

高考英语续写进阶之一 —— 悲伤逆流成河

Part 1 To tell:

Words: 悲伤的 adj. sad, sorrowful, heartbroken, frustrated, desperate, dismayed
 哭泣 v. cry, weep, sob, wail, depressed, gloomy, bitter
 Expressions: 沉浸在悲伤中 be immersed in sorrow/grief
 情绪低落 be in low spirits / be down in spirits

Part 2 To show: (5-8 为非谓语动词)

1. 泪流满面 one's face be covered with tears. (某事) 使人泪流满面 (sth) drives/brought sb to tears
3. 落泪 sb shed tears
4. 突然大哭 (2种) burst into tears / burst out crying
5. 泪水顺着脸颊流下来 (with) tears rolling/streaming down one's face
6. 眼泪涌出眼眶 (with) tears welling up in one's eyes
7. 眼泪在眼睛里打转 (with) tears swirling in one's eyes
8. 眼睛湿润 one's eyes misted over / became misty eyes

Part 3 To practice:

1. Her hands shaking, she was on the verge of tears (就要哭了).
2. He stood silently, tears rolling/running down his cheeks (眼泪顺着脸颊流下来).
3. The old song always brought tears to my eyes / brought me to tears (使我流泪)
4. Her eyes were raw from crying (红肿).
5. The tears in my eyes blurred my vision (泪水模糊了我的视线) as I walked.
6. I felt as if (I were) being torn in two (我自己像被撕成了两半一样).
7. I felt choked (觉得噎住了) by the bitterness of my disappointment.
8. Depressedly / Gloomily (沮丧地), Mr. Peck passed the box over to Amy.
9. Then, an even more dismayed / bitter look (沮丧的神情) spread across his face.
10. Hearing the news, so desperate was he that he drowned his sorrow over a beer / drank down sorrow (借酒浇愁).
11. Jason, a baseball lover, was always refused to participate in any match. But Jason never gave up and tried again. Unfortunately, he was turned down once more. The news cast a gloomy cloud over their faces (如同一片乌云笼罩在他们脸上). With a sinking heart / Heart sinking (心沉到谷底), Jason returned home and sank into the sofa, frustrated (看起来很沮丧). His eyes were misted / misty (他眼中带泪) as he told his mother what had happened. It was really heart-breaking (令人心碎) to see him regularly refused for baseball. Holding / Fighting / Blinking back tears (忍住泪), his mother tried to encourage him. Hearing Mother's words, Jason burst out crying (泪流满面 / 放声大哭).
12. 请描述亲人离开你时候的悲伤。

Upon hearing the news of grandfather's death, I was struck dumbfounded for a second. In no time did I feel another force throwing me into a world of darkness and hopelessness. Reflecting on all the memories with this respected old man, I began to cry, pouring out all my sorrow.

高考英语续写进阶之二 —— 紧张到无法呼吸

Part 1 To tell:

Words: 紧张的 adj. *be anxious/nervous (about), (feel) stressed/tense, uneasy; restless; strained;*
紧张 n. *nervousness; anxiety, tension; stress; worry; panic*

Expressions: 仿佛热锅上的蚂蚁 *like ants on a hot pan / like a cat on hot bricks*
忐忑不安 *have butterflies in one's stomach / have ants in one's pants*
如坐针毡 *be on pins and needles*

“*动作*作为过去时”

Part 2 To show:

1. 脸色煞白 *one's face went pale*
2. 心跳加速 *one's heart beat/pounded wildly/violently*
3. 脑子一片空白 *one's mind went blank*
4. 双腿发抖 *one's legs were trembling*
5. 来回踱步 *pace back and forth*
6. 咬嘴唇 *bite one's lips*
7. 手指敲桌子 *tap/drum one's fingers upon the table*
8. 紧张到冒汗/手心冒汗... *so nervous that ... one's palms were sweating heavily*
9. 紧张到无法呼吸... *so nervous that ... one could hardly breathe*
10. 紧张到喉咙哽咽、双膝发软 *so nervous that one's throat tightened and knees felt weak*
11. 紧张到心几乎快跳出来 *... so nervous that one's heart nearly burst/popped out of the chest*

Part 3 To practice:

My first experience of the roller coaster (过山车)

We waited in the line until the lady asked us to take our seats on the roller coaster.

