

读后续写

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## 1. 细节描写

### 1.1 说

1. murmur 低语
2. mutter 嘟囔
3. whisper 耳语 whisper into one's ears
4. mock 嘲笑, 模仿
5. roar 咆哮, 为...喝彩
6. plead 乞求
7. narrate 叙述
8. bellow 大声吼叫, 不和谐地唱歌
9. He blurted out his honest opinion before he could think twice. 他还没来得及三思就脱口说出了他诚实的意见(blurt out)
10. interrupt v. 插嘴, 打断
11. "xxx", he added. 他补充道(add)
12. scream v. 尖叫, 惊呼
13. scold v. 训斥, 责骂
14. utter v. 说
15. in a firm/sweet/kind/weak/loud/musical/comforting/hearty 有力的 voice/ tone
16. in a triumph's note 以胜利者的调调
17. she said sadly/bitterly/gloomily 忧郁地/sourly 不友善地/briskly 活泼地/brightly 高兴地/proudly/dreamily/softly/gently/eagerly/thoughtfully
18. say without the least/slightest hesitation 毫不犹豫地
19. ask with curiosity 好奇地问
20. It was only a slip of the tongue. 那只是口误(a slip of tongue)

### 1.2 哭

1. sb's eyes glistening with tears 泪光闪烁
2. With tears in my eyes 含着泪水
3. tears blurred one's eyes/vision/sight/view 泪水模糊他的双眼
4. tears well up in one's eyes / tears spring to one's eyes 泪水涌上眼睛
5. tears shining/glistening like stars/crystal 眼泪像星星/水晶闪耀
6. My tears broke free 眼泪夺眶而出
7. one's cheeks were wet with tears 泪水打湿脸颊
8. a tear slid/streamed/rolled down one's cheek 泪水滚落
9. tears spill out/pouring
10. burst into tears 爆发出眼泪
11. I couldn't help shedding tears / couldn't hold back my tears 忍不住流泪
12. sob/weep with one's face hidden in one's hands 掩面啜泣

13. cry one's heart/eyes out 哭得眼睛都要出来了(痛哭)
14. cry the bitterest tears of her life 流下最伤心的泪
15. He was on the verge of tears / He was close to tears 快哭了
16. His eyes were wet 眼睛湿润
17. She wept her eyes out 哭得眼泪汪汪
18. I wiped the tears from one's eyes 我擦去眼中的眼泪
19. She buried her face in her pillow and cried, letting her tears soak into the fabric. 她把脸埋在枕头里哭了, 让眼泪浸透了布料 (cry into one's pillow)
20. I choked with sobs 我哽咽了

### 1.3 笑

1. 可替换词: a soft/faint 微微/charming 迷人/flattering 谄媚/warm/broad/sweet/fake 假 smile
2. a warm/broad smile spread across / appeared on / crossed one's face 脸上洋溢着温暖的笑容
3. I grinned from ear to ear 咧嘴笑
4. I burst into / exploded with laughter 爆发出笑声
5. I forced a smile / smiled bitterly 苦笑
6. I flashed a smile at... 我笑了笑
7. I laughed a hearty laugh 开怀大笑
8. My lips curved into a smile 咧嘴变成笑
9. beam 眉开眼笑
10. giggle 咯咯笑
11. roar/howl with laughter 狂笑
12. I shed tears of joy 喜极而泣

### 1.4 看

1. stare at 凝视
2. gaze at/into 凝视  
direct one's gaze at 注视
3. glance at/around 瞥见/浏览  
exchange a glance with sb 交换眼色  
cast a glance at 瞥了一眼
4. peer at/into 凝视、费力地看
5. glimpse 瞥见 catch a glimpse of 短暂看到
6. glare at 怒目而视
7. fix one's eyes on 盯着看
8. take a peep at 偷看一眼

9. gawk at 呆呆的看着
10. give sb a wink 眨眼
11. Her eyes blinked 她的眼睛眨了眨
12. His eyelids began to droop 他的眼皮开始下垂
13. My eyes never leave sth / can't take my eyes off sth 看得目不转睛
14. he leaned forward, looked into her eyes, and expressed his deepest feelings of love and admiration. 他向前倾, 望着她的眼睛, 表达了他最深切的爱和钦佩。

### 1.5 吃

1. Chew
2. Swallow
3. Taste
4. Bite

### 1.6 头

1. Raise one's head
2. Hold one's head high
3. Lower one's head
4. Nod one's head
5. Shake one's head
6. Turn one's head around
7. Be lost in / absorb in / buried in thought

