高考英语写作口语句型

1.It's time to + 动词原形
是时候做某事了
It's time to go to bed.（是时候上床睡觉了。）
It's time to make a decision.（是时候做决定了。）
It's time to clean your room.（是时候打扫你的房间了。）
It's time to say goodbye.（是时候说再见了。）
It's time to invest in yourself.（是时候为自己投资了。）
2.Could you please + 动词原形
能否请你做某事
Could you please pass the salt?（能否请你递给我盐？）
Could you please turn down the music?（能否请你把音乐音量调小？）
Could you please proofread my essay?（能否请你帮我校对一下我的文章？）
Could you please water the plants?（能否请你给植物浇下水？）
Could you please confirm the meeting time?（能否请你确认一下会议时间？）
3.How about + 动词 ing / 名词
做某事 / 某个事物如何
How about ordering pizza tonight?（今晚点披萨怎么样？）
How about a movie this weekend?（这个周末去看电影如何？）
How about trying meditation?（尝试冥想怎么样？）
How about hiking in the mountains?（去山里徒步旅行如何？）
How about pineapple on pizza?（披萨上加菠萝这个搭配怎么样？）
4.Let's + 动词原形
让我们一起做某事
Let's brainstorm some ideas.（让我们一起集思广益想些点子。）
Let's split the bill evenly.（让我们把账单平摊了吧。）
Let's visit the art museum.（让我们一起去参观艺术博物馆。）
Let's give them a surprise.（让我们给他们一个惊喜。）
Let's double-check the figures.（让我们把这些数字再核对一遍。）
5.Why don't you + 动词原形
你为何不做某事
Why don't you take a break?（你为什么不休息一下呢？）
Why don't you apply for that job?（你为什么不申请那份工作呢？）
Why don't you ask for feedback?（你为什么不寻求反馈呢？）
Why don't you try yoga for stress?（你为什么不试试通过瑜伽来缓解压力呢？）
Why don't you consult a specialist?（你为什么不咨询专家呢？）
6.It's time for + 名词 / 动名词
到做某事的时间了
It's time for lunch.（到吃午饭的时间了。）
It's time for revising the strategy.（到修订策略的时间了。）
It's time for annual health checkups.（到进行年度健康检查的时间了。）
It's time for a serious conversation.（到进行严肃谈话的时间了。）
It's time for planting spring flowers.（到种植春天花卉的时间了。）
7.I'm looking for + 名词
我正在寻找某物
I'm looking for my glasses.（我正在找我的眼镜。）
I'm looking for volunteer opportunities.（我正在寻找志愿者机会。）

I'm looking for a reliable mechanic.（我正在找一个可靠的机械师。）
I'm looking for sustainable solutions.（我正在寻找可持续的解决方案。）
I'm looking for the emergency exit.（我正在找紧急出口。）
8.Can I help you with + 名词 / 动名词
需要帮忙做某事吗
Can I help you with the groceries?（需要我帮你拿这些杂货吗？）
Can I help you with solving this equation?（需要我帮你解这个方程吗？）
Can I help you with the presentation slides?（需要我帮你做演示幻灯片吗？）
Can I help you with understanding the policy?（需要我帮你理解这项政策吗？）
Can I help you with carrying these boxes?（需要我帮你搬这些箱子吗？）
9.I'm busy with + 动名词
我正忙于某事
I'm busy with preparing the annual report.（我正忙于准备年度报告。）
I'm busy with redecorating the living room.（我正忙于重新装修客厅。）
I'm busy with training new interns.（我正忙于培训新实习生。）
I'm busy with organizing the charity event.（我正忙于组织慈善活动。）
I'm busy with debugging the software.（我正忙于调试软件。）
10.I'm going to + 动词原形
我打算做某事
I'm going to start a vegetable garden.（我打算开辟一个菜园。）
I'm going to negotiate a better deal.（我打算去谈一个更好的交易。）
I'm going to learn calligraphy.（我打算学习书法。）
I'm going to audit my expenses.（我打算审查我的开支。）
I'm going to propose a new initiative.（我打算提出一项新倡议。）
11.It's no use + 动词 ing
做某事没有用
It's no use crying over spilled milk.（为打翻的牛奶哭泣是没有用的。覆水难收。）
It's no use arguing with stubborn people.（和固执的人争论是没有用的。）
It's no use memorizing without understanding.（死记硬背而不理解是没有用的。）
It's no use regretting past decisions.（为过去的决定后悔是没有用的。）