12. *Panic took utter control of me/my body* (恐惧充满了我的身体). I climbed into my seat. It was too late to leave now. The roller coaster was about to start. 13. *My sweaty hands held the handle as tightly as I could* (我手心汗涔涔的, 但还是紧紧抓住操纵杆). The worker pushed a lever and I watched the ground moving below me 14. *as my heart was racing* (此时我心跳加速不已). I felt myself tilting (倾斜) backwards. so I shut my eyes. Suddenly I felt my hair blown back, and wind push against my face. I opened my eyes to notice the world upside down around me. I was on a roller coaster, I had done it, I enjoyed the rest of the ride, twists and turns. I came off the roller coaster with a smile from ear to ear. The amount of pride in me couldn't be explained.

15. 请描述你第一次上台演讲。

Hardly had I settled myself down at backstage when nervousness took utter control of me. I could feel nothing but my legs shaking and my heart pounding. By the time I took my place on the stage, millions of well-prepared words should have flooded at me, but actually no voice was made. My mind went entirely blank.

高考英语续写进阶之三 —— 惊讶到目瞪口呆

Part 1 To tell:

Words:	惊讶的 adj.	<u>surprised, shocked, astonished, amazed (赞叹)</u>
		<u>startled, stunned</u>
	惊讶 n.	<u>surprise, shock, astonishment, amazement, fright</u>
Expressions:	让某人吃惊的是	<u>to one's surprise / astonishment / shock / amazement</u>
	对……感到吃惊	<u>be shocked / astonished / surprised at</u>
	(sth) come as a surprise	<u>某事使人惊讶 或 主语从句 that 主谓从句</u>

Part 2 To show:

1. 及其惊讶 be in complete shock
2. 惊讶地跳起来 jump up in astonishment
3. 惊讶得目瞪口呆 sth struck sb stunned
4. 惊讶得下巴掉下来 one's jaw (nearly) dropped in surprise
5. 喘不过气来 sth took one's breath away
6. 大叫了一声 let out a cry
7. 眉毛微微抬起 raise one's eyebrows slightly
8. 试图抓住什么来倚靠 try to hold onto sth to lean against
9. 站着一动不动 fix one's feet on the ground if as if one were frozen

Part 3 To practice: One stood still, rooted to the spot

1. 他吹了声口哨，很是惊讶但没有被吓住。
He whistled, surprised but not shocked / frightened.
2. 使她惊讶的是，他竟然没有对她说任何怪罪或指责的话。
To her surprise, no words of blame or accusation ever came out of him.
3. 他们结婚完全出乎我意料。
Their marriage came as a complete surprise to me.
4. 他们打算告诉我们一个令人惊讶的消息。
They were trying / going to spring a surprising news on us.
5. 老工程师吸了一回冷气，茫然失措，像个泥塑木雕的人。
Taking a deep breath of cold air, the old engineer was at a loss like a clay sculpture.
6. 那瞬间，Seiko 直瞪瞪地看着大夫的脸，露出怎么也抓不住要领的神情。
At that moment, Seiko just stared straight at the doctor's face, showing no sign of getting things across.
7. Ben Weatherstaff was the head gardener who kept the secret locked all the time. When one day he heard whispering and giggles coming from inside the locked garden, he climbed and peered over the wall. What he saw (nearly) popped his eyes out of his head (让他的眼睛都要蹦出来了) That lass! She was laughing and messing about with a lad. "What are you doing here?" He asked in surprise, slightly raising his eyebrows (他扬了扬眉毛，吃惊地问道) "I...I found the key." Mary, the lass, who never expected to see him here, stammered, feeling a lump in her throat (感觉如鲠在喉).
8. 请描述一件令你惊讶的事 (需要有细节描写“惊讶”的场面)
It came as an utter surprise to me that I was chosen to deliver a speech on behalf of all students on school Day. I just stood there and covered my mouth with my hand, eyes wide-open, for I couldn't believe what had happened / my ears.

高考英语续写进阶之四 —— 生气到原地爆炸

Part 1 To tell:

Words: 生气的 adj.
生气; 怒火 n..

angry, annoyed, mad, cross, irritated, furious
anger, rage, fury; irritation;

Expressions: 因为……生某人的气
对某人发怒
发脾气

be annoyed/angry/with sb about sth / be mad/cross with sb for sth
be mad at sb / rage (v.) at sb
lose one's temper

Part 2 To show:

- 怒视 glare at
- 面色铁青 one's face was dark with rage
- 气到发抖 tremble/shake with rage/fury
- 气得满脸通红 sb flush with fury
- 气得说不出话来 be speechless with rage/fury
- 气得跺脚 sb stamp one's feet furiously
- 大发雷霆 sb fly into a fury / fly off the handle / hit the ceiling
- 怒火中烧 burn/flame with anger inside
- 忍住怒气 hold back one's anger
- 无法控制怒火 can hardly contain one's anger
- 怒火爆发 burst with anger / erupt like a volcano
- 把人逼疯 drive sb crazy / made
- 紧握拳头 clench one's fist
- 怒气冲冲地跑出(进)房间 storm out of/into the room

Part 3 To practice:

- 听到这个年轻人无礼的话, 老人气得发抖。

(Upon) Hearing the disrespectful words from the young man, the old man trembled with anger.

