

2025 高考英语读后续写的常用表达模板

一、情感/心理描写：

常用句型：

1. His heart **was pounding with** excitement/terror/fear. (他的心因兴奋/恐惧/害怕而**剧烈跳动**。)
2. Tears of joy/pride/frustration **welled up** in her eyes. (喜悦/自豪/沮丧的泪水在她眼中**涌出**。)
3. She was overcome with/by joy. (她满心欢喜。)
4. His face lit up/brightened/glowed with pleasure. (他的脸上洋溢着喜悦。)
5. **A wave of** happiness/relief/sadness **washed over her**. (一阵幸福/宽慰/悲伤的**情绪涌上她的心头**。)

兴奋

1. Excitement **coursed through** her **veins**, making her heart race. (兴奋在她的**血管**中流淌,使她心跳加速。)注:“course”作名词时,常见释义有“课程;进程;路线;一道菜”;作动词时,意为“奔流;快速地流动;跑过”。
2. He was so excited that he could hardly **contain** himself. (他兴奋得几乎无法**控制**自己。)
3. Her rosy cheeks **flushed** with excitement. (她玫瑰色的脸颊因兴奋而**泛红**。)注:“flush”作动词时,常见释义有“发红;冲洗;使(脸)涨红;(用水)冲洗净”

喜悦

1. Joy filled his heart. (喜悦充盈着他的内心。)
2. Her face **lit up with** a brilliant smile. (她的脸上**绽放出**灿烂的笑容。)注:“light up with”常见释义为“因……而亮起来;因……而面露喜色”
3. A smile **spread across** his face, lighting up his features. (他脸上**绽开了**笑容,容光焕发。)注:“feature”作名词时,常见释义为“特色;特征;特点;容貌;特写”
4. Joy **welled up** inside her. (喜悦在她心中**涌起**。)注:“well”作名词指“井;源泉;楼梯井”。作动词有“(液体)涌出;流出;涌上”的意思,所以“well up”常见释义为“(眼泪等)涌出;(感情等)涌上心头”。
5. **His joy knew no bounds** when he saw the surprise. (当他看到这个惊喜时,他**高兴得无法形容**。)注:“bound”作名词时,常见释义有“界限;限制;跳;蹦”等。

宽慰/平静

1. A sense of relief **washed over her**, and she finally **felt at ease**. (一种解脱感**涌上她的心头**,她终于**感到安心**了。)注:“wash over”常见释义为“(情感等)向...袭来;淹没;冲刷”。
2. He **let out a long sigh of relief**, knowing that the danger had passed. (他**长舒了一口气**)

，知道危险已经过去了，感到安心。）注：“let out” 常见释义有“放出；发出（声音）；出租；泄露”

3. He finally relaxed, letting out a long sigh. （他终于放松下来，长舒了一口气。）
4. He/She felt a wave of relief. （他 / 她感到一阵轻松。）注：“a wave of” 常见释义为“一波；一阵；一连串”。
5. A sense of calmness gradually replaced the initial panic. （一种平静的感觉逐渐取代了最初的恐慌。）
6. A flood of relief washed over him, and he couldn't help but let out a sigh. （一阵宽慰涌上他心头，他忍不住松了一口气。）注：“a flood of” 常见释义为“大量的；大批的；滔滔不绝的”。

期待/盼望

1. Anticipation filled their hearts as they awaited the big event. （他们满心期待着这个重大事件。）注：“await” 作动词，常见释义为“等候；等待；期待”，相当于“wait for”。
2. She was filled with anticipation, waiting for the big moment. （她满心期待，等待着那个重要时刻。）
3. He looked forward to the event with great eagerness. （他非常渴望地期待着这个活动。）
4. His eyes sparkled with excitement, full of anticipation. （他的眼睛因兴奋而闪闪发光，充满期待。）注：“sparkle” 常见释义为“闪耀；闪烁；焕发；活泼机智”。
5. She could hardly contain her excitement and anticipation for the journey ahead. （她几乎无法抑制对未来旅程的兴奋和期待。）注：“contain” 作动词，常见释义为“包含；容纳；控制；抑制”。