### 1.7 手

1. Hug/embrace tightly
2. Hold sb in a tender embrace
3. Throw oneself into sb's arms
4. Put one's arms around sb / gather sb into one's arms
5. Wave one's arms
6. Raise one's hand
7. Point at
8. Pat at one's shoulder
9. Hold hands

### 1.8 腿

1. Spring to one's feet 一跃而起
2. Stagger to one's feet
3. Hobble down the stairs
4. Struggle out of the bed
5. Slip out of
6. Drag one's legs

7. Rush into
8. Kneel down
9. Chase after
10. Dash 冲
11. Slip into / steal into
12. Flee away
13. Head for/to 前往
14. Quicken one's steps

## 2.心理描写

### 2.00 通用

1. choked with / frozen with / seized by / overwhelmed by / exploded with / overcome with / consumed with / filled with **n.**
2. stand rooted to the spot, **adj.** / with **n.** xx 得不动  
be numb with **n.** 同上
3. be immersed/buried/floating in an ocean of **n.** 沉浸在 xx 海洋
4. a flood of **n.** wells up in sb xx 涌上心头
5. hide / conceal / hold back one's **n.** 掩饰 xx
6. a wide **n.** took hold of controlled/overwhelmed sb.
7. a tidal wave of **n.** mingled with **n.** trembled in my heart
8. be speechless with **n.** / be **adj.** beyond words xx 得说不出话
9. He could hardly/scarcely contain his **n.** 他无法控制 xx 心情 可倒装

### 2.01 开心(笑)

adj. n.

happy happiness

joyful joy

delighted delight

pleasant pleasure

ecstatic ecstasy

exhilarated exhilaration

elated elation

jubilant jubilancy

1. My heart was full of joy 心里乐开了花
2. My heart was as sweet as honey 心像蜂蜜一样甜
3. My mood was as cheerful as a tidal wave 我的心情像浪花一样欢腾
4. I couldn't restrain my joy 我抑制不住我的喜悦
5. My heart was pounding with joy 我的心高兴得怦怦直跳
6. Her eyes twinkled with excitement 她的眼睛里闪烁着兴奋的光芒

7. be in high / cheerful spirits 兴高采烈
8. to one's delight
9. be wild with joy
10. wear a shining smile 带着微笑
11. joy welled up inside sb 欢乐在某人的内心深处升起
12. in a good mood 心情好
13. hummed a tune merrily 愉快地哼歌

## 2.02 伤心(哭)

adj. n.

sad sadness

sorrowful sorrow

depressed depression

grievous grief

frustrated frustration

remorseful remorse 懊悔

sympathetic sympathy 同情

despondent despondency 失望

gloomy gloominess 阴郁

Discouraged adj.灰心丧气的; 气馁的

21. Sb's words broke one's heart 话让人心碎
22. He was feeling blue 情绪低落
23. He felt a sense wave of loneliness/sadness 一阵孤独/悲伤
24. with a sinking heart 心情沉重
25. Sadness came in waves 悲痛如潮涌
26. He was immersed/buried/floating in an ocean of sadness. 沉设在伤心海洋里
27. He looked mournful, even near to tears 她看起来很悲伤, 几乎要流泪
28. be seized by a burst of sadness 被一阵悲伤所抓住
29. My heart ached 心痛
30. sb's word went like a bullet to her heart. 话太扎心了
31. great sorrow clouded one's eyes 满眼忧伤
32. He felt as if a knife was cutting his heart 心如刀割
33. His head drooping 他的头耷拉着
34. He was in low spirits 情绪低落

## 2.03 害怕

frighten (v.) fright (n.) frightened/ing (adj.) 害怕的

fear (v.) fear (n.) fearful (adj) 恐惧的

dreadful adj. 令人恐惧的

terror/horror n. 恐怖 terrible adj. 可怕的  
horrifying/horrible adj. 使人恐惧的  
panicked 惊恐的 panic-stricken 被惊恐袭击的  
alarmed/ing 惊恐的

1. He was shaking/trembling/shivering with fear 吓得发抖
2. Sth scared/frightened sb to death 把...吓得要死
3. He was scared out of one's wits. 吓得魂不附体
4. He stood rooted to the spot, scared. 吓得呆在原地
5. Fear crept over sb 害怕爬遍全身
6. A flood of fear welled up in sb 害怕涌上心头
7. His face was pale/dead with fright 吓得面无人色
8. His face turned pale 他的脸变得苍白
9. I was too scared to move an inch/step 吓得不敢动弹
10. Panic surged through me like a tidal wave, threatening to drown my confidence. 恐慌像潮水一样涌上心头, 威胁要淹没我的信心
11. Her body trembled from head to toe 她的身体从头到脚都在发抖

