit

（三）表示怨怒

1、不断地抱怨complain constantly

2、气得满脸通红flame with anger

3、愁眉苦脸have a worried look

4、气冲冲地跑出房间run out of the room in a burst of anger

5、感到尴尬的feel embarrassed

6、感到困惑的feel puzzled/confused

7、感到沮丧的feel frustrated/depressed

8、感到恼怒的feel annoyed

9、感到泄气的feel discouraged

（四）表示其他情绪

1、宽容的精神a forgiving spirit

2、以和蔼可亲的态度with a kind and good-humored spirit

3、在这些情绪的控制下under the domination of these emotions

（五）人物动作或心理活动

1、鼓起勇气muster up courage

2、面对斗争与改变in the face of struggle and change

3、没有履行职责fail to carry out one’s duties

4、完全一团糟be completely in a mess

5、一项有意义的活动a meaningful/rewarding activity

6、相信in the belief that

7、抱着疲惫的双腿回家go home on tired legs

8、全心全意be devoted to sth whole-heartedly

9、感觉很不适应feel out of place

10、毫无倦意show no signs of tiredness

11、无力改变的结果be powerless to change the outcome

12、赞赏的眼光an admiring gaze

13、嫉妒的眼光an envious glance

14、向某人投以爱慕的目光cast admiring glance at sb

15、凝视着某人look at sb with a fixed gaze

16、好奇地向某人看了一眼throw a curious glance at sb

17、一听到声音就知道是某人recognize sb at first hearing

18、爆发出阵阵喝彩声break into shouts of applause

19、不耐心地听listen impatiently

20、严厉训斥某人give sb a sharp scolding

21、穿过田野的散步a walk across the field

22、散步/闲逛have/take a stroll

23、步行穿过马路walk across a street

24、在倾盆大雨中行走walk through the pouring rain

25、毫无目的地在街上游荡stroll aimlessly through the streets

26、来回踱步pace back and forth

27、臂挽着臂走walk arm in arm

28、平衡不同水平的学生的兴趣爱好

balance the interests of different levels of students

（六）

with a heavy/sinking/broken heart

怀着沉重的/沉的/破碎的心

with a light heart 心情轻松地

touch one’s heart 打动了某人的心

Pierce one’s heart 刺痛某人的心

follow one’s heart跟随某人的心

pour out one’s heart to sb.

向某人倾诉自己的心声

filled one’s heart 充满某人的内心

one’s heart is breaking某人的心正在碎

one’s heart melted 心被融化了

beating fast跳得很快

pound with excitement 激动得直跳

thump with fear 因恐惧而砰砰作响

be in tears 含泪

have tears in one’s eyes眼里含着泪水

burst into tears  放声大哭

fight back tears 抑制住泪水

be close to tears  快要哭了

fly off the handle 勃然大怒

lose one’s temper 发脾气

**（七）**

open one’s mouth 张开嘴

hide one’s yawn 打哈欠

cup one’s mouth 扣住某人的嘴

stuff one’s mouth with something 用......填满嘴巴

drop open in surprise惊奇地张大了嘴

start watering 开始流口水

heart be in one’s mouth紧张得心都到了喉咙眼

三、句子赏析

**思考**  
An idea flashed across his mind.他脑子里闪过一个念头。

An idea formed in his mind.他脑中有了一个主意。

An idea occurred to / hit / struck him.他突然有了一个主意。

She was deep in thought and heard little of what was being said around her.她在沉思，几乎听不见周围的话。  
The opportunity had gone and his mind scrabbled for alternatives.  
机会已经失去了，他苦苦思索别的方案。

**“感到害怕”的细节描述**

当看到那只凶恶的狼时，我感到很害怕。

1. At the sight of the ferocious wolf, I felt very scared.

2. 1）At the sight of the ferocious wolf, I felt so scared that ***my throat tightened and my knees felt*weak.**(嗓子发紧，膝盖发软)

2）At the sight of the ferocious wolf, I***froze with terror, too scared to move an inch***.(吓呆了，不敢动弹)