乐观/希望

1. A wave of optimism swept through him, filling him with newfound energy. （一股乐观的情绪席卷了他，让他充满了新的能量。）注：“sweep through” 常见释义为“席卷；横扫；迅速传播（或蔓延）”
2. Hope blossomed in his heart like a flower in spring. （希望在他心中绽放，如同春天里的花朵。）注：“blossom” 作名词时，意为“花；开花期；兴旺期”；作动词时，意为“开花；兴旺；发展成长”。
3. Hope flared up inside her like a flame. （希望像火焰一样在她心中燃起。）注：“flare” 作动词时，常见释义为“突然烧旺；闪耀；突发；加剧”；作名词时，有“闪光；照明弹；突然爆发；喇叭裤”的意思。

感激/感动

1. Her heart overflowed with gratitude as she received the unexpected help. （当她得到意想不到的帮助时，她心中充满了感激。注：“overflow” 作动词，常见释义为“溢出；挤满；充满；泛滥”；作名词时，意为“溢出；溢流；漫出”。
2. Tears of gratitude streamed down her face as she expressed her thanks. （她表达感谢时，感激的泪水顺着脸颊流下。）注：“stream” 作名词时，常见释义为“溪流；流动；一连串”；作动词时，意为“流动；流出；飘扬；涌出”。

3. He was overwhelmed with gratitude, unable to find words to **convey** his feelings.

(他充满了感激之情, 无法用言语**表达**自己的感受。) 注: “be overwhelmed with” 常见释义为 “被……淹没; 被……压倒; 充满……(情感)”

4. He expressed his deep gratitude with tears in his eyes. (他含着泪表达了深深的感激之情。)
5. Tears **welled up** in her eyes and **trickled down** her cheeks. (泪水在她眼中**涌出**, 顺着脸颊**滑落**。) 注: “trickle” 作动词时, 常见释义为 “滴; 淌; 使……缓慢流动”; 作名词时, 意为 “滴; 细流; 涓涓细流”。
6. Tears of gratitude **welled up** in her eyes. (感激的泪水在她眼中**涌出**。)
7. His heart **was touched by** the kindness. (他的心**被**这份善意所**触动**。)

自豪

1. He **swelled with pride** as he received the award. (当他领奖时, **心中充满了自豪**。) 注: “swell” 作动词时, 常见释义为 “膨胀; 肿胀; 增强; 增多”; 作名词时, 意为 “隆起; 膨胀; 波浪起伏”。
2. She held her head high, filled with **a sense of pride**. (她昂着头, 充满了**自豪感**。)
3. She **beamed with pride** as she received the award. (她领奖时**满脸自豪**。) 注: “beam” 作名词时, 常见释义为 “梁; 光线; 波束; 笑容”; 作动词时, 意为 “发送; 照射; 堆满笑容; 眉开眼笑”。“beam with” 常见释义为 “满脸(笑容); 洋溢着(喜悦、自豪等)”
4. A sense of pride **welled up inside him** as he **accomplished** the task. (当他**完成**任务时, 一种自豪感**在他心中涌起**。)

惊讶/惊喜

1. The surprise left her **speechless** for a moment. (这个惊喜让她一时**说不出话来**。)
2. He jumped up **in astonishment**, unable to believe his eyes. (他**惊讶地**跳了起来, 不敢相信自己的眼睛。)
3. Her eyes **widened** in astonishment as she **witnessed the scene**. (当她**目睹这一幕**时, 她惊讶地**睁大了眼睛**。) 注: “witness” 作动词, 常见释义为 “目击; 见证; 为... 作证”; 作名词, 意为 “目击者; 证人”。
4. Her eyes **widened** in surprise as she opened the gift. (当她打开礼物时, 她惊讶地**睁大了眼睛**。) 注: “widen” 作动词, 常见释义为 “(使)变宽; 拓宽; 加宽; 扩大(范围等)”
5. He **was taken aback** by the unexpected news. (他**被**这意外的消息**吓了一跳**。) “take aback” 常见释义为 “使吃惊; 使震惊; 使困惑”

