



Uplift. Upskill. Upgrade.

BLAST

Workbook for ESL Learners

为新学英语的学生准备的英语写作练习册

20 plug-and-play paragraphs

20 段拿来即用的英文写作模板

Memorise the words. Swap a few slots. Write the scene.

把单词背下来。换几个词。写出场景。

Body Language · Action · Speech · Thought

Welcome · 欢迎

This workbook teaches you how to write strong English about feelings.

本练习册教你怎么用英文写出有力量的感觉描写。

Inside, you have 20 short paragraphs. Each one is a complete scene for one feeling, written in exam-ready English. Your job is to memorise each one word-for-word.

这里有 20 段简短的英文。每一段都是一个完整的感觉场景，是考试可以用的英文。你要做的是把每段都一字不漏地背下来。

On test day, when the prompt asks for a sad scene, an angry scene, a fearful scene — you do not invent from scratch. You reach for the paragraph you have memorised, change only 2 to 4 words, and you have a polished BLAST paragraph in under a minute.

考试时，如果题目要写悲伤的场景、愤怒的场景、害怕的场景 — 你不用从头想。你拿出已经背好的那一段，只改 2 至 4 个词，一分钟之内就有一段地道的英文。

The BLAST Method · BLAST 方法

Strong writing about a feeling uses 4 channels at the same time:

有力的感觉描写同时使用 4 个方面：

Code	English	Chinese	What it shows	意思
BL	Body Language	身体语言	What your body does without you choosing	身体不由自主的反应
A	Action	动作	What you choose to do	你选择做的动作
S	Speech	说话	What you say (and how you say it)	你说的话和说话的样子
T	Thought	想法	What you think silently inside	心里默默想的

How to Memorise One Paragraph · 怎么背一段

1. Read the English paragraph aloud, slowly, three times. 大声慢慢读 3 遍。
2. Read the Chinese meaning. Make sure you understand the situation. 读懂中文意思。
3. Learn the 5 key words. Say each word and meaning out loud. 学好 5 个重点词。
4. Cover the English. Try to recite it from memory. 盖住英文，背出来。
5. Check, repeat, sleep on it. The next morning, recite once more. 检查、再来、睡前再背、第二天再背一次。

The Rule: Words in **[red brackets]** are the only words you change. Everything else stays exactly as written.

规则：方括号里的**红色词**才是可以换的。其他词都不要改。

The Memory Map · 记忆图

The 20 emotions live in 4 quadrants. Find the home, find the emotion. 20 种感觉分四组。找到组别就找到感觉。

<p>Q1 · HOT BAD · 强烈的不好</p> <ol style="list-style-type: none">1. Anxiety / Nervousness · 焦虑2. Pure Terror / Fear · 极度恐惧3. Explosive Anger / Rage · 暴怒4. Suppressed Anger · 压住的愤怒5. Jealousy / Envy · 嫉妒	<p>Q3 · HOT GOOD · 强烈的好</p> <ol style="list-style-type: none">11. Joy / Elation · 极度高兴12. Confidence / Pride · 自信13. Curiosity / Intrigue · 好奇14. Surprise / Astonishment · 震惊15. Determination · 决心
<p>Q2 · COLD BAD · 安静的不好</p> <ol style="list-style-type: none">6. Guilt / Regret · 内疚7. Deep Sadness / Grief · 悲伤8. Bitter Disappointment · 失望9. Loneliness · 孤独10. Suspicion / Mistrust · 怀疑	<p>Q4 · COOL/NEUTRAL · 安静或中性</p> <ol style="list-style-type: none">16. Exhaustion · 疲惫17. Relief · 解脱18. Embarrassment · 尴尬19. Confusion · 困惑20. Boredom · 无聊

Quadrant 1 · Hot Bad Feelings · 强烈的不好感觉

1. ANXIETY / NERVOUSNESS · 焦虑 / 紧张

A cold sweat broke out across my forehead as I stood outside **[the classroom]**, my

stomach tied in knots. I tapped my foot incessantly against the floor, checking my watch every few seconds. "I... I think I'm ready," I stammered, my voice barely audible above the hum of the **[air-conditioner]**. What if I messed this up in front of everyone? My mind raced through every possible thing that could go wrong, and I could not steady the trembling in my hands.