3）At the sight of the ferocious wolf, I ***was seized by a strong sense of horror and my palms were sweating.*** (被深深地恐惧感所控制，手心出汗)

 表感到兴奋 thrilled

当主持人宣布她获奖时，她兴奋极了。

1. When the host announced that she won the prize, she felt thrilled.

2. 1) When the host announced that she won the prize,***her eyes twinkled with excitement.***（激动得两眼放光）

2) When the host announced that she won the prize,***her heart was thumping with excitement.*** (激动得心砰砰跳)

3) When the host announced that she won the prize,***a wide excitement took hold of her.*** (兴奋不能自已)

**补充：**

① He turned to me, with his eyes full of horror.他转过身来，眼里充满了恐惧。

② Fear slowly creeps upon her.恐惧慢慢地蔓延到她身上。

③ She was struck with horror when...她感到恐惧……

④ She was choked by fear.她因恐惧而窒息。

⑤ Her face turned pale and stood there tongue-tied.她脸色苍白地站在那里，舌头打结。

⑥ A flood of fear welled up in him. / Fear flooded over him.

他心中涌起一阵恐惧。 / 恐惧淹没了他。

⑦ Her heart beat so violently that she felt nearly suffocated（窒息）.

她的心跳得厉害，几乎窒息而死。

⑧ She shook all over, feeling like sitting on pins and needles.

 她浑身颤抖，觉得如坐针毡。

**感到悲伤”的细节描述**

一听到那个坏消息，她悲伤不已。

1. Upon hearing the bad news, she felt extremely sad.

2. 1）Upon hearing the bad news,***her heart ached, tears streaming down her cheeks.*** (心痛，眼泪直流)

2）Upon hearing the bad news, she,***numb with grief, had trouble speaking.*** (悲伤到失去知觉，不能开口说话)

3）Upon hearing the bad news, she***felt seized by a burst of sadness and couldn’t help crying bitterly.***(被一股悲伤之感控制，忍不住哭泣)

**“感到开心”的细节描述**

当妈妈亲吻他时，小baby开心极了。

1. When his mother kissed him on the cheek, the baby was happy/delighted/full of joy.

2.1)  When his mother kissed him on the cheek, it seemed as if the baby***were on top of the world.***(非常开心)

  2) When the mother kissed the baby on the cheek,***his face beamed and his bright smile lit up the room.***(眉开眼笑；笑容照亮房间)

  3) When the mother kissed the baby on the cheek,***his eyes danced with joy and sweetness.***(欢欣雀跃)

**"感到羞愧"的细节描述**

她感到非常羞愧。

Key 1: She felt ashamed.

Key 2:

1) She felt so ashamed that she could ***feel her face burning***.(脸上滚烫)

2) So ashamed was she that she could ***feel the blood rush to her face***. (血液涌上脸颊)

3) So ashamed did she feel that she***was close to tears***. (快哭了)

**“感到生气”的细节描述**

Sheldon感到非常生气。

Key 1: Sheldon felt very angry.

Key 2:

1) Sheldon felt so angry that he***stormed out of the room, slamming the door furiously behind him***. (冲出房间；狠狠摔门)

2)***Boiling with rage***, Sheldon***shook his fist at me***.(怒火中烧；挥舞拳头)

3)***Filled with fury***, Sheldon was ***unable to utter a single word***. (充满愤怒；说不出话)

**“感到绝望”的细节描述**

Tony感到很绝望。

Key 1: Tony felt hopeless/desperate.

Key 2:

1) As the result of an accident, Tony ***was suddenly thrown into*** a world of darkness and ***sank into hopelessness***. (被投入黑暗之中；陷入绝望)

2) Tony***felt left out***and was getting desperate with loneliness. (感觉被遗忘、忽视)

3) Tony’s beliefs in looking forward and seeing the positive in everything***deserted*** him.