满足/满意

1. **A sense of contentment** filled her heart as she looked at her achievements. (当她看着自己的成就时, 心中充满了**满足感**。)
2. He sighed with satisfaction, feeling that all his efforts had **been worth it**. (他满意地叹了口气, 觉得自己所有的努力都是**值得的**。)
3. **A smile played on his lips**, **revealing** his inner satisfaction. (他**嘴角上扬**, **露出**内心的满足。)

好奇

1. Curiosity **got the better of her**, and she **couldn't resist** exploring further. (好奇心占了上风, 她**忍不住**进一步探索。) 注: “get the better of” 常见释义为 “战胜; 打败; 克服; 占上风”
2. His eyes **sparkled with curiosity**, eager to uncover the mystery. (他的眼睛**闪烁着好奇的光芒**, 渴望揭开这个谜团。)

紧张

1. She bit her lip nervously, her hands **trembling** slightly. (她紧张地咬着嘴唇, 双手微微**颤抖**。注: “bit” 是 “bite” 的过去式, 常见释义为 “咬; 叮; 蜇; 刺痛; (风等) 刺骨”。
2. Her heart was filled with **a mixture of excitement and nervousness**. (她的内心充满了**兴奋与紧张交织的复杂情绪**。)
3. Her heart **pounded/thumped** wildly in her chest. (她的心在胸口**狂跳**。) 注: “pound” 作动词时, 有 “连续重击; 捣碎; 猛烈袭击; (心脏) 狂跳; 脚步沉重地走” 等意思。
4. Nervousness **gripped** him as he stepped onto the stage. (当他走上舞台时, 紧张感**紧紧抓住了他**。) “grip” 作动词时, 常见释义为 “紧握; 抓紧; 吸引住 (注意力、兴趣等); 理解; 掌握”; 作名词时, 意为 “紧握; 掌握; 支配; 手柄”。
5. It was the most **intense** moment, and their hearts were **pounding** with anticipation. (这是**最紧张**的时刻, 他们的心因期待而**怦怦直跳**。) “intense” 常见释义为 “强烈的; 剧烈的; 紧张的; 热情的”。

焦虑/困惑

1. **A mixture of** confusion and anxiety **filled his mind**. (困惑和焦虑**交织在他的脑海中**。)
2. Her face **clouded over with** worry. (她的脸上**布满了**忧虑。) “cloud over with” 与 “cloud with” 意思相同, 释义为 “(天空) 布满乌云; (表情、心情等) 变得阴沉”
3. Anxiety **gnawed at** her as the deadline approached. (随着截止日期的临近, 焦虑**折磨**着她。) “gnaw at” 常见释义为 “啃, 咬; 折磨; 侵蚀”
4. He **was consumed by** anxiety, pacing back and forth. (他**被焦虑所吞噬**, 来回踱步。) “consume” 作动词, 常见释义为 “消耗; 消费; 吃; 喝; 毁灭; 烧毁”。“be consumed with” 常见释义为 “充满 (强烈的感情, 如愤怒、嫉妒、忧虑等); 被……吞噬”
5. Doubt started to **creep** into her heart. (怀疑开始在她心中**蔓延**。)
6. Doubts **crowded her mind** as she **wondered if** she had made the right decision. (疑虑**充斥着她的脑海**, 她**不知道**自己是否做了正确的决定。) “if” 作连词, 常见释义为 “如果; 假如; 是否; 即使”。
7. Confusion **etched on** his forehead. (他的额头上**刻着**困惑。) “etch” 作动词, 常见释义为 “蚀刻; 铭刻; 鲜明地描述”
8. Confusion **clouded her mind**, making it impossible to think clearly. (困惑**笼罩着她的头脑**, 使她无法清晰地思考。) 注: “cloud” 作名词时, 常见释义为 “云; 云朵; 云状物; 阴影; 忧郁; 焦虑”。作动词时, 意为 “使难以理解; 使模糊; 使蒙上阴影; 显得阴沉; (云、烟等) 笼罩”。
9. Confusion **clouded** his mind, making it difficult for him to make a decision. (困惑**笼罩着他的头脑**, 使他难以做出决定。)
10. His **hollow** cheeks showed signs of fatigue. (他**凹陷的**脸颊显示出疲劳的迹象。) 注: “hollow” 作形容词时, 常见释义为 “空的; 中空的; 凹陷的; 虚伪的”;