#### 2.04 紧张

nervous (adj.) nervousness (n.) 紧张害怕  
uneasy (adj.) unease (n.) 不安  
tense (adj.) tension (n.) 紧张  
anxious (adj.) anxiety (n.) 焦虑  
restless (adj.) restlessness (n.) 不安

1. My heart was pounding/beating rapidly/violently/wildly 心砰砰跳
2. Stand rooted to the spot with anxiety
3. shake/tremble/shiver with nervousness 紧张得发抖
4. with butterflies in one's stomach 忐忑不安
5. hide / conceal / hold back one's nervousness 掩饰紧张
6. I paced back and forth 来回踱步
7. I got ants in my pants 我的裤子里装了蚂蚁(坐立不安)
8. hold one's breath 屏住呼吸
9. Exhausted from the long day, he tossed and turned restlessly in bed, unable to find a comfortable position to sleep. 漫长的一天, 他筋疲力尽, 在床上不安地翻来覆去, 找不到舒适的位置睡觉。
10. His face turned pale and tongue-tied. 脸色苍白, 舌头打结,
11. He spoke through clenched teeth, struggling to keep his voice steady. 咬紧牙关说话, 努力保持声音稳定,
12. My heart was in my mouth 心提到嗓子眼,

13. My heart almost leaped into my mouth 同上
14. His sweat ran down his forehead. 汗水顺着额头流下
15. His nervousness deprives him of the power of speech 紧张得说不出话

### 2.05 尴尬

1. My face flushed with embarrassment 脸涨得通红
2. embarrassed/awkward
3. I lowered my head 我低下了头

### 2.06 回忆领悟(感动)

1. It struck/hit/dawned on occurred to so that... 突然想到
2. Recalling what I had done these days for the contest, I realized that my hard work paid off 回想起这些天我为比赛所做的事情, 我意识到我的努力工作得到了回报
3. Recalling..., I plucked up my courage. 回想起..., 我鼓起了勇气
4. A warm current rose in my heart 一股暖流在我的心中升起
5. I was moved to tears 感动得哭
6. My heart melted 我的心融化了
7. I was touched/moved profoundly/deeply 我被深深地感动了

### 2.07 后悔

1. sb regret over what he had done.
2. How I regret/wish that... 我是多么后悔/希望
3. If only I had been more careful 如果我再小心一点
4. Had I not misunderstood him then, everything would be different now.
5. I was feeling a strange sense of guilt. 感到一种奇怪的内疚
6. I was trapped in regret 我陷入了遗憾之中

### 2.08 生气

annoyed (adj.) annoy (v.) annoyance (n.)

irritated (adj.) irritate (v.) irritation (n.)

furious (adj.) fury (n.)

1. He was fuming with rage 大发雷霆
2. His anger boiled over 他的愤怒爆发
3. He could hardly/scarcely contain his anger 他无法控制愤怒,
4. He was breathing fire and fury 怒火冲天(他呼吸着火焰和愤怒)
5. He gave me a look of burning anger. 他非常愤怒地看了我一眼
6. with his eyes burning 眼睛着火
7. He was flushed with anger 怒火中烧
8. Anger boiled over sb 勃然大怒
9. He stamped his feet in anger 他愤怒地跺着脚
10. He glared at sb 他瞪着某人

11. His face twisted with rage 他的脸因愤怒而扭曲着
12. She couldn't help but roll her eyes in exasperation. 她忍不住恼怒地翻了个白眼。

### 2.09 惊讶

shocked/astonished/astounded/surprised/amazed/disbelieving (adj.)