感动：

Touched deeply/immensely, we…被深深感动，我们……

Tears filling her eyes, she offered her heartfelt gratitude.她热泪盈眶，表示衷心的感谢。

With tears streaming down her face, she... 泪水顺着她的脸颊流了下来，……

All those present to listen to her sad story were moved to tears.凡在场听到她悲惨经历的人无不感动得流泪。  
I was greatly touched by what you told me.你对我讲的话使我大受感动。  
It is very moving to see how much strangers can care for each other.看到陌生人之间这般彼此关照，实在令人感动。  
His speech was inspiring and touched my heart.  他的发言鼓舞人心，让我很受触动。

**后悔**

My face flushed radish red and I stared at my feet, hoping no one would notice how embarrassed I was.

我的脸红红的萝卜和我盯着我的脚，希望没有人会注意到我有多尴尬。

Shame hitting, the woman kept silent, having no courage to look his husband in the eye.

羞耻的打击，女人保持沉默，没有勇气直视丈夫的眼睛。

Guilt and shame flowing in her mind, she didn’t even dare to watch her husband in the eye, weeping in regret.

她心中充满了罪恶感和羞耻，甚至不敢直视丈夫的眼睛，因为后悔而哭泣。

I froze. I could feel the heat rising into my cheeks, did I really just do that?

我僵住了。我能感觉到热流到我的脸颊，我真的这么做了吗？

**希望**

At this dark and hopeless moment, a wonderful idea came to him.

在这个黑暗而绝望的时刻，他想到了一个绝妙的主意。

It filled his mind with a great, bright light.

他的脑子里充满了明亮的光。

He was determined to tell people the truth, but no one could hear his voice.

他决心告诉人们真相,但是没有人能听见他的声音。

**烦恼**

She was like a cat on hot bricks before her driving test.

在她驾驶考试时，她像热锅上的蚂蚁。

In her nervousness she stumbled over her words.

她紧张得说不出话来。

She shook all over, feeling like sitting on pins and needles.

她全身发抖，感觉如坐针毡。

I could feel sweat beading on my forehead as I walked around the corner.

当我走过拐角处时，我能感觉到额头上的汗珠。

I have butterflies in my stomach every time I speak in public.

我每次在公众场合讲话都会感到紧张。

I could feel my heart in my throat as my name was called.

当我的名字被呼唤时，我能感觉到我的心在我的喉咙里。

My mind went blank.

我的脑子一片空白。

She felt nervousness took hold of her whole body.

她感到紧张占据了整个身体。

She was so nervous that she was shaking like a jelly.

她太紧张了，吓得发抖。

Her ears rang and she couldn’t hear a single word.

她的耳朵一响，一个字也听不见。

She stood almost frozen, with a pale face and red eyes.

她几乎冻僵了，脸色苍白，眼睛通红。

She could feel her palms sweating, heartbeat racing and blood rushing in her ears.

她能感觉到她的手心在出汗，心跳加速，耳朵里的血在奔腾。

She bit her lips and looked away from Mrs. Willow’s eyes.

她咬着嘴唇，把眼睛从威洛太太的眼睛里移开。

My heart was pounding, as if it were about to pop.

我的心扑通扑通地跳个不停，好像要跳出来了。

He looks like an ant on a hot pot.

他看起来像热锅上的蚂蚁。

My heart is hanging like a big stone, how can not fall down.

我的心里像悬着一块大石头，怎么也落不下来。

其他例句：

1．These events constantly remind me of my father’s absence.

2．I immediately picture/imagine him walking through the door, wearing a shining smile.

3．Most days I hope that maybe he will turn up at my doorstep one day.

4．At that very moment, he wondered whether he would be sentenced to death for killing people.

5．He was determined to tell people the truth, but no one could hear his voice.

6．So the young man realized the police had arrested the wrong person, and he took the great courage to expose the real criminal.

7．I focused my thoughts on every part of myself.

8．We nodded our heads in agreement, understanding each other.

9．Somehow I got the idea it would be fun to waken my father by firing it.

10．I was wondering where he was. I had a new joke to tell him.

11．I was afraid to go to sleep, for fear that I would wake up the way I had been before.

12．Then I tried to figure out what I should do. Follow my friend to the hospital?

13．There was nothing I could accomplish there, I convinced myself.

14．All I could do at the hospital, I decided, was to get in the way.

