
词汇: *journalling* 写日记

For many of us, a **work diary** is a practical thing. We use them for work to **make a note** of appointments or meetings, **scribbling** words next to dates to remind us of something we have to do in the future. But journalling is more about feelings. It's a **personal diary**, often kept far from **prying eyes**, sometimes **detailing** our secrets and desires. But, when it comes to feelings, what are the benefits to **writing things down**?

Sometimes it can be difficult to say exactly what we're feeling. Because of anxiety or frustration, it can be tricky to **put** your problems **into words**. For some of us, **putting pen to paper** and **jotting down** our thoughts is a much easier process than saying them. But it's not just about the ease of **scrawling** words. Writing things down can actually help us to **formulate** ideas, **consolidate** emotions, and understand our feelings. There's something **cathartic** about making sense of something that is stressing us, annoying us, or getting us down. Writing a narrative of events or a series of words about what is on your mind can help you to focus, and is comparable to a form of meditation. And journalling isn't just limited to words. Why not include **squiggles, doodles** or pictures of what's happening in your life? Maybe the thing that is annoying you most could be best summed up by a **caricature**. In short, journalling is good for your mental health.

Another thing to consider is that our memories fade over time. What is clear in our minds today may just be forgotten a few years down the line. **Logging** what's happening in our lives could **trigger** memories when we read our diary entries back in years to come, or could act as an **insight** into our past selves. We can see our development, or be reminded of exciting **flashpoints** in our lives. The person who was annoying us and you drew a doodle of five years ago may now be a close friend, or something that you were once scared of may now seem funny.

So, if you have something on your mind, it might be good to get things written down. And if something exciting happens, writing about it may help you to remember that wonderful time!

词汇表

work diary	工作日志，工作日程簿
make a note	记下
scribble	匆匆写下
personal diary	私人日记
prying eyes	窥探，窥视
detail	详细描述
write something down	写下
put (something) into words	用文字表达
put pen to paper	动笔，开始写
jot down	草草记下
scrawl	潦草地写
formulate	确切表达，构想
consolidate	巩固，加强
cathartic	释放情绪的
squiggle	(写或画的) 弯弯扭扭的线条， 点点画画
doodle	随手涂画
caricature	漫画，讽刺画
log	记录
trigger	触发
insight	深刻见解
flashpoint	亮点，令人振奋的片段

测验与练习

1. 阅读课文并回答问题。

1. What do many people use work diaries for?
2. What can writing our thoughts down help us to do?
3. True or false? *Journalling can be compared with meditation.*
4. What things other than words can be included in a journal?
5. What can happen to your memories over time?

2. 选择意思恰当的单词或词组来完成下列句子。

1. We just need to _____ our ideas and present them to the boss.

consolidate	flashpoint	triggered	insight
-------------	------------	-----------	---------

2. Meeting up with family and remembering the old times was really _____.

prying eyes	cathartic	log	detail
-------------	-----------	-----	--------

3. The smell of those roses _____ a childhood memory.

squiggle	log	triggered	scrawl
----------	-----	-----------	--------

4. Watching that documentary can give you a good _____ into tribal life.

doodles	jot down	prying eyes	insight
---------	----------	-------------	---------

5. Are you listening to me or just drawing _____?

cathartic	doodles	insight	jot down
-----------	---------	---------	----------

答案

1. 阅读课文并回答问题。

1. What do many people use work diaries for?

Making notes about appointments or things we have to do in the future.

2. What can writing our thoughts down help us to do?

It can help us to consolidate and formulate ideas.

3. True or false? *Journalling can be compared with meditation.*

True. Journalling and meditation have a similar benefit of focussing your mind.

4. What things other than words can be included in a journal?

Pictures and drawings.

5. What can happen to your memories over time?

Memories over time can fade, which is why a journal could help you to remember.

2. 选择意思恰当的单词或词组来完成下列句子。

1. We just need to **consolidate** our ideas and present them to the boss.

2. Meeting up with family and remembering the old times was really **cathartic**.

3. The smell of those roses **triggered** a childhood memory.

4. Watching that documentary can give you a good **insight** into tribal life.

5. Are you listening to me or just drawing **doodles**?