意思: 站在【教室】外面非常紧张 — 冒冷汗、肚子打结、手发抖, 担心在大家面前出错。

English	Chinese	Pinyin
forehead	额头	é tóu
stomach tied in knots	肚子打结	dù zi dǎ jié
stammered	结巴说	jiē bā shuō
trembling	颤抖	chàn dǒu
audible	听得见	tīng dé jiàn

SWAP: [the classroom] = 教室 / 考场 / 校长办公室 [air-conditioner] = 空调 / 风扇 / 钟表

2. PURE TERROR / FEAR · 极度恐惧

My blood turned to ice and my heart hammered against my ribs like a frantic bird in a cage. I backed away slowly, my eyes wide and unblinking, until I hit the cold, hard wall behind me. A sharp, jagged gasp escaped my throat; I tried to scream, but no sound came out. This was it — I was not going to make it out of **[the room]**. Every shadow seemed to move; every sound seemed to be footsteps drawing closer.

意思: 极度害怕 — 血液冷了, 心狂跳, 慢慢后退到墙边, 想叫但叫不出来, 觉得出不去了。

English	Chinese	Pinyin
hammered (heart)	(心)狂跳	kuáng tiào
ribs	肋骨	lèi gǔ

backed away	后退	hòu tuì
gasp	倒吸气	dǎo xī qì
shadow	阴影	yīn yǐng

SWAP: [the room] = 房间 / 小巷 / 地下室 / 森林

3. EXPLOSIVE ANGER / RAGE · 暴怒

My vision blurred red at the edges, and the veins in my neck throbbed rhythmically. I slammed my fist onto **[the table]**, making the **[stationery]** dance; my knuckles turned white. "Enough!" I bellowed, the word tearing through the air like a thunderclap. How dare **[he]** treat me this way? I had had enough of being pushed around, of being dismissed, of being made to feel small in my own **[classroom]**.

意思: 愤怒 — 眼前发红, 脖子青筋跳, 砸桌子, 大声吼"够了!", 受够了被欺负。

English	Chinese	Pinyin
blurred	模糊	mó hu
veins / throbbed	青筋 / 跳动	qīng jīn
slammed	猛砸	měng zá
bellowed	大吼	dà hǒu
thunderclap	雷声	léi shēng

SWAP: [the table] 桌子/墙 [stationery] 文具/书本 [he] 她/他们/老师 [classroom] 教室/家/球队

4. SUPPRESSED ANGER (SEETHING) · 压住的愤怒 / 闷气

My jaw was clamped so tight it ached, and my nostrils flared with every shallow breath. I gripped my pen so hard I thought it might snap; I turned away to hide my expression. "Fine.

Have it your way," I spat out through gritted teeth. Just wait. **[He]** would regret doing this to me. I would smile, I would nod, I would say nothing at all — but I would not forget what had happened today.

意思: 生气但忍住 — 咬紧牙关, 鼻孔张大, 握笔太紧, 嘴上说"算了", 心里想报复。

English	Chinese	Pinyin
jaw clamped	咬紧牙关	yǎo jǐn yá guān
nostrils flared	鼻孔张大	bí kǒng zhāng dà
gripped	紧握	jǐn wò
gritted teeth	咬牙切齿	yǎo yá qiè chǐ
regret	后悔	hòu huǐ

SWAP: [He] 她 / 他们 / 老师

5. JEALOUSY / ENVY · 嫉妒 / 羡慕

A bitter taste rose in my mouth, and I felt a sharp, green pang of resentment in my gut. I crossed my arms tightly across my chest and narrowed my eyes at **[my rival]**. "Must be nice to be so lucky," I remarked with a sarcastic edge. That should have been me. Why did everything always go **[his]** way? I had worked just as hard, perhaps harder, and yet here I was, watching from the sidelines once again.