嫉妒/羡慕

1. **Green with envy**, he watched as his friend received the award. (他**嫉妒得脸色发青**, 看着他的朋友获奖。)
2. Jealousy burned in her heart when she saw them together. (当她看到他们在一起时, 心中燃起了嫉妒之火。)
3. She couldn't hide the envy in her eyes when she saw her friend's new possession. (当她看到朋友的新东西时, 眼中无法掩饰羡慕之情。)
4. Envy filled his heart as he watched others succeed. (当他看着别人成功时, 心中充满了羡慕。)

愤怒

5. Anger **boiled** inside her, burning like a wildfire. (愤怒在她内心**沸腾**, 像野火般燃烧。)
6. Anger **boiled up** inside her, and she could hardly **contain** herself. (愤怒在她心中**沸腾**, 她几乎无法**控制**自己。) 注: “contain” 作动词, 常见释义为 “包含; 容纳; 控制; 抑制”。
7. She was **fuming with rage**. (她气得**怒火中烧**。)
8. Anger **flared up** in his eyes. (他眼中**燃起**怒火。) “flare up” 常见释义为 “突然爆发; 突然发怒; 突然燃烧; (疾病) 突然加剧”

内疚/羞愧

1. Guilt **washed over** him as he realized his mistake. (当他意识到自己的错误时, 愧疚感**涌上心头**。)
2. He **was consumed by self-blame** for his mistakes. (他为自己的错误而**自责不已**。)
3. She hung her head in shame, feeling guilty. (她羞愧地低下头, 感到内疚。)
4. Blushes of shame **spread across** his face. (羞愧的红晕**布满**了他的脸。)
5. She **hung her head in shame**, unable to meet anyone's eyes. (她**羞愧地低下头**, 不敢正视任何人的眼睛。)
6. His anger **melted away**, replaced by a feeling of **remorse**. (他的愤怒**消失**了, 取而代之的是一种**悔恨**的感觉。) 注: “melt away” 常见释义为 “融化; 消散; 逐渐消失”

失望/绝望

1. Disappointment **etched on** his face as he failed the exam. (考试不及格, 失望**刻在**了他的脸上。)
2. She felt a deep **sense of disappointment**, her heart sinking. (她感到深深的**失望**, 心沉了下去。)
3. Despair **overwhelmed** him, and he felt like giving up. (绝望**淹没**了他, 他觉得想放弃。) 注: “overwhelm” 作动词, 常见释义为 “(情感、感觉等) 充溢, 难以承受; 压倒; 击败; 征服; 使应接不暇”
She sank to her knees, **consumed** by utter despair. (她跪倒在地, 被彻底的绝望所

吞噬。)

4. Her heart **sank like a stone**, and her hopes were **shattered**. (她的心**像石头一样沉了下去**, 她的希望**破灭了**。)注: “sank” 是 “sink” 的过去式, 作动词, 常见释义为 “下沉; 沉没; 下陷; 降低; 减弱”。
5. His face was **ashen**, his eyes reflecting a deep sense of loss. (他脸色**苍白**, 眼睛里**流露出深深的失落感**。)注: “ash” 主要用作名词指 “灰; 灰烬”, “ashen” 则是形容词, 侧重于形容人的脸色呈现出 “苍白的; 灰白的” 状态, 常用来描述一种外观特征。

恐惧/害怕

1. The fear in his eyes was a dark cloud **that wouldn't disperse**. (他眼中的恐惧犹如**一团挥之不去**的乌云。)
2. **Panic seized her**, **paralyzing** her thoughts and actions. (恐慌笼罩着她, **使她的思想和行动都瘫痪了**。)注: “seize” 作动词, 常见释义为 “抓住; 夺取; 占领; 没收; 理解; 把握 (机会等)”; “paralyze” 作动词, 常见释义为 “使瘫痪; 使麻痹; 使丧失活动能力; 使不能正常运作”
3. Fear **gripped** her heart. (恐惧抓住了她的心。)
4. She was shaking/**trembling** with fear. (她因恐惧而**颤抖**。)
5. A chill of fear ran down his **spine**. (一阵恐惧的寒意顺着他的**脊背**流下。)注 “a chill of” 常见释义为 “一阵寒意; 一阵冷战”

