Extroverts, with their lower level of arousal, would need to do more exciting things that would physically and mentally exhaust an introvert in order to reach satisfaction. So while an introvert might be content with a leisurely bike ride through a quiet park, an extrovert might need to hit the dirt roads in order to feel mentally satisfied.

外向者擁有較低的激發水平，需要從事刺激的活動才會得到滿足，而這些活動會讓內向者身心疲憊。內向者或許會滿足於在安靜的公園裡悠閒地騎腳踏車，但外向者為了達到精神上的滿足，可能會需要在泥濘裡奔馳。

1 . arousal 喚起、激勵、刺激

arousal [əˋraʊz!] (n.) 喚起、激勵、刺激

sexual arousal 性刺激

arouse [əˋraʊz] (v.) 喚起、激起情慾、叫醒

Her strange behavior aroused the curiosity of her neighbors.

她奇怪的行為喚起了鄰居的好奇心。

My boyfriend refused to lend me his phone which aroused my suspicion.

我男友拒絕借我用他的手機，這喚起了我的懷疑，也就是這樣讓我開始懷疑他。

2 . physically 身體上

physically [ˋfɪzɪk!ɪ] (adv.) 身體上

I don’t like her personality at all; I just find her physically attractive.

我完全不喜歡她的個性；我只是覺得她的外表很好看。

physical [ˋfɪzɪk!] (adj.) 身體的，肉體的

PE: physical education 體育

體能教育

physics [ˋfɪzɪks] (n.) 物理學

Chemistry and physics and are my worst subjects.

化學跟物理是我最糟的兩個科目。

3 . exhaust 使精疲力盡

exhaust [ɪgˋzɔst] (v.) 使精疲力盡

exhausting [ɪgˋzɔstɪŋ] (adj.) 使人精疲力竭的 (形容事物)

Today was an exhausting day of moving into my dorm.

今天搬進宿舍讓我非常累。

exhausted [ɪgˋzɔstɪd] (adj.) 精疲力竭的 (形容情緒)

exhaust [ɪgˋzɔst] (n.) 排出的氣 (排氣管的排氣)非fart放屁的排氣

A recent study has shown that car exhaust pollution is now the fastest growing cause of death.

近期的研究顯示汽車廢氣汙染是現今攀升最快的死因。

4 . content 滿足的

content [kənˋtɛnt] (adj.) 滿足的

The stereo typical Asian parents will not be content with the child getting an A under the test; they will demand an A plus.

亞裔父母的刻板印象就是會過度苛求小孩的成績，他們會覺得拿A不夠好要拿A+。

住在美國的亞裔選擇：1. Doctor醫生 2. Lawyer律師 3. Engineer工程師 4. disgrace to the family給家人帶來恥辱

content [ˋkɑntɛnt] (n.) 內容、含量、內涵

table of contents 一本書的目錄

Soy milk has a low fat content compare to cow milk.

豆漿跟牛奶相比脂肪含量較少。

Martin Luther King Jr. says, “I have a dream that my children will one day live in the nation where they will not be judged by the color of their skin, but by the content of their character.”

我夢想我孩子有一天能在一個不是以他們的膚色而是以他們品格優劣來評價他們的國度裡生活。

5 . leisurely 悠閒的

leisurely [ˋliʒɚlɪ] (adj.) 悠閒的

We took a leisurely stroll along the beach.

我們悠閒地沿著海邊散步。

leisure [ˋliʒɚ] (adj.) 空閒的

leisure time 閒暇

leisure activity 休閒活動

leisure wear 休閒服裝

This hotel offers leisure facilities like a pool and a gym.

這間飯店提供休閒設施如游泳池跟健身房。