意思: 嫉妒 — 嘴里发苦, 肚子里酸, 双手抱胸瞪着对方, 话里带刺, 觉得自己应该是赢的那个。

English	Chinese	Pinyin
bitter	苦的	kǔ de
resentment	怨恨	yuàn hèn
narrowed eyes	眯起眼睛	mī qǐ yǎn jīng
sarcastic	讽刺的	fěng cì de

sidelines	场边 / 旁边	chǎng biān
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SWAP: [my rival] 对手 / 同班同学 / 那个新生 [his] 她的 / 他们的

Quadrant 2 · Cold Bad Feelings · 安静的不好感

觉

6. GUILT / REGRET · 内疚 / 后悔

A hot flush of shame crept up my neck, and a heavy, sinking weight settled in my chest. I stared fixedly at a scuff on my shoe, unable to meet **[his]** gaze. "I didn't mean for this to happen," I whispered, my voice thick with emotion. I should have listened. Why was I so selfish? The words I had said could not be unsaid, and the look on **[his]** face would haunt me for a long time to come.

意思: 非常内疚 — 脖子发热, 胸口发沉, 不敢看对方眼睛, 小声说"我不是故意的"。

English	Chinese	Pinyin
shame	羞愧	xiū kuì
sinking	下沉	xià chén
whispered	小声说	xiǎo shēng shuō
selfish	自私	zì sī
haunt	挥之不去	huī zhī bù qù

SWAP: [his] 她的 / 妈妈的 / 老师的 / 朋友的

7. DEEP SADNESS / GRIEF · 深深的悲伤

My eyes grew misty and blurred, and a dull, persistent ache settled in the centre of my chest. My shoulders slumped forward; I buried my face in my hands, letting out a ragged sigh. "I can't believe **[she's]** gone," I choked out, my voice crumbling into a sob. The world felt so empty now. How was I supposed to move on, to smile, to walk past **[her]** empty seat as though nothing had changed?

意思: 极度悲伤 — 眼睛模糊, 胸口闷痛, 肩膀垂下, 捂脸叹气, "我不敢相信她走了"。

English	Chinese	Pinyin
misty	雾蒙蒙的	wù méng méng
ache	疼痛	téng tòng
slumped	垂下	chuí xià
buried (face)	埋(脸)	mái liǎn
sob	抽泣	chōu qì

SWAP: [she's] 他 / 爷爷 / 小狗 [her] 他的 / 爷爷的

8. BITTER DISAPPOINTMENT · 深深的失望

My heart sank into the pits of my stomach, and the air seemed to leave my lungs all at once. I let **[the paper]** slip from my fingers and stared blankly at the wall for what felt like hours. "Oh. I see," I remarked flatly, all the life drained from my tone. All that effort for nothing. I guessed I was just not good enough — not good enough for **[the team]**, not good enough for anyone, not good enough at all.

意思: 失望 — 心一沉, 喘不过气, 纸掉了, 呆呆看着墙, 觉得自己不够好。

English	Chinese	Pinyin
sank	下沉	xià chén
blankly	呆呆地	dāi dāi de

flatly	平淡地	píng dàn de
drained	失去	shī qù
effort	努力	nǔ lì

SWAP: [the paper] 信 / 成绩单 / 手机 [the team] 球队 / 角色 / 学校

9. LONELINESS / ISOLATION · 孤独 / 寂寞

A hollow, empty feeling echoed in my stomach, and my skin felt cold despite the **[afternoon sun]**. I hugged my knees to my chest, making myself as small as possible. "Hello? Is anyone there?" I called out, my voice sounding fragile in the silence. Everyone had someone except for me. I was completely alone. The laughter from **[the next room]** only made the quiet around me feel louder, heavier, and more permanent.