It's no use forcing incompatible systems.（强行使用不兼容的系统是没有用的。）
12.Would you like to + 动词原形
你愿意做某事吗
Would you like to join our book club?（你愿意加入我们的读书俱乐部吗？）
Would you like to lead the project?（你愿意领导这个项目吗？）
Would you like to taste this new recipe?（你愿意尝尝这个新食谱吗？）
Would you like to carpool tomorrow?（你明天愿意拼车吗？）
Would you like to beta - test our app?（你愿意测试我们应用程序的测试版吗？）
13.Where can I find + 名词
哪里能找到某物
Where can I find organic groceries?（我在哪里可以找到有机食品？）
Where can I find the user manual?（我在哪里可以找到用户手册？）
Where can I find reliable statistics?（我在哪里可以找到可靠的统计数据？）
Where can I find vintage records?（我在哪里可以找到复古唱片？）
Where can I find accessible ramps?（我在哪里可以找到无障碍坡道？）
14.What if it + 动词原形
如果发生某事怎么办
What if it rains during the picnic?（如果野餐时下雨怎么办？）

What if it exceeds the budget?（如果超出预算怎么办？）
What if it triggers an allergic reaction?（如果引发过敏反应怎么办？）
What if it violates copyright laws?（如果违反版权法怎么办？）
What if it causes system failure?（如果导致系统故障怎么办？）
15.It's on me to + 动词原形
由我负责做某事
It's on me to finalize the contract.（由我来敲定这份合同。）
It's on me to apologize for the mistake.（由我来为这个错误道歉。）
It's on me to coordinate the logistics.（由我来协调后勤工作。）
It's on me to ensure compliance.（由我来确保合规。）
It's on me to break the bad news.（由我来宣布这个坏消息。）
16.Are you + 名词 / 形容词
你是...吗
Are you allergic to shellfish?（你对贝类过敏吗？）
Are you responsible for this innovation?（你对这项创新负责吗？）
Are you familiar with blockchain technology?（你熟悉区块链技术吗？）
Are you available for a quick call?（你有空接个简短的电话吗？）
Are you satisfied with the resolution?（你对这个解决方案满意吗？）
17.I'm now into + 动词 ing
我现在喜欢做某事
I'm now into collecting rare coins.（我现在喜欢收集稀有硬币。）
I'm now into practicing mindfulness.（我现在喜欢练习正念。）
I'm now into urban gardening.（我现在喜欢城市园艺。）
I'm now into learning sign language.（我现在喜欢学习手语。）
I'm now into restoring antique furniture.（我现在喜欢修复古董家具。）
18.Being + 名词 + is not easy
作为...并不容易
Being a parent is not easy.（作为父母并不容易。）
Being an immigrant is not easy.（作为移民并不容易。）
Being a startup founder is not easy.（作为初创公司创始人并不容易。）
Being a mediator is not easy.（作为调解人并不容易。）
Being a perfectionist is not easy.（作为完美主义者并不容易。）
19.I can't stand + 动词 ing
我无法忍受做某事
I can't stand hearing nails on a chalkboard.（我无法忍受听到指甲刮黑板的声音。）
I can't stand waiting in long queues.（我无法忍受排长队等待。）
I can't stand seeing food wasted.（我无法忍受看到食物被浪费。）
I can't stand working in noisy environments.（我无法忍受在嘈杂的环境中工作。）
I can't stand people interrupting constantly.（我无法忍受人们不断打断我。）
20.You'd better + 动词原形
你最好做某事
You'd better save the file immediately.（你最好立即保存文件。）
You'd better consult a lawyer.（你最好咨询律师。）
You'd better check the expiration date.（你最好检查一下保质期。）
You'd better verify the sources.（你最好核实一下消息来源。）
You'd better apologize sincerely.（你最好真诚地道歉。）
21.You have to + 动词原形
你必须做某事

You have to submit the application by Friday.（你必须在周五前提交申请。）
You have to wear safety goggles here.（你在这里必须戴安全护目镜。）
You have to calibrate the instrument first.（你必须先校准仪器。）
You have to respect cultural differences.（你必须尊重文化差异。）
You have to reboot the router.（你必须重启路由器。）
22.I need to + 动词原形
我需要做某事
I need to prioritize self - care.（我需要优先照顾好自己。）
I need to recalibrate the sensors.（我需要重新校准传感器。）
I need to clarify the instructions.（我需要澄清说明。）