15．As I started my car, I realized that my friend had left his truck and keys at the courts.

16．From that one experience I learned that the most important thing in life isn’t the money you make.

17．I will cherish the fond memories for the rest of my life.

18．He felt he could not continue and sat down on the lawn.

19．At this dark and hopeless moment, a wonderful idea came to him. It filled his mind with a great, bright light.

20．Tom thought for a moment, was about to agree; but he changed his mind.

21．The peasant, surprised and disturbed, swallowed a tiny glass of brandy.（upset, bewildered, shocked, perplexed, doubtful ）

22．She met his gaze at last, a red flush creeping across her face.

23．He went home ashamed, chocking with anger and confusion.(embarrassed  regretful apologetic

24．He grew angry, becoming annoyed, hot, and shocked.

25．The peasant stood choking with anger and fear.

26．He was consumed with guilt after the accident.

27．He was consumed by /with jealousy.

28．He was haunted by his memories of the war.

29．He grew a little pale.

30．The day of the ball drew near and Madame Loisel seemed sad, uneasy, anxious.

31．But one evening her husband reached home with a triumphant air and holding a large envelope in his hand.

32．He stopped, distracted, seeing that his wife was weeping.

33．Two great tears ran slowly from the corners of her eyes toward the corners of her mouth.

34．He stood up, bewildered.

35．They looked, thunderstruck, at each other.

36．They went toward the Seine in despair, shivering with cold.

37．She sat waiting on a chair in her ball dress, without strength to go to bed, overwhelmed, without any fire, without a thought.

38．Loisel returned at night with a hollow, pale face.

四、写作练习

（一） 根据提示填空：

1.He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(变得呆板)and stood still in front of the camera.

2.Her life would never be the same again, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(她模模糊糊地意识到).

3.I have recently been suffering from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(双手一直疼痛麻木).

4.He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(糊里糊涂地走进了)into the cemetery.

5.The horror of my experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(已使我感觉迟钝).

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(她两眼发直), not knowing what to say next.

7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(他颤抖的双手和茫然的眼神进一步证实了)her  
earlier perception that he was extremely ill at ease.

8.He looked at her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(他那双黑眼睛茫然地望着她)that made no  
opportunity for her to speak.

9.He found her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(冷若冰霜，拒人于千里之外)

10.There was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(她眼中时时流露出心不在焉的神情), her thoughts elsewhere.

11.They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (依稀记得)that the islands were the only part of Britain occupied during the war.

12.He is a reckless driver and often drives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(漫不经心).

（二）将下列句子翻译成英文：

1.听到这个消息，他给了我一个呆滞的笑容  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.他手指被冻僵了，花了好大力气才在口袋中找到钥匙。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.他能感到指尖正在变得麻木。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.我太过震惊，呆若木鸡。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.她木然地盯着我。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.Tom给一位女士讲了个笑话，但获得的只是一个茫然的眼神，

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7.从电话里听起来帕特非常冷淡和疏远。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.她眼神恍惚，显然心里在想着别的什么事儿。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9.他能听到在远处某个地方的海浪声。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10.我们是远亲。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11.“没什么，”罗茜心不在焉地说。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12.他脸上一副心不在焉的神情，好像想起了什么往事似的。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

（三）翻译练习：

1.她怀着沉重的/沉的/破碎的心，看着他走了。

2.他心情轻松地出发了

3.他的悲惨故事打动了她的心..