1. to one's shock/astonishment/astounding/surprise/amazement/disbelief (n.)
2. gasp in astonishment 吃惊地倒吸一口冷气
3. beyond one's expectations 出乎意料
4. raise the eyebrows / frown in surprise 惊讶地皱眉
5. widen the eyes / eyes grew wide in n. 吃惊地睁大眼睛
6. A spark of surprise flashed/passed across one's eyes 眼中闪过一丝震惊
7. A look of surprise spread over one's face. 惊讶的表情在脸上蔓延开
8. My jaw dropped in astonishment 惊讶得目瞪口呆
9. with his mouth wide open 惊讶地张大嘴巴
10. I was numbed with shock 我吓得麻木了

### 2.10 困惑

puzzled/confused/bewildered adj.困惑的

1. He was at a loss 不知所措
2. His mind went blank 脑子一片空白
3. His eyebrows knot together 他的眉毛打结了
4. A frown stood on his face 皱起了眉头
5. He scratched his head 挠了挠头

### 2.11 骄傲

proud/arrogant adj.骄傲的, 自大的

1. I held my head high 我昂起头来
2. I felt my heart burst with pride 我感到我的心非常骄傲
3. Swollen with people
4. I said in a triumph's note/tone 我用一种胜利的语气说

### 3.环境描写

1. Dark clouds were gathering in the sky. 乌云密布
2. The night sky is lit up by flashes of light. 一道道光照亮夜空
3. The sun went in, and the breeze became cold. 云层遮住了太阳, 微风有了些凉意
4. The mist melted rapidly in the morning sun. 晨光下, 薄雾消散
5. Winds roared, branches shook, rain poured down. 风咆哮, 树枝摇晃, 雨水倾盆而下
6. It was freezing cold, Jane was trapped in the dense forest, with bitterly cold wind buffeting her face violently. 天很冷, 被困在密集森林里, 严寒的风猛烈地拍打她的脸

### 4.主题升华

1. It struck / hit / dawned on / occurred to sb that ...
2. It is evident/apparent/obvious/clear that ...
3. extend/convey/express one's gratitude to sb for ...  
show/convey/display/demonstrate respect for sb
4. It seemed as if a bunch of sunlight abruptly shone in the darkness. 黑暗中似乎突然出现了一束阳光
5. Today's experience was like an everlasting flower, blooming in the river of my memories. 今天的经历就像一朵永恒的花，在我记忆之河中盛开
6. With laughter lingering in the room, their precious friendship blossomed in the summer like a flower that never fades. 笑声在房间里萦绕，他们珍贵的友谊在夏天绽放，就像一朵永不褪色的花
7. Never before had I believed so firmly that her presence was a ray of light, lightening up the day in the darkest time. 我从未如此坚定地相信，她的出现是一束光，在最黑暗的时候照亮了这一天
8. It was my persistence and hard work, just as a pair of wings, that enables me to soar in my own sky of art and brightly shine like a shooting star. 正是我的坚持和努力，就像一双翅膀，让我在自己的艺术天空中翱翔，像流星一样闪闪发光
9. It was no more important whether he won the first place or not. It was his brave heart and strong faith that could make something unusual happen finally. 他是否获得第一并不重要。正是他那颗勇敢的心和坚定的信念，才使得一些不同寻常的事情最终发生了
10. My love for writing in English sprouted, grew and blossomed in my heart, so did my bravery in facing whatever would be in store for me in the future. 我对英语写作的热爱在我心中发芽、成长、绽放，我的勇气也将如此面对未来的一切
11. Sth was just like a seed of art which had sprouted out and thrived with the fertilizer of love and care 它就像一种艺术的种子，在爱和关怀的肥料下发芽并茁壮成长
12. A chink of sunshine slanted dawn, witnessing a persistent seed sprouted and thrived in Ellie's heart with the fertilizer of the positive energy. 一丝阳光斜射着黎明，见证了一颗执着的种子在正能量的肥料下，在艾丽的心中发芽茁壮成长
13. Days of rehearsing with my perfect match replayed in my mind, giving me the courage and confidence to finish the show. 几天的排练和我的完美匹配在我的脑海中回放，给了我完成演出的勇气和信心
14. Each word I sang carried the essence of our shared dreams, and I could almost feel Emma besides me, supporting me from afar. 我唱的每一个字都承载着我们共同梦想的精髓，我几乎能感觉到 Emma 在我身边，远远地支持着我
15. This event provoked Ellie's spark of enthusiasm to art, resulting in tirelessly investigation and creation of art with the assistance of Mr. Borges. 这一事件激发了艾

莉对艺术的热情，在博尔赫斯先生的协助下，艾莉孜孜不倦地进行艺术调查与创作。

16. It's no exaggeration to utter that this unforgettable experience was like a permanent flower blooming in my river of memories. 毫不夸张地说，这段难忘的经历就像一朵永恒的花，绽放在我的记忆之河中
17. Flowers will bloom along the way, so will your dreams. 一路上鲜花盛开，你的梦想也会绽放