I need to diversify my investments.（我需要分散投资。）
I need to renew my passport.（我需要更新我的护照。）
23.It's hard to + 动词原形
很难做某事
It's hard to resist chocolate desserts.（很难抗拒巧克力甜点。）
It's hard to predict market trends.（很难预测市场趋势。）
It's hard to admit mistakes publicly.（很难公开承认错误。）
It's hard to maintain work - life balance.（很难保持工作与生活的平衡。）
It's hard to unlearn bad habits.（很难改掉坏习惯。）
24.I'd like to + 动词原形
我想做某事
I'd like to book a window seat.（我想订一个靠窗的座位。）
I'd like to emphasize sustainability.（我想强调可持续性。）
I'd like to shadow an expert.（我想跟随一位专家学习。）
I'd like to propose a toast.（我想提议干杯。）
I'd like to optimize the workflow.（我想优化工作流程。）
25.It's up to + 名词 / 代词
由...决定
It's up to the committee to decide.（由委员会来决定。）
It's up to you whether to accept the offer.（是否接受这个提议由你决定。）
It's up to the voters to make changes.（由选民来做出改变。）
It's up to HR to handle complaints.（由人力资源部来处理投诉。）
It's up to the algorithm to prioritize.（由算法来确定优先级。）
26.It's under + 名词
在...之下
The documents are under review.（文件正在审核中。）
The city is under lockdown.（城市处于封锁状态。）
The project is under budget.（项目在预算范围内。）
The issue falls under jurisdiction.（这个问题属于管辖范围。）
The medication is under patent protection.（该药物受专利保护。）
27.I'm ready to + 动词原形
我准备好做某事
I'm ready to present the prototype.（我准备好展示原型了。）
I'm ready to embrace new challenges.（我准备好迎接新挑战了。）
I'm ready to compromise on this matter.（在这件事上我准备好妥协了。）
I'm ready to relocate if necessary.（如果有必要，我准备好搬家了。）
I'm ready to delegate tasks.（我准备好分配任务了。）
28.It's a nice idea to + 动词原形

做某事是个好主意
It's a nice idea to document the process.（记录这个过程是个好主意。）
It's a nice idea to create a backup plan.（制定一个备用计划是个好主意。）
It's a nice idea to anonymize the data.（将数据匿名化是个好主意。）
It's a nice idea to include accessibility features.（加入无障碍功能是个好主意。）
It's a nice idea to schedule regular check - ins.（安排定期检查是个好主意。）
29.I wish to + 动词原形
我希望做某事
I wish to withdraw my application.（我希望撤回我的申请。）
I wish to remain anonymous.（我希望保持匿名。）
I wish to express my gratitude.（我希望表达我的感激之情。）
I wish to challenge myself further.（我希望进一步挑战自己。）
I wish to clarify my position.（我希望澄清我的立场。）
30.It's my turn to + 动词原形
轮到我做某事
It's my turn to host the meeting.（轮到我主持会议了。）
It's my turn to choose the movie.（轮到我选电影了。）
It's my turn to walk the dog.（轮到我遛狗了。）
It's my turn to present the findings.（轮到我展示研究结果了。）
It's my turn to pay for dinner.（轮到我付晚餐钱了。）
31.You may want to + 动词原形
你可能想考虑做某事
You may want to consult a nutritionist.（你可能想考虑咨询营养师。）
You may want to enable two - factor authentication.（你可能想考虑启用双因素认证。）
You may want to bookmark this website.（你可能想考虑把这个网站加入书签。）
You may want to reconsider your stance.（你可能想考虑重新审视你的立场。）
You may want to test the microphone first.（你可能想考虑先测试一下麦克风。）
32.I'm against + 动名词
我反对做某事
I'm against cutting down ancient trees.（我反对砍伐古树。）
I'm against outsourcing core functions.（我反对将核心职能外包。）
I'm against using animals for cosmetics testing.（我反对用动物进行化妆品测试。）
I'm against lowering education standards.（我反对降低教育标准。）
I'm against sharing personal data recklessly.（我反对肆意分享个人数据。）
33.I'm not used to + 动词 ing
我不习惯做某事
I'm not used to driving on the left.（我不习惯靠左行驶。）
I'm not used to eating spicy food daily.（我不习惯每天吃辣的食物。）