- 她挥舞着一张报纸怒气冲冲地闯进我的办公室。

Waving a newspaper, she stormed into my office

- 我的父亲气得满脸通红, 说话也哽咽了。

My father flushed with rage and he was choked.

- One day, I walked into the house with my toy gun. As I was mimicking (模仿) the way John Wayne shoots the gun with one hand, I heard a pop as the bullets hadn't been cleaned the day before. I watched nervously

as the bullet parted the hair of my dad who was sleeping on the sofa. One and a half inches lower, it would have shot him in the head. My dad woke up and saw what happened. (描写父亲生气的反应) Face clouded

with anger, he furiously took away my gun, stormed out and broke it into pieces.

I wouldn't have a toy gun for a long time after that and when I did, I refused to put bullets in it.

- My sister Kelly had an argument over some trivial matters with my father. In the middle of the conversation. she suddenly stood up, running away so fast. The cup was knocked over. "Bang!" I heard her shut the door heavily

(我听见姐姐重重地把门关上) As for my father, I saw him turn away silently, although I could not see his

expression, from the ups and downs of his shoulder. I knew he must be very furious now. (但是看到他肩膀的起起落落, 我便知道他一定

- 非常生气) A deep breath might calm him down, but it might make him even more furious. Little by little,

his hands began shaking (渐渐地, 他的双手开始不断地颤抖) The

complex eyes, the anger, the helplessness, mingled (掺杂) with each other. He took a deep breath, about

(他深深地吸了一口气, 好像要说话的样子, 但是却什么也没说). to speak, but uttered nothing.

高考英语续写进阶之五 —— 羞愧到面红耳赤

Part 1 To tell:

Words: 羞愧的; 内疚的 adj. ashamed; guilty
羞愧; 内疚 n. shame guilt regret
内疚; 懊悔 v. regret

Expressions: 对……感到内疚、惭愧(2种) be guilty about sth = be ashamed of
惭愧地 with/in shame
……令人自惭形秽 sth put sb to shame
真丢脸! (感叹句) What a shame!
羞耻感 a sense of shame
你真丢人! (责备话语) Shame on you!

Part 2 To show:

- 面红耳赤 sb blushed with shame
- 惭愧地低下头 hang/lower/bow one's head in shame
- 使人羞愧到闭口 shame sb into ^{silence}
- 挖个地洞藏起来 dig a hole to hide in
- 羞愧掩面 hide/cover one's face
- 内心沉重、懊悔不已 be weighed down/burdened with regret
in shame

Part 3 To practice:

- John 为没有信守承诺向 Mary 道歉, 脸上显出惭愧的表情。
With a guilty look on his face, John apologized to Mary for not keeping his word/promise.
- 他想到自己那样对待父亲, 心里非常愧疚。
He felt an enormous sense of guilt/a surge of shame, when thinking about/recalling ^{how he had treated his father.}
- 他被两个警察架着, 羞愧地低着头。
He was held by two policemen, hanging his head in shame./ his head drooping in shame.
- (感叹句) How I regret those hours (我多么后悔那些时
间) wasted in the woods and field, the days when I had played and should have studied.
- Robert was indeed a wise man.
---Oh, yes. Many times I have regretted not taking his ^{advice} (很多次我都后悔没听他的
建议。)
- We send emails. As we chat like that, she wouldn't necessarily know if it was me (her step-
mother) or her dad. That night, she didn't ask and I didn't identify myself either. At about 11,
I said that I should go to sleep. Her return message read, "Okay, talk to you later! Love you!"
As I read this message, a wave of sadness ran through me and I realized that she might have
thought she was talking with her father. Feeling guilty for not identifying myself, also not ^{embarrass her,}
wanting to (为自己并没有表明身份而深感内疚, 而且也不想让她尴尬), I simply
responded, "Love you too! Good night!"