意思: 孤独 — 肚子空空, 皮肤发冷, 抱膝缩起来, 喊"有人吗?", 听到别人在笑反而更难受。

English	Chinese	Pinyin
hollow	空洞的	kōng dòng de
echoed	回响	huí xiǎng
hugged knees	抱膝	bào xī
fragile	脆弱	cùi ruò
permanent	永久的	yǒng jiǔ de

SWAP: [afternoon sun] 阳光 / 暖房 [the next room] 隔壁 / 食堂 / 楼下

10. SUSPICION / MISTRUST · 怀疑 / 不相信

One eyebrow quirked upward, and my eyes thinned into skeptical slits. I tilted my head, observing **[his]** every movement with calculated precision. "And you're sure about that?" I

asked, my voice dripping with doubt. Something didn't smell right. **[He]** was hiding something from me. The words were too smooth, the smile was too quick, and the story had shifted in just enough places for me to know I was not getting the truth.

意思: 起疑心 — 一边眉毛挑起, 眼睛眯起来, 盯着对方动作, 问"你真的确定吗?", 觉得对方在骗。

English	Chinese	Pinyin
eyebrow / quirked	眉毛 / 挑起	tiǎo qǐ
skeptical	怀疑的	huái yí de
doubt	怀疑	huái yí
smooth (words)	太顺 / 油滑	yóu huá
shifted	变了	biàn le

SWAP: [his] 她的 / 他们的 / 陌生人的 [He] 她 / 他们 / 那个男人

Quadrant 3 · Hot Good Feelings · 强烈的好感觉

11. OVERWHELMING JOY / ELATION · 极度高兴 / 兴奋

My eyes lit up like stars, and a broad, uncontrollable grin stretched across my face. I punched the air in triumph and did a little victory dance on the spot. "We did it! We actually did it!" I shrieked, my voice jumping an octave. I had never felt more alive. This was the best day of my life, and nothing — not **[the rain]**, not the long walk home, not anything in the world — was going to wipe the smile off my face.

意思: 超级开心 — 眼睛发亮, 脸上忍不住大笑, 挥拳跳舞, 尖叫"我们做到了!", 觉得是人生最棒的一天。

English	Chinese	Pinyin
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grin	咧嘴笑	liě zuǐ xiào
triumph	胜利	shèng lì
shrieked	尖叫	jiān jiào
octave	八度音	bā dù yīn
wipe	擦掉	cā diào

SWAP: [the rain] 大热天 / 人多 / 路远 / 受伤

12. CONFIDENCE / PRIDE · 自信 / 自豪

I stood tall, my chin tilted upward, and a calm, steady light shone in my eyes. I strode across **[the room]** with purpose, my footsteps firm and rhythmic. "I've got this covered," I stated firmly, my voice resonating with authority. I had worked for this. I deserved to be here. Every late night, every drill, every time I had refused to give up — it had all led to this moment, and I was ready to claim it.

意思: 自信 — 站得直, 下巴抬起, 眼神坚定, 大步走过房间, "我搞得定", 知道自己努力过, 配得上这一刻。

English	Chinese	Pinyin
chin tilted	下巴抬起	xià ba tái qǐ
strode	大步走	dà bù zǒu
firm	坚定	jiān dìng
resonating	(声音)有力	yǒu lì
deserved	应得的	yīng dé de

SWAP: [the room] 房间 / 舞台 / 球场 / 会议室

13. CURIOSITY / INTRIGUE · 好奇

My eyes widened with interest, and I leaned forward, my body drawn toward **[the box]**. I reached out a trembling finger to touch the mysterious lid and peered through the keyhole. "What on earth is that?" I whispered, my voice filled with wonder. There was something strange about this. I had to find out what was inside. I knew I should walk away, that this was not my **[secret]** to uncover, but my hand was already moving.

意思: 好奇 — 眼睛睁大, 凑近【盒子】, 手指发抖, 从锁孔偷看, "那是什么?", 明知不该看还想看。

English	Chinese	Pinyin
widened	睁大	zhēng dà
leaned forward	凑过去	còu guò qù
mysterious	神秘的	shén mì de
peered	仔细看	zǐ xì kàn
uncover	揭开	jiē kāi

SWAP: [the box] 盒子 / 门 / 日记 / 抽屉 [secret] 秘密 / 故事 / 事

14. SURPRISE / ASTONISHMENT · 惊讶 / 震惊

My jaw dropped open, and my eyebrows shot up to my hairline. I recoiled slightly, my hands flying up to cover my mouth. "No way! You're kidding!" I gasped, my voice high and shrill. I never saw this coming. Was this actually happening? I blinked at **[him]** hard, half-expecting the scene in front of me to dissolve and the world to return to the way it had been only seconds before.