I'm not used to working night shifts.（我不习惯上夜班。）
I'm not used to public speaking.（我不习惯公开演讲。）
I'm not used to being micromanaged.（我不习惯被微观管理。）
34.You could always + 动词原形
你总可以做某事
You could always take a gap year.（你总可以休学一年。）
You could crowdsource the funding.（你总可以通过众筹来筹集资金。）
You could always negotiate the price.（你总可以协商价格。）
You could anonymize the survey data.（你总可以将调查数据匿名化。）
You could always delegate the task.（你总可以把任务委派出去。）

35.It's a nice day for + 名词 / 动名词
今天是做某事的好天气
It's a nice day for a picnic.（今天是野餐的好天气。）
It's a nice day for flying kites.（今天是放风筝的好天气。）
It's a nice day for washing the car.（今天是洗车的好天气。）
It's a nice day for outdoor yoga.（今天是做户外瑜伽的好天气。）
It's a nice day for stargazing.（今天是观星的好天气。）
36.I would rather + 动词原形
我宁愿做某事
I would rather walk than take the bus.（我宁愿走路也不愿坐公交车。）
I would rather invest in stocks.（我宁愿投资股票。）
I would rather discuss this privately.（我宁愿私下讨论这件事。）
I would rather start early.（我宁愿早点开始。）
I would rather not comment.（我宁愿不发表评论。）
37.There's no point in + 动词 ing
做某事没有意义
There's no point in blaming others.（责怪别人没有意义。）
There's no point in hoarding outdated tech.（囤积过时的技术没有意义。）
There's no point in sugarcoating the truth.（粉饰真相没有意义。）
There's no point in rushing the prototype.（匆忙制作原型没有意义。）
There's no point in memorizing formulas blindly.（盲目背诵公式没有意义。）
38.You might consider + 动词 ing
你可以考虑做某事
You might consider freelancing.（你可以考虑做自由职业。）
You might consider recycling e - waste.（你可以考虑回收电子垃圾。）
You might consider diversifying your portfolio.（你可以考虑使你的投资组合多样化。）
You might consider fact - checking the sources.（你可以考虑核实消息来源。）
You might consider mediation.（你可以考虑调解。）
39.It's worth + 动词 ing
值得做某事
It's worth visiting the historical site.（这个历史遗址值得一游。）
It's worth upgrading your software.（升级你的软件是值得的。）
It's worth preserving traditional crafts.（保护传统手工艺是值得的。）
It's worth double - checking the contract.（仔细检查合同是值得的。）
It's worth learning basic coding.（学习基础编码是值得的。）
40.I suggest that you + 动词原形
我建议你做某事
I suggest that you backup your files.（我建议你备份你的文件。）
I suggest that you consult a specialist.（我建议你咨询专家。）
I suggest that you prioritize sleep.（我建议你优先保证睡眠。）
I suggest that you verify the credentials.（我建议你核实凭证。）
I suggest that you avoid processed foods.（我建议你避免加工食品。）
41.If I were you, I would + 动词原形
如果我是你，我会做某事
If I were you, I would document everything.（如果我是你，我会把一切都记录下来。）
If I were you, I would invest in renewable energy.（如果我是你，我会投资可再生能源。）
If I were you, I would seek legal advice.（如果我是你，我会寻求法律建议。）
If I were you, I would test the market first.（如果我是你，我会先测试市场。）

If I were you, I would encrypt sensitive data.（如果我是你，我会加密敏感数据。）
42.Don't forget to + 动词原形
别忘了做某事
Don't forget to lock the door.（别忘了锁门。）
Don't forget to cite your references.（别忘了引用你的参考文献。）
Don't forget to hydrate during the hike.（徒步旅行时别忘了补充水分。）
Don't forget to disable auto - renewal.（别忘了取消自动续费。）
Don't forget to acknowledge contributors.（别忘了感谢贡献者。）
43.It's impossible to + 动词原形
不可能做某事
It's impossible to please everyone.（不可能让每个人都满意。）
It's impossible to predict earthquakes.（不可能预测地震。）
It's impossible to reverse entropy.（不可能逆转熵。）
It's impossible to unsee that spoiler.（不可能对那个剧透视而不见。）