高考英语续写进阶之六 —— 开心释怀

Part 1 To tell:

Words: 开心的 adj. pleased; cheerful; joyful; overjoyed; delighted; merry; glad; thrilled

释然的 adj. relieved

开心、释然 n. joy(ment) pleasure; cheer; delight; happiness; relief

Expressions: 因……而高兴 be delighted / overjoyed at
 情绪高涨 be in high / cheerful spirits
 欣喜若狂 be overwhelmed with joy
 感到释然 feel a sense / surge of relief
 on the top of the world 快乐至极
 brighten one's heart 使人心情愉悦

Part 2 To show:

- manners smile
 1. 快乐的声音、微笑、举止 cheerful voice 2. 快乐地咧嘴笑 a merry grin / grin merrily
 3. 笑得合不拢嘴 grin from ear to ear 4. 突然大笑 (2种) burst into laughter = burst out laughing
 5. 高兴地跳起来 jump (up) with joy 6. 如释重负地叹了一口气 sigh in relief
 7. 感觉卸下了重担 feel a heavy load off one's mind 8. ……涌动在心 surge (v.) through sb
 9. 笑声萦绕在…… Laughter lingered around

Part 3 To practice:

1. 幸福和快乐在我胸中涌动。
A sense of joy and happiness ^{was} surging through me.
2. 这一瞬间的快乐包围了我，我伸出一只胳膊，快速地给了她一个拥抱。
Overcome / surrounded by the sweetness of the moment, I reached out an arm and gave her a quick hug.
3. “是你啊！”她惊呼，笑得无比灿烂。“天啊，真高兴见到你！”
"It's you!" She exclaimed, smiling broadly. "Gosh, it's so good to see you again!"
4. George and I looked at each other, and our eyes lit up. (换结构或词汇表达同一含义)
... and our eyes were sparkling / shining / gleaming (with delight) like diamonds.
5. 他走了出去，吹着轻快的曲调。
He marched out, whistling a merry tune cheerfully.
6. 听到这个振奋入心的消息，我高兴地跳了起来。
Hearing the inspiring news, I leaped / jumped into the air with joy.
7. All the frustrations and all the stress that was building up inside me came to a complete stop.
积聚于心的沮丧、压力都消失了。(释然的另一种表达)
8. 空气中充满了她欢声笑语的尖叫声。
Her screams of delighted laughter filled the air / lingered around in the air.
9. 剩余骑回家的一路上她脸上都挂着蒙娜丽莎式的微笑，平静而不失优雅。
She rode the rest of way home wearing a Mona Lisa smile of peace and grace.
10. 过了一会，他停止了抽泣，脸上露出了高兴的表情。
After a moment, he stopped sobbing and a look of happiness spread over his face.

高考英语续写进阶之七 —— 矛盾纠结

Part 1 To tell:

Words:	犹豫不决的	adj.	<u>hesitant ; indecisive</u>
	犹豫不决地	adv.	<u>hesitantly indecisively</u>
	犹豫、矛盾	n.	<u>hesitation</u>

Expressions:	对……不确定	<u>be unsure / uncertain about</u>
	进退两难	<u>be in a dilemma</u>
	对……犹豫不决	<u>be hesitant about</u>
	做某事迟疑	<u>hesitate to do sth</u>

Part 2 To show:

1. 停留在 dwell on sth
2. 短暂的犹豫 a slight/brief hesitation
3. 被撕成两半 be torn / split in two

Part 3 To practice:

1. 我们犹豫地提出了我们的构想，并进一步解释了我的想法。
We began hesitantly by offering our assumption and further explained our ideas
2. 他犹豫是否应该做最后一次尝试去救那个溺水的女孩。
He hesitated whether he should make one last attempt to save the drowning girl.
3. 他在屋子里来回踱步，不确定下一步做什么。
He paced back and forth in the room, unsure/uncertain about what to do next.
4. She wanted to tell the truth, but seeing her tired mother, she paused uncertainly, biting her lips (咬着嘴唇)。
5. The choice has him scratching his head (抓耳挠腮), wondering what to do.
6. This job offer put/placed Robert in a dilemma (让 Robert 左右为难 / 进退维谷)。
7. Many women are faced with the dilemma of (面临 ... 两难) choosing between work and family commitments.
8. Instead of ^{dwelling on} (不停留在) his past failures, he enjoys looking forward to the promising future.
9. Her children burst into tears, which made her hesitant about (犹豫) leaving them for work.
10. Seeing his eyes swollen and red, Hu Jin felt as though she were torn in two (被撕成了两半), hesitating whether to leave or not (纠结着要不要离开)。
11. After a slight hesitation (稍作犹豫后), Li Fang built up his courage to apologize to Hu Jin. = After hesitating slightly,