孤单/孤独

1. A sense of loneliness **enveloped** him like a thick fog, making him feel isolated. (一种孤独感像浓雾一样**笼罩**着他, 使他感到孤立无援。)注: “envelope” 作名词, 常见释义为 “信封; 封皮; 外壳”, 作动词时, 意思是 “包住; 裹住; 围绕”。
2. She sat alone in the corner, **overcome by** a profound sense of loneliness. (她独自坐在角落里, **被深深的孤独感所征服**。)注: “overcome” 作动词, 常见释义为 “克服; 战胜; 解决; 征服; 压倒”, “be overcome by” 常见释义为 “被..... 战胜; 被..... 征服; 被..... 克服; 被..... 压倒”

悲伤/伤害

1. His words were like a dagger, **piercing** her heart. (他的话像一把匕首, **刺痛**了她的心。)
2. His heart **ached** with sadness. (他的心因悲伤而**疼痛**。)
3. A wave of sadness swept over him. (一阵悲伤向他袭来。)注: “sweep over” 常见释义为 “席卷; 横扫; 突然袭来; 掠过”

二、人物描写

外形描写

1. She had long, flowing hair that **cascaded down** her back. (她有着一头**垂在**背上的飘逸长发。) 注：“cascade” 作名词时，常见释义为“小瀑布；瀑布状物；串联”；作动词时，意为“像瀑布般落下；串联；(使)连续传递”
2. Her long, flowing hair **framed a face as delicate** as a porcelain doll. (她那长长的飘逸的头发**勾勒出一张**像瓷娃娃一样精致的**脸**。)
3. He was tall and muscular, with **broad** shoulders. (他高大健壮，肩膀**宽阔**。)
4. He was of medium height and had a slender **build**. (他中等身材，**身形**苗条。) 注：“slender” 作形容词，常见释义为“苗条的；纤细的；细长的；微薄的”；“build” 作名词时，常见释义为“体格；身材；体形”
5. She was short and **plump**, with a round face. (她个子矮矮的，**胖乎乎的**，有一张圆脸。) 注：“plump” 作形容词意为“丰满的；胖乎乎的”，
6. His **broad shoulders and muscular arms** suggested strength and confidence. (他**宽阔的肩膀和肌肉发达的手臂**显示出力量和自信。) 注：“suggest” 作动词，常见释义为“建议；提议；暗示；表明”
7. His strong back was straight and confident. (他强壮的后背笔直且自信。)
8. She **hunched** her back, looking **defeated**. (她**弓着背**，看起来很**沮丧**。) 注：“hunch” 作名词，常见释义为“预感；直觉；hunched 作形容词，意为“弯腰驼背的”；hunch 作动词，意为“弓起背部；耸肩”
9. She was dressed in a beautiful flowing **gown**. (她穿着一件漂亮的飘逸**长袍**。)
10. He wore a simple T-shirt and jeans, looking **casual** and comfortable. (他穿着一件简单的T恤和牛仔裤，看起来**随意**又舒适。)

五官/皮肤

1. Her eyes were as bright as stars, shining with intelligence. (她的眼睛像星星一样明亮，闪烁着智慧的光芒。)
2. His eyes **sparkled with** mischief/intelligence. (他的眼睛**闪烁着**顽皮/智慧**的光芒**。)

注：“mischief” 作名词，常见释义为 “恶作剧；淘气；捣蛋；损害；危害”

3. Her skin was as smooth as porcelain, **flawless** and fair. （她的皮肤像瓷器一样光滑，**完美无瑕**且白皙。）

4. His tanned skin **suggested** hours spent outdoors under the sun. （他黝黑的皮肤**表明**他在户外阳光下度过了很多时间。）

5. His teeth were white and **even, flashing** when he smiled. （他的牙齿洁白**整齐**，笑起来时**闪闪发光**。）注：“even” 作形容词时，常见释义为 “平坦的；均匀的；偶数的；相等的”。“flashing” 作形容词，意为 “闪光的；闪烁的”。