4.她的话刺痛了我的心。

5.只要跟随你的心，你就会快乐。

6.最后，他泪流满面，向她倾诉了自己的心声。

7.松了一口气。

8.当我想起他们的悲伤时，我的心很痛。

9.他的心在里面慢慢地碎了

10.他笑了笑，她的心融化了。

11.她的心跳得很快。

12.她的心激动得直跳

13.他的心因恐惧而砰砰作响。

（四）翻译练习

1.她张开嘴要说什么,最后什么也没说。

2.他捂住嘴偷偷打了个哈欠。

3.我们惊奇地张大了嘴。

4.闻到食物的香味，我开始流口水了。

5.突然一只手扣住了她的嘴。

6.他的嘴上挂着一丝笑意。

7.他开始往嘴里塞意大利面。stuff [stf] 塞满;填塞

8.他直起身，目瞪口呆地看着我。

9.我走进她的办公室时，紧张得心都到了喉咙眼。

练习参考答案

写作练习（一） 根据提示填空：

1. He became wooden and stood still in front of the camera.

他变得呆板，一动不动的站在照相机前

2. Her life would never be the same again, she realized numbly.

她模模糊糊地意识到她的生活不会和过去一样了。

3. I have recently been suffering from pain and numbness in my hands.

我近来双手一直疼痛麻木。

4. He walked numbly into the cemetery.

他糊里糊涂地走进了墓地。

5.The horror of my experience has numbed my senses.

我经历的那种恐怖已使我感觉迟钝。

6.She stared blankly into space, not knowing what to say next.

她两眼发直，不知道下面该说什么。

7.His trembling hands and blank stare confirmed her earlier perception that he was extremely ill at ease.

他颤抖的双手和茫然的眼神进一步证实了她早先的感觉：他感到极不自在。

8.He looked at her out of black blank eyes that made no opportunity for her to speak.

他那双黑眼睛茫然地望着她，不给她以开口的机会。

9.He found her cold, ice-like and distant...

他觉得她冷若冰霜，拒人于千里之外。

10.There was a distant look in her eyes from time to time, her thoughts elsewhere.

她眼中时时流露出心不在焉的神情，思绪已飘至别处。

11.They distantly remember that the islands were the only part of Britain occupied during the war

他们依稀记得这些岛屿是英国在战时唯一被占领的部分。

12.He is a reckless driver and often drives in an absent way.

他是个粗心的司机，开车时经常漫不经心。

写作练习（二）将下列句子翻译成英文：

1.Hearing the news, he show me a wooden smile

听到这个消息，他给了我一个呆滞的笑容

2.His fingers were numb with cold, and it took a lot of energy to find the key in the pocket

他手指被冻僵了，花了好大力气才在口袋中找到钥匙。

3.He could feel his fingers growing numb at their tips...

他能感到指尖正在变得麻木。

4.I was so shocked I went numb.

我太过震惊，呆若木鸡。

5.She stared at me with a blank expression on her face.

她木然地盯着我。

6.Tom told a woman a joke and got a blank look.

Tom给一位女士讲了个笑话，但获得的只是一个茫然的眼神，

7.Pat sounded very cold and distant on the phone.

从电话里听起来帕特非常冷淡和疏远。

8.There was a distant look in her eyes; her mind was obviously on something else.

她眼神恍惚，显然心里在想着别的什么事儿。

9. Somewhere, distantly, he could hear the sound of the sea.

他能听到在远处某个地方的海浪声。

10. We’re distantly related.

我们是远亲。

11. “Nothing,” Rosie said in an absent way.

“没什么，”罗茜心不在焉地说。

12. His look had grown absent, as if he were calling up memories.

他脸上一副心不在焉的神情，好像想起了什么往事似的。

（三）翻译练习

1. With a heavy/sinking/broken heart, she watched him go.

2. He set off with a light heart.

3. His sad story touched her heart.

4. Her words pierced my heart.

5. Just follow your heart and you’ll be happy.

6. Finally, he broke down in tears and poured out his heart to her.

7. Relief filled his heart.

8. My heart aches when I think of their sorrow.

9. Inside, his heart was slowly breaking

10. He smiled and her heart melted.

11. Her heart is beating fast.

12. Her heart was pounding with excitement.

13. His heart thumped with fear.

（四）翻译练习

1. She opened her mouth to say something，but nothing.

2. He covered his mouth to hide his yawn.

3. Our mouths dropped open in surprise.

4. My mouth started watering when I smelled the food.

5. Suddenly a hand cupped her mouth.

6. A smile played around his mouth.

7. He began to stuff his mouth with pasta.

8. He straightened up and looked at me, open-mouthed.

9. My heart was in my mouth when I walked into her office.