意思: 震惊 — 嘴巴张开, 眉毛挑到额头, 往后退, 捂嘴喊"不会吧!", 不敢相信眼前的事。

English	Chinese	Pinyin
jaw dropped	下巴掉下	xià bā diào

hairline	发际线	fà jì xiàn
recoiled	退缩	tuì suō
gasped	倒吸气	dǎo xī qì
dissolve	消失	xiāo shī

SWAP: [him] 她 / 他们 / 屏幕 / 那封信

15. DETERMINATION · 决心 / 不放弃

My gaze was steely and focused, and my posture was rigid and unyielding. I straightened my **[uniform]** and took a long, stabilizing breath. "I'm not giving up until this is finished," I declared through set lips. One more try. I would not let this beat me. I had come too far, given up too much, and pictured this victory in my head too many nights to walk away now — not when I was this close.

意思: 决心 — 眼神坚定, 身体挺直, 整一整校服, 深吸一口气, "不到完成不放弃"。

English	Chinese	Pinyin
steely	坚定如钢	jiān dìng rú gāng
rigid	僵直	jiāng zhí
unyielding	不屈服	bù qū fú
stabilizing	稳住	wěn zhù
declared	宣布	xuān bù

SWAP: [uniform] 校服 / 领带 / 球衣 / 袖子

Quadrant 4 · Cool / Neutral Feelings · 安静或中

性的感觉

16. EXHAUSTION / FATIGUE · 疲惫 / 累

My eyelids felt like lead weights, and a massive yawn threatened to unhinge my jaw. I trudged along, dragging my feet, and slumped against the wall the moment I stopped moving. "Can we... just stop... for a minute?" I panted, my breath coming in short bursts. I could not take another step. My brain was turning to mush, my legs were giving way, and the **[finish line]** suddenly felt impossibly far away.

意思: 累 — 眼皮沉得像铅, 打大哈欠, 拖着脚走, 靠墙坐下, "能不能停一下?"

English	Chinese	Pinyin
eyelids	眼皮	yǎn pí
lead	铅	qiān
yawn	打哈欠	dǎ hā qiàn
trudged	拖着脚走	tuō zhe jiǎo
panted	喘气	chuǎn qì

SWAP: [finish line] 终点 / 山顶 / 巴士站 / 家门口

17. RELIEF · 松了一口气 / 解脱

The crushing tension in my muscles finally snapped, and a wave of warmth washed over me. I let out a long, shuddering breath and sank into the nearest chair. "Thank goodness," I breathed, a watery laugh escaping my lips. It was over. The **[nightmare]** was finally over. I closed my eyes and let the calm settle into my bones, knowing I would never have to live through that moment again, ever.

意思: 解脱 — 紧绷的肌肉放松了, 深深吐气, 瘫坐到椅子上, "谢天谢地", 事情终于结束了。

English	Chinese	Pinyin
tension	紧绷	jǐn bēng
snapped	断 / 放松	fàng sōng
shuddering	颤抖的	chàn dǒu
sank	瘫坐	tān zuò
bones	骨头	gǔ tou

SWAP: [nightmare] 噩梦 / 考试 / 苦难 / 长长的等待

18. EMBARRASSMENT / HUMILIATION · 尴尬 / 丢脸

My face felt like it was on fire, and my ears tingled with a hot, prickly sensation. I pulled my **[hoodie]** strings tight, trying to disappear into the fabric. "Oops," I squeaked, the word sounding pathetic and tiny. Please, let the earth open up and swallow me whole right now. Of all the people in **[the canteen]**, why did it have to be **[him]** who saw me trip? My cheeks would not cool down for the rest of the day.