性格描写

1. He was known for his kindness and **generosity**. （他以善良和**慷慨**著称。）

2. She had a **stubborn** streak but was also very determined. （她性格有点**固执**，但也很坚定。）

3. Her smile was **as bright as** the sun on a summer day. （她的笑容**像**夏日的阳光**一样灿烂**。）

4. She had a smile that could **light up** the darkest room. （她的微笑能**照亮**最黑暗的房间。）

5. His smile was like **a ray of sunshine**, warming everyone around him. （他的笑容像一缕阳光，温暖着周围的每一个人。）

6. She had a **mischievous** smile that **hinted at** her playful nature. （她有一个**调皮的**微笑，**暗示**着她顽皮的天性。）注：“mischievous” 是形容词，常见释义为 “调皮的；淘气的；恶作剧的”。“hint at” 常见释义为 “暗示；示意；略微提及”。

三、动作描写：

常用句型：

1. Without hesitation, he/she... (毫不犹豫地, 他/她.....)
1. He **murmured**/whispered/shouted/exclaimed... (他**低声说** / 耳语 / 大喊 / 惊叫.....)
2. She **stammered**/stuttered/uttered... (她**结结巴巴地说** / 口吃地说 / 说出.....)
3. **With a determined look on his face**, he lifted/raised/picked up... (他**脸上带着坚定的神情**, 举起/抬起/捡起.....)
4. He stared/glanced/**glimpsed**/peered at... (他盯着 / 瞥了一眼 / **瞥见** / 窥视.....)
5. Her eyes fell on... (她的目光落在.....)
6. He **rushed**/ran/jogged **towards**... (他**冲向**/跑向/慢跑向.....)
7. He **strolled**/wandered along the street. (他在街上**漫步** / 徘徊。)

走/跑/冲/出发

1. **In a flash**, he dashed out of the room. (**一瞬间**, 他冲出了房间。)
2. They rushed out of the house, hands waving **frantically**. (他们冲出房子, 手**疯狂地**挥动着。) “frantically” 是副词, 意思是“疯狂地; 胡乱地; 拼命地”。
3. He **dashed**/ran/**sprinted**/**rushed off** like an **arrow**. (他像**箭**一样**冲**了出去。) 注: “dash” 作动词时, 常见释义为“猛冲; 急奔; 使破灭; 使沮丧”; 作名词时, 意为“短跑; 猛冲; 破折号”。“sprint” 作动词, 意为“冲刺; 短跑”; 作名词, 指“短跑; 冲刺”。“rush off” 常见释义为“匆忙离开; 仓促离去”。
4. She fled/ran away as fast as her legs could carry her. (她以最快的速度跑开了。)
5. He began to run as fast as he could. (他开始尽可能快地跑。)
6. **Without a moment's delay**, she grabbed her bag and ran. (她**毫不犹豫地**抓起包就跑。)
7. Swiftly, they **set off** on their journey. (他们迅速**出发**踏上旅程。)
8. He **jumped for joy** when he heard the news. (听到这个消息, 他**高兴得跳了起来**。)

小心翼翼

1. She tiptoed quietly, as if not wanting to be noticed. (她**踮着脚尖**悄悄地走着, 好像不想被人注意到。)
2. She **tiptoed gingerly**, as if afraid to disturb the silence. (她**小心翼翼地踮着脚尖**, 仿佛害怕打破寂静。) 注: “gingerly” 作副词, 意为“小心翼翼地; 谨慎地; 轻手轻脚地”。
3. She **tiptoed** quietly towards the door, her heart **pounding** in her chest. (她**踮着脚**悄悄地朝门走去, 心在胸口**怦怦直跳**。) 注: “chest” 常见释义为“胸部; 胸膛; 箱子; 柜子”。
4. She reached out her hand timidly, fingers **trembling**. (她怯生生地伸出手, 手指**颤抖**着。)
5. She **tiptoed**/**crept**/**sneaked** into the room. (她**踮着脚**/**悄悄**/**偷偷**走进房间。) 注: “creep” 作动词, 常见释义为“悄悄地缓慢行进; 不知不觉地产生; 渐渐出现; 爬行; 谄媚”; “sneak” 作动词, 常见释义为“偷偷地走; 偷带; 偷拿; 告密”;

大步前行

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