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，而這些活動會造成內向者的身心疲憊。內向者或許會滿足於在安靜的公園裡悠閒地騎腳踏車；而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 . extrovert 外向的人

extrovert [ˋɛkstrovɝt] (n.) 外向的人

introvert [ˋɪntrə͵vɝt] (n.) 內向的人

Just because he is an introvert doesn’t mean that he does not long to make friends.

只因為他很內向，並不代表他不想要交朋友。

2 . arousal 喚醒

arousal [əˋraʊz!] (n.) 喚醒

arouse [əˋraʊz] (v.) 喚醒

He was suddenly aroused from living a life of zombie.

他行屍走肉的生活終於被喚醒了。

arise [əˋraɪz] (v.) 上升

Unexpected problems arose during this process and therefore we have to put a halt to this project.

我們碰到了沒有預料到的問題，所以我們只好趕快把計畫先暫停下來。

3 . physically 身體上的

physically [ˋfɪzɪk!ɪ] (adv.) 身體上的

He is physically incapable of doing such task.

因為他身體上的某些限制，所以他達不到這個任務

mentally [ˋmɛnt!ɪ] (adv.) 心理上的

mental [ˋmɛnt!] (adj.) 精神的，心理的

Depression is a sort of mental illness.

憂鬱症就是心理上的疾病之一。

4 . satisfaction 滿意度

satisfaction [͵sætɪsˋfækʃən] (n.) 滿意度

satisfy [ˋsætɪs͵faɪ] (v.) 使滿意

You cannot satisfy everyone all the time.

你不能隨時隨地讓每一個人都對你感到滿意。這件事情是不可能的!

5 . leisurely 從容不迫的

leisurely [ˋliʒɚlɪ] (adj.) 從容不迫的

leisure [ˋliʒɚ] (n.) 閒暇

What do you like to do in your leisure time?

你在閒暇的時候喜歡做甚麼事情?

He enjoys living a life of leisure.

他喜歡從容不迫地過生活。