意思: 尴尬 — 脸像着火, 耳朵发烫, 把帽绳拉紧想躲进帽子里, "哎呀", 希望地裂开把自己吞掉。

English	Chinese	Pinyin
on fire	着火 / 发烫	fā tàng
tingled	刺痛	cì tòng
squeaked	尖细地说	jiān xì
swallow whole	整个吞掉	tūn diào
cheeks	脸颊	liǎn jiá

SWAP: [hoodie] 帽衫 / 外套 / 帽子 [the canteen] 食堂 / 走廊 / 巴士 [him] 她 / 校长 / 喜欢的人

19. CONFUSION / BEWILDERMENT · 困惑 / 不明白

My brow furrowed into deep lines, and a strange, dizzying sensation spread through my head. I scratched my head and tilted it to the side, peering at **[the instructions]**. "Wait, what? That doesn't make any sense," I muttered to myself. Did I miss something? None of this added up. I read the **[page]** again, then a third time, and the words seemed to rearrange themselves into new shapes the longer I stared.

意思: 搞不懂 — 眉头紧皱, 头有点晕, 挠头歪着脑袋看说明, "等等, 这没道理", 越看越糊涂。

English	Chinese	Pinyin
brow / furrowed	额头 / 皱起	zhòu qǐ
dizzying	头晕的	tóu yūn de
scratched	挠	náo
peering	仔细看	zǐ xì kàn
muttered	嘟囔	dū náng

SWAP: [the instructions] 题目 / 屏幕 / 地图 [page] 题目 / 页 / 信息

20. BOREDOM / IMPATIENCE · 无聊 / 不耐烦

My head felt heavy, resting on my palm, and my eyes glazed over as I stared into space. I checked my phone for the twentieth time and drummed a restless beat on **[the desk]**. "Is it over yet?" I groaned, my voice heavy with exasperation. I could be doing literally anything else right now. This was a complete waste of time. The clock on **[the wall]** seemed to be moving backwards just to spite me.

意思: 无聊 — 头沉沉地靠在手上, 眼神发呆, 看了 20 次手机, 敲桌子, "还没结束吗?"

English	Chinese	Pinyin
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palm	手心	shǒu xīn
glazed over	发呆	fā dāi
drummed	敲打	qiāo dǎ
groaned	抱怨地说	bào yuàn
exasperation	不耐烦	nǎo huǒ

SWAP: [the desk] 桌子 / 膝盖 / 扶手 [the wall] 手机 / 仪表盘 / 屏幕

Stacking · Combining Two Emotions · 把两种感觉叠在一起

Real characters rarely feel only one emotion. They feel relief mixed with guilt, fear hiding under pride, anger underneath a polite smile. There are TWO patterns for combining emotions:

真实的人物不会只感受到一种感情。可能是放松中带内疚，骄傲下藏着害怕，或者笑容下面藏着怒火。结合感觉有两种方法：

A. The Concealed Stack · 隐藏的双重感觉

The character HIDES one emotion under another. The reader sees both layers.

人物把一种感情藏在另一种下面。读者看到两层。

Layer · 层	Channel · 渠道	What it shows · 显示
The TRUTH · 真实	BL + T	The body cannot lie. The thoughts are private and honest. 身体不会骗人，心里想的最真。

The MASK · 假装	A + S	The actions and words are chosen, controlled, performed. 动作和说话是选择出来的, 是表演。
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Example with #4 (Suppressed Anger):

BL — jaw clamped, nostrils flared (angry truth)
 A — turned away to hide expression (controlled)
 S — "Fine. Have it your way." (polite mask)
 T — "[He] would regret doing this to me." (angry truth)

B. The Sequential Stack · 顺序的双重感觉

The character moves from emotion A to emotion B within one paragraph. The transition sentence is where the craft lives.

人物在一段之内从感觉 A 转到感觉 B。转折的那一句最考功夫。

Example pattern:

Bitter Disappointment (#8) → Determination (#15)

"I let the letter slip from my fingers and stared blankly at the wall. *Then something hardened in my chest.* My gaze was steely and focused. 'I'm not giving up,' I declared through set lips."

Practice A · Vocab Quiz · 单词测验

For paragraphs 1 (Anxiety) and 2 (Pure Terror). 13 marks. Time: 10 minutes.

