## 读后续写细节描写素材二：心理描写

**开心**

My heart is full of joy.

我的心里乐开了花。

My heart is as sweet as honey.

我心里像喝了蜜一样，甜滋滋的。

The surface of the calm lake stirred the waves, and my mood was as cheerful as a wave.平静的湖面激起了浪花，我的心情也像浪花一样欢腾。

I couldn’t restrain my joy and jumped into the house.我抑制不住内心的喜悦，蹦蹦跳跳地进了家门。

We were very pleased to hear this encouraging news.  听到这个令人鼓舞的消息，我们十分高兴。

He was delighted to receive such impressive recognition for his achievements.他的成就获得大家的认可，他很开心。  
  
**悲伤**  
be in tears 含泪

have tears in one’s eyes　眼里含着泪水

burst into tears  放声大哭，突然哭起来

fight back tears 抑制住泪水

be close to tears  快要哭了

He stood silently, tears rolling down his cheeks.

他静静地站着，眼泪顺着面颊流了下来。

I feel like I am floating in an ocean of sadness.

我感觉正漂浮在悲伤的海洋里。

Her hands were shaking. She was on the verge of tears.

她的手在颤抖。她快要哭了。

It was a time of great sorrow.  这是一个非常悲伤的时刻。

Words cannot express my sorrow.  言语无法表达我的哀伤。

As he looked at Katherine, great sorrow clouded his eyes.  他看着凯瑟琳，满眼忧伤。

Their reunion after a long separation brought mixed feelings of joy and sorrow to them both.  两人久别重逢，悲喜交加。

This article brought back sad memories for me.  这篇文章使我想起了伤心的往事。

Separation from his friends made him sad.  与朋友们分离使他伤心。

**愤怒**  
fly off the handle 勃然大怒

lose one’s temper 发脾气

His anger has cooled.  他的怒气平息了。

He was tongue-tied with anger. His hands trembled and he shouted for half a day.

他气得张口结舌，两只手直颤抖，大喊大叫了半天。

Ellen felt both despair and anger at her mother.  埃伦对她的母亲感到既绝望又生气。

We expressed our disappointment, hurt and anger in the clearest possible way.  我们清楚明白地表达了我们的失望、伤心和愤怒。

Andy’s face paled with disappointment; perhaps with anger as well.  安迪的脸色由于失望而变得苍白，也许还掺杂着气愤。

He is just mad at me because I don’t want to go.  因为我不想去，他就对我火冒三丈。

I’m sorry I struck you. I didn't mean to. It’s just that I was so mad.  很抱歉我打了你。我不是有意的，只不过我当时气极了。

Then she stood up, wrapping her coat around her angrily.  然后她站了起来，怒气冲冲地穿上大衣。

She looked at him with eyes flashing angrily.  她愤怒地看着他。

**恐惧**  
She was too frightened to tell her family what had happened.    
她太害怕了，不敢告诉家人发生了什么事。

In a way, I suppose I’m frightened of failing.  我想我有点惧怕失败。

His heart was pounding, as if he were frightened.  他的心怦怦跳，似乎被吓坏了。

I was frightened, but excited at the same time.  我既害怕又兴奋。

Liza was so frightened that she couldn’t make a sound.  莉莎实在吓坏了，不敢弄出一点声音来。

I got scared and I ran and left her all alone.  我一害怕就跑了，把她一个人扔下了。

I have never been so scared in all my life.  我一生中从来没有这么害怕过。

Mollie told me what she’d done and I was really scared on her account.  莫莉告诉我她的所作所为，我真是替她感到后怕。

I bowed my head timidly and dared not look at my father’s cloudy face.我胆怯地低着头，不敢看爸爸那张阴云密布的脸。

My brain is blank. I just want to leave this horrible place.我大脑一片空白，只想离开这个恐怖的地方。

**满意**

The result is satisfactory.

结果令人满意。

It is difficult to please everybody. 众口难调。

There is always a smile of contentment on her face.她脸上总是挂着心满意足的微笑。

Seeing their task finished gives them a sense of satisfaction. 看到任务完成了，他们感到很满意。

She seemed pleased at the suggestion.  她好像对这个建议很满意。

I’m pleased with the way things have been going.  我很满意事情的进展。

He glanced at her with a pleased smile.  他面带满意的笑容瞥了她一眼。

Lucy’s face wore a satisfied expression.  露西一脸的心满意足。

It has been hard to adjust but now I’m getting satisfaction from my work.  适应虽然很难，但是现在我已逐渐从工作中获得了满足。

**惊讶**

We were all astonished at the unexpected news.

听了这个突如其来的消息，我们都十分惊讶。

The audience was inexpressibly astonished at the brilliant performance.  那出色的表演使观众感到说不出的惊叹。

A matter of repeated occurrence like this will not astonish people.  这样司空见惯的事，不会使人吃惊。

She was surprised that he had no words of blame for her.  使她惊讶的是，他竟然没有对她说任何怪罪的话。

**感动**

Touched deeply , we…

被深深感动，我们……

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

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。

**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。

He looked out of the window, biting his lips, as if thinking.他一边看着窗外，一边咬着嘴唇，仿佛在思考。

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。