It's impossible to erase digital footprints.（不可能消除数字足迹。）
44.I have decided to + 动词原形
我已决定做某事
I have decided to pursue a PhD.（我已决定攻读博士学位。）
I have decided to adopt a minimalist lifestyle.（我已决定采用极简主义的生活方式。）
I have decided to quit social media.（我已决定退出社交媒体。）
I have decided to volunteer abroad.（我已决定去国外做志愿者。）
I have decided to learn pottery.（我已决定学习陶艺。）
45.She seems to + 动词原形
她似乎做某事
She seems to understand the complexity.（她似乎理解了其中的复杂性。）
She seems to have a hidden agenda.（她似乎有不可告人的目的。）
She seems to excel under pressure.（她似乎在压力下表现出色。）
She seems to dislike small talk.（她似乎不喜欢闲聊。）
She seems to misinterpret the data.（她似乎误解了数据。）
46.They managed to + 动词原形
他们设法做到了某事
They managed to reduce carbon emissions.（他们设法减少了碳排放。）
They managed to crowdfund the project.（他们设法为项目众筹到了资金。）
They managed to decode the ancient script.（他们设法解读了古代文字。）
They managed to survive the wilderness.（他们设法在荒野中生存了下来。）
They managed to negotiate a ceasefire.（他们设法达成了停火协议。）
47.He refused to + 动词原形
他拒绝做某事
He refused to compromise his principles.（他拒绝违背自己的原则。）
He refused to disclose the source.（他拒绝透露消息来源。）
He refused to sign the NDA.（他拒绝签署保密协议。）
He refused to participate in the scam.（他拒绝参与诈骗。）
He refused to tolerate discrimination.（他拒绝容忍歧视。）
48.We plan on + 动词 ing
我们计划做某事
We plan on expanding to Asian markets.（我们计划拓展到亚洲市场。）
We plan on automating the workflow.（我们计划使工作流程自动化。）
We plan on hosting a virtual conference.（我们计划举办一场虚拟会议。）

We plan on digitizing archives.（我们计划将档案数字化。）
We plan on phasing out plastic packaging.（我们计划逐步淘汰塑料包装。）
49.I can't afford to + 动词原形
我承担不起做某事
I can't afford to lose this job.（我承担不起失去这份工作。）
I can't afford to ignore climate change.（我承担不起忽视气候变化的后果。）
I can't afford to make careless errors.（我承担不起犯粗心错误。）
I can't afford to buy organic every time.（我承担不起每次都买有机食品。）
I can't afford to skip insurance.（我承担不起不买保险。）
50.It's my pleasure to + 动词原形
我很荣幸做某事
It's my pleasure to introduce the keynote speaker.（我很荣幸介绍主旨发言人。）
It's my pleasure to donate to the cause.（我很荣幸为这项事业捐款。）
It's my pleasure to mentor newcomers.（我很荣幸指导新人。）
It's my pleasure to share my expertise.（我很荣幸分享我的专业知识。）
It's my pleasure to host the delegation.（我很荣幸接待代表团。）
51.There is no way to + 动词原形
无法做某事
There is no way to bypass the firewall.（无法绕过防火墙。）
There is no way to undo the deletion.（无法撤销删除操作。）
There is no way to justify the expense.（无法为这笔开支找到合理的理由。）
There is no way to silence critics.（无法让批评者闭嘴。）
There is no way to reverse aging.（无法逆转衰老。）
52.You are supposed to + 动词原形
你应该做某事
You are supposed to cite your sources.（你应该引用你的资料来源。）
You are supposed to wear a helmet.（你应该戴头盔。）
You are supposed to submit weekly reports.（你应该提交每周报告。）
You are supposed to calibrate the device.（你应该校准设备。）
You are supposed to declare conflicts of interest.（你应该声明利益冲突。）
53.I happened to + 动词原形
我碰巧做某事
I happened to witness the accident.（我碰巧目睹了这场事故。）
I happened to find a rare edition.（我碰巧找到了一本珍藏版。）
I happened to overhear their conversation.（我碰巧听到了他们的对话。）
I happened to meet the CEO at a café.（我碰巧在一家咖啡馆遇到了首席执行官。）
I happened to solve the puzzle by accident.（我碰巧意外地解开了这个谜题。）
54.It's likely that + 句子
很可能...