Part A — Match the Words (5 marks) · 配对单词

Write the letter (a–e) in the box.

English	Box	Chinese
1. forehead	[]	a. 颤抖 (chàn dǒu)
2. stammered	[]	b. 倒吸气 (dǎo xī qì)
3. trembling	[]	c. 额头 (é tóu)
4. backed away	[]	d. 结巴说 (jiē bā shuō)
5. gasp	[]	e. 后退 (hòu tuì)

Part B — Fill in the Blank (5 marks) · 填空

Choose from the word box: **stomach** · **audible** · **shadow** · **hammered** · **ribs**

1. My heart _____ against my ribs. 我的心狂跳。
2. My _____ felt tied in knots. 我的肚子打结。
3. Every _____ seemed to move. 每个阴影好像在动。
4. My voice was barely _____. 我的声音听不太见。
5. My heart hammered against my _____. 我的心猛烈撞着肋骨。

Part C — Which Emotion? (3 marks) · 哪个感觉？

Circle ANXIETY 焦虑 OR PURE TERROR 极度恐惧.

1. "I tapped my foot incessantly." — *Anxiety / Pure Terror*
2. "My blood turned to ice." — *Anxiety / Pure Terror*
3. "I could not steady the trembling in my hands." — *Anxiety / Pure Terror*

Teacher answer key (老师答案):

Part A: 1-c, 2-d, 3-a, 4-e, 5-b

Part B: 1. hammered 2. stomach 3. shadow 4. audible 5. ribs

Part C: 1. Anxiety 2. Pure Terror 3. Anxiety

Practice B · Spot the Mask · 找出假装

Read each scene. Decide which channels show the TRUTH and which show the MASK. Write BL / A / S / T.

Scene 1

"I smiled and nodded politely. My fists were clenched white at my sides. 'Sounds great,' I said. He would regret embarrassing me in front of the class."

MASK channels: _____ TRUTH channels: _____

Scene 2

"Her voice stayed even and warm. Underneath the table, her foot beat a furious rhythm against the floor. 'Of course I'm happy for you,' she said. Why was it always her who got everything?"

MASK channels: _____ TRUTH channels: _____

Scene 3

"He laughed loudly at the joke. His shoulders shook, his teeth showed. The hollow ache in his chest would not go away. 'Good one!' he managed."

MASK channels: _____ TRUTH channels: _____

Teacher answer key:

1. MASK: A (smile, nod) + S ("sounds great"). TRUTH: BL (clenched fists) + T (revenge thought).
2. MASK: S (warm voice) + words. TRUTH: BL (foot beating) + T (resentment thought).
3. MASK: A (laughed) + S ("good one"). TRUTH: BL (hollow ache).

Practice C · Replace "Very + Adjective" · 不用"很 + 形容词"

WEAK: *very + adjective*. Examiners punish this.

STRONG: *a body-language chunk*. Examiners reward this.

EXAMPLE — Weak: "He was very angry." → Strong: "His jaw clamped so tight it ached."

WEAK 弱写法	YOUR STRONG VERSION 你的有力版本
1. She was very nervous.	_____ _____
2. They were very tired.	_____ _____
3. I was very happy.	_____ _____
4. He was very sad.	_____ _____
5. She was very embarrassed.	_____ _____

Practice D · Subordinate Clauses · 从句练习

Most ESL writers stay in simple sentences. Examiners reward variety.

大部分学英语的人只用简单句。考官奖励有变化的句子。

Combine each pair into ONE sentence using **as**, **while**, **because**, or **even though**.

EXAMPLE — Simple: "I tapped my foot. I checked my watch." → "As I tapped my foot, I checked my watch."

SIMPLE PAIR	YOUR COMBINED SENTENCE
1. My jaw clamped tight. I turned away.	<hr/> <hr/>
2. He smiled at the camera. His eyes were cold.	<hr/> <hr/>
3. She gripped her pen. She felt her anger rising.	<hr/> <hr/>
4. The rain fell hard. We kept walking.	<hr/> <hr/>
5. He had practised for months. He was nervous.	<hr/> <hr/>

Writing Prompts · 作文题

Pick one prompt. Write 200–300 words. Use at least one BLAST paragraph from the workbook (you may swap 2–4 words).

