

心情摘抄的四个误区：为什么你的好句用不上

很多同学摘抄本写满了好几本，作文里却一句都用不上。问题不在抄得少，在抄和用的方法。下面四个误区，每个都配一个用坏的例子。

误区一，只抄别人的句子，不写自己的。摘抄本里全是优美段落，考试时一句也想不起来，因为抄的时候没过脑子。纠正：每个词条后面必须自己造一个句。比如抄了心提到了嗓子眼，自己写轮到我报数，我的心真的提到了嗓子眼，报错了数。自己的句子哪怕笨，才是你的。

误区二，抄大词，不抄身体反应。激动、兴奋、感动、自豪这类词抄再多也写不出作文，因为它们不是描写。纠正：把大词换成身体反应。激动换成心口像敲鼓，感动换成鼻子一酸，紧张换成手心蹭裤子。判断标准：这个词能不能被看见。手心出汗能被看见，激动不能被看见。

误区三，素材不分场合。眼眶发热用在比赛紧张里，手心出汗用在感动里，场合错位，读者会觉得奇怪。纠正：给每类素材标场合。心跳加速配害怕和临场，手心出汗配第一次和考试，眼眶发热配被理解和意外的好事。标场合时顺手记一个当天的真事，以后写作文直接取。

误区四，一段堆多个反应。我的心怦怦跳，手心出汗，眼眶发热，腿也软了。四个反应挤一段，像症状清单。纠正：一段只留一个反应，把它写透。只留手心出汗，就写蹭裤子、纸被润软、按出湿指印，一个反应写出三个动作，比四个反应各写半句强。

自查方法：写完作文数一遍，心跳、手心、眼眶各出现几次。任何一类出现两次以上，删到一次；一段里出现两个反应，删掉一个；全文一个反应都没有，说明还在用大词，从摘抄本三栏里各补一处。

Four Mistakes in Feeling Excerpts: Why Your Good Sentences Never Get Used

Many students fill several excerpt notebooks yet use not a single line in their essays. The problem is not the quantity copied but how they copy and use it. Here are four mistakes, each with a broken example.

Mistake one: copying other people's sentences without writing your own. The notebook is full of beautiful paragraphs, but at the exam nothing comes to mind, because copying never passed through your head. Fix: after every entry you must build one sentence yourself. For example, after copying my heart leaped into my throat, write when it was my turn to count off, my heart really leaped into my throat, and I counted wrong. Your own sentence, even if clumsy, is yours.

Mistake two: copying big words instead of body reactions. Excited, thrilled, moved, proud: no matter how many you copy, they cannot produce an essay, because they are not description. Fix: replace big words with body reactions. Excited becomes a drum struck in the chest; moved becomes a stinging nose; nervous becomes wiping palms

on trousers. The test: can the word be seen? Sweaty palms can be seen; excited cannot.

Mistake three: materials used in the wrong setting. Teary eyes inside competition nerves, sweaty palms inside a moved moment: mismatched settings make the reader feel something is off. Fix: label each material with its setting. Racing heartbeat goes with fear and live performance; sweaty palms go with first times and exams; teary eyes go with being understood and unexpected kindness. While labeling, note one true event from your own day, and take it directly when writing later.

Mistake four: stacking several reactions in one paragraph. My heart pounds, my palms sweat, my eyes are hot, my legs went weak. Four reactions in one paragraph read like a symptom list. Fix: keep one reaction per paragraph and write it through. Keep only sweaty palms, then write wiping the trousers, the paper gone soft, a wet fingerprint pressed in. One reaction with three actions beats four reactions with half a sentence each.

Self-check: after finishing the essay, count how many times heartbeat, palms, and eyes each appear. If any appears more than twice, cut to one. If a paragraph holds two reactions, delete one. If the whole essay has none, you are still on big words, so add one from each column of your notebook.