It's likely that prices will rise.（很可能价格会上涨。）
It's likely that the meeting will be postponed.（很可能会议会被推迟。）
It's likely that AI will reshape industries.（很可能人工智能将重塑各个行业。）
It's likely that the vaccine will be approved.（很可能疫苗会被批准。）
It's likely that errors occurred in transcription.（很可能在转录过程中出现了错误。）
55.I was about to + 动词原形
我正要做某事
I was about to call you.（我正要给你打电话。）
I was about to finalize the proposal.（我正要敲定这个提案。）

I was about to report the bug.（我正要报告这个漏洞。）
I was about to book the tickets.（我正要订票。）
I was about to reset the password.（我正要重置密码。）
56.You are not allowed to + 动词原形
你不被允许做某事
You are not allowed to smoke here.（你不被允许在这里吸烟。）
You are not allowed to share login details.（你不被允许分享登录信息。）
You are not allowed to park overnight.（你不被允许在这里过夜停车。）
You are not allowed to record the session.（你不被允许录制会议。）
You are not allowed to remove library books.（你不被允许带走图书馆的书。）
57.It depends on + 名词 / 动名词
这取决于...
It depends on the weather conditions.（这取决于天气状况。）
It depends on securing funding.（这取决于能否获得资金。）
It depends on user feedback.（这取决于用户反馈。）
It depends on passing the inspection.（这取决于能否通过检查。）
It depends on aligning priorities.（这取决于协调优先级。）
58.I can't wait to + 动词原形
我等不及要做某事
I can't wait to try the new restaurant.（我等不及要去试试那家新餐厅。）
I can't wait to see the experimental results.（我等不及要看实验结果。）
I can't wait to travel post - pandemic.（我等不及在疫情后去旅行。）
I can't wait to implement the strategy.（我等不及要实施这个策略。）
I can't wait to read your thesis.（我等不及要读你的论文。）
59.I used to + 动词原形
我过去常常做某事
I used to play the piano daily.（我过去常常每天弹钢琴。）
I used to commute by bicycle.（我过去常常骑自行车通勤。）
I used to doubt my abilities.（我过去常常怀疑自己的能力。）
I used to collect comic books.（我过去常常收集漫画书。）
I used to work night shifts.（我过去常常上夜班。）
60.You are expected to + 动词原形
你被期望做某事
You are expected to arrive punctually.（你被期望准时到达。）
You are expected to submit a progress report.（你被期望提交一份进度报告。）
You are expected to dress formally.（你被期望穿着正式。）
You are expected to master the basics.（你被期望掌握基础知识。）
You are expected to respect confidentiality.（你被期望尊重保密性。）
61.It's essential to + 动词原形
做某事是必要的
It's essential to verify facts before publishing.（在发布之前核实事实是必要的。）
It's essential to maintain a balanced diet.（保持均衡饮食是必要的。）
It's essential to encrypt sensitive communications.（对敏感通信进行加密是必要的。）
It's essential to listen to customer feedback.（倾听客户反馈是必要的。）
It's essential to preserve biodiversity.（保护生物多样性是必要的。）
62.There's no need to + 动词原形
无需做某事
There's no need to panic about minor bugs.（无需为小错误惊慌失措。）

There's no need to print the document.（无需打印这份文件。）
There's no need to apologize for honest mistakes.（无需为诚实的错误道歉。）
There's no need to memorize every detail.（无需记住每一个细节。）
There's no need to rush the creative process.（无需匆忙完成创作过程。）
63.I prefer + 动词 ing + to + 动词 ing
比起做 B，我更喜欢做 A
I prefer cycling to driving.比起开车，我更喜欢骑自行车。
Ipreferbrainstormingalonetogroupdiscussions.比起小组讨论，我更喜欢独自头脑风暴。
I prefer reading physical books to e-books.比起电子书，我更喜欢读纸质书。
I prefer hiking to gym workouts.比起在健身房锻炼，我更喜欢徒步旅行。
I prefer handmade gifts to store - bought ones.比起商店买的礼物，我更喜欢手工制作的礼物。
64.It's a waste of time + 动词 ing
做某事是浪费时间
It's a waste of time arguing with trolls.和喷子争论是浪费时间。
It's a waste of time reinventing the wheel.重复发明轮子（做无用功）是浪费时间。
It's a waste of time obsessing over perfection.过度追求完美是浪费时间。
It's a waste of time watching low - quality content.观看低质量的内容是浪费时间。
It's a waste of time micromanaging competent teams.对有能力的团队进行微观管理是浪费时间。
