**單元一　記敍單元**

**持續訓練　心情詞彙表**

姓名：　　 　 　 ( ) 班別：　　 日期：

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我們遭遇不同的經歷時，便會有不同的心情。簡單而言，心情可分為正面和負面兩大類：

(一) 正面的心理狀態

|  |  |  |  |
| --- | --- | --- | --- |
| **正面的心理狀態** | | | |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1252.PNG | 愉快 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1306.PNG | 興奮 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1253.PNG | 驚喜  喜出望外 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1325.PNG | 喜極而泣 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1272.PNG | 自信 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1319.PNG | 自豪 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1255.PNG | 感動 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1320.PNG | 幸福 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1258.PNG | 滿足 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1316.PNG | 入神  入迷 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1259.PNG | 舒暢  輕鬆 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1315.PNG | 平靜 |

(二) 負面的心理狀態

|  |  |  |  |
| --- | --- | --- | --- |
| **負面的心理狀態** | | | |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1267.PNG | 失望 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1307.PNG | 傷心 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1303.PNG | 緊張 | C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1314.PNG | 驚慌 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1302.PNG | 苦惱  煩惱 | C:\Users\hoikwanma\Downloads\IMG_1371.PNG | 憤怒 |
| C:\Users\hoikwanma\Downloads\Emotions-20190920T004555Z-001\Emotions\IMG_1301.PNG | 無奈 |  | 尷尬 |