选一个题目。写 200–300 字。使用工具书里至少一段。可以换 2 至 4 个词。

Prompt 1 (Concealed Stack)

Your project partner just took credit for YOUR work in front of the teacher. The teacher congratulated him. You said "thank you" and smiled. Show **Suppressed Anger** hidden under a polite mask.

你的项目伙伴在老师面前抢了你的功劳。老师称赞他。你说了"谢谢"并笑了。表现压住的愤怒藏在礼貌后面。

Prompt 2 (Sequential Stack)

You opened the envelope and read the result. Show **Bitter Disappointment** first, then **Determination**. The transition sentence is what matters most.

你打开信封看到结果。先表现深深的失望，再表现决心。转折句最关键。

Prompt 3 (Single Emotion)

Write the moment you stepped onto the stage in front of a packed hall. Show one of: **Anxiety**, **Confidence**, or **Joy**.

写你走上舞台、面对满座观众的那一刻。表现：焦虑、自信，或者高兴。

Prompt 4 (Two Stacks Linked)

An exam ends. Show **Relief** in one paragraph. Then a friend tells you a question was actually mis-marked. Show **Confusion** in the next paragraph.

考试结束。先表现解脱。然后朋友告诉你有题改错了。表现困惑。

Required in your piece · 你的作文必须有：

- At least one full sentence from a memorised paragraph. 至少一句完整的背好的句子。
- One BL line (body language). 一句身体语言。
- One T line (silent thought). 一句心里想的。
- One subordinate clause (as / while / because / even though). 一个从句。
- NO "very + adjective". 不要用"very + 形容词"。

Memorisation Tracker · 背诵追踪

Tick column 1 the day you can recite from memory. Tick column 2 a week later if it has stuck.

第一栏:能背的那天打勾。第二栏:一周后还能背就再打勾。

#	Emotion	Quadrant	First recall	Week-later
1	Anxiety	Q1	<input type="checkbox"/>	<input type="checkbox"/>
2	Pure Terror	Q1	<input type="checkbox"/>	<input type="checkbox"/>
3	Explosive Anger	Q1	<input type="checkbox"/>	<input type="checkbox"/>
4	Suppressed Anger	Q1	<input type="checkbox"/>	<input type="checkbox"/>
5	Jealousy	Q1	<input type="checkbox"/>	<input type="checkbox"/>
6	Guilt	Q2	<input type="checkbox"/>	<input type="checkbox"/>
7	Deep Sadness	Q2	<input type="checkbox"/>	<input type="checkbox"/>
8	Bitter Disappointment	Q2	<input type="checkbox"/>	<input type="checkbox"/>
9	Loneliness	Q2	<input type="checkbox"/>	<input type="checkbox"/>
10	Suspicion	Q2	<input type="checkbox"/>	<input type="checkbox"/>
11	Joy	Q3	<input type="checkbox"/>	<input type="checkbox"/>
12	Confidence	Q3	<input type="checkbox"/>	<input type="checkbox"/>
13	Curiosity	Q3	<input type="checkbox"/>	<input type="checkbox"/>
14	Surprise	Q3	<input type="checkbox"/>	<input type="checkbox"/>
15	Determination	Q3	<input type="checkbox"/>	<input type="checkbox"/>
16	Exhaustion	Q4	<input type="checkbox"/>	<input type="checkbox"/>
17	Relief	Q4	<input type="checkbox"/>	<input type="checkbox"/>
18	Embarrassment	Q4	<input type="checkbox"/>	<input type="checkbox"/>

19	Confusion	Q4	<input type="checkbox"/>	<input type="checkbox"/>
20	Boredom	Q4	<input type="checkbox"/>	<input type="checkbox"/>



Uplift. Upskill. Upgrade.

Memorise. Swap. Write.

背单词。换几个词。写场景。

Keep going. 继续努力。

Every paragraph you own is a paragraph you'll never have to invent under pressure.

每背好一段，考试就少一段要现想的。