65.I have trouble + 动词 ing
我做某事有困难
I have trouble pronouncing technical terms.我在念技术术语时发音有困难。
I have trouble focusing in noisy environments.我在嘈杂的环境中难以集中注意力。
I have trouble trusting unreliable sources.我很难相信不可靠的信息来源。
I have trouble adapting to sudden changes.我难以适应突然的变化。
I have trouble interpreting vague instructions.我很难理解模糊的指示。
66.I look forward to + 动词 ing
我期待做某事
I look forward to collaborating with you.我期待与你合作。
I look forward to presenting my research.我期待展示我的研究成果。
I look forward to exploring the new campus.我期待探索新校园。
I look forward to receiving your feedback.我期待收到你的反馈。
I look forward to mastering this skill.我期待掌握这项技能。
67.It's my duty to + 动词原形
做某事是我的责任
It's my duty to protect confidential data.保护机密数据是我的责任。
It's my duty to report safety violations.报告安全违规行为是我的责任。
It's my duty to mentor junior staff.指导初级员工是我的责任。
It's my duty to uphold ethical standards.维护道德标准是我的责任。
It's my duty to inform you of the risks.告知你风险是我的责任。
68.There's a chance of + 动词 ing
有可能发生某事
There's a chance of exceeding the budget.有可能超出预算。
There's a chance of encountering wildlife.有可能遇到野生动物。
There's a chance of winning the grant.有可能赢得这笔资助。
There's a chance of data corruption.有可能发生数据损坏。
There's a chance of rain during the parade.游行期间有可能下雨。

69.I was told to + 动词原形
我被要求做某事
I was told to revise the proposal.我被要求修改提案。
I was told to avoid mentioning the incident.我被要求避免提及该事件。
I was told to prioritize urgent tasks.我被要求优先处理紧急任务。
I was told to reset the router.我被要求重置路由器。
I was told to submit a written apology.我被要求提交书面道歉。
70, It's risky to + 动词原形
做某事有风险
It's risky to invest without research.不做研究就投资有风险。
It's risky to ignore cybersecurity threats.忽视网络安全威胁有风险。
It's risky to delay medical checkups.推迟体检有风险。
It's risky to disclose passwords publicly.公开披露密码有风险。
It's risky to rely on single - source data.依赖单一来源的数据有风险。
71.You are free to + 动词原形
你可以自由做某事
You are free to modify the template.你可以自由修改模板。
You are free to challenge assumptions.你可以自由挑战假设。
You are free to decline the invitation.你可以自由拒绝邀请。
You are free to choose your working hours.你可以自由选择工作时间。
You are free to express your concerns.你可以自由表达你的担忧。
72.It's common to + 动词原形
做某事很常见
It's common to feel nervous before presentations.演讲前感到紧张很常见。
It's common to misinterpret sarcasm online.在网上误解讽刺很常见。
It's common to encounter bugs in beta software.在测试版软件中遇到漏洞很常见。
It's common to overestimate initial progress.高估初期进展很常见。
It's common to forget passwords occasionally.偶尔忘记密码很常见。
73.I have no choice but to + 动词原形
我别无选择只能做某事
I have no choice but to cancel the trip.我别无选择只能取消这次旅行。
I have no choice but to accept the terms.我别无选择只能接受这些条款。
I have no choice but to reduce staff.我别无选择只能裁员。
I have no choice but to restart the server.我别无选择只能重启服务器。
I have no choice but to speak up.我别无选择只能说出来。
74.It's a challenge to + 动词原形
做某事具有挑战性
It's a challenge to balance multiple deadlines.平衡多个截止日期具有挑战性。
It's a challenge to translate idioms accurately.准确翻译习语具有挑战性。
It's a challenge to innovate under budget cuts.在预算削减的情况下进行创新具有挑战性。
It's a challenge to stay neutral in conflicts.在冲突中保持中立具有挑战性。
It's a challenge to teach complex concepts simply.把复杂的概念简单地教给别人具有挑战性。
75.I can't help + 动词 ing
我忍不住做某事
I can't help worrying about climate change.我忍不住担心气候变化。
I can't help laughing at dark humor.我忍不住对黑色幽默发笑。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：https://d.book118.com/778026142003007044