

诚信素材本怎么建：三类词语句子，每类配一个运用例

素材本不是抄好词好句的集合，是按心情分类的弹药库。写诚信作文常用的弹药分三类，每类摘抄加运用，一步到位。

第一类，犹豫时的词和句。词：张了张嘴、嗓子发紧、手心出汗、话到嘴边、犹豫了几秒。句子示例：那句不知道在我嗓子眼里滚了两圈，最后还是滚了出来。运用小例：答应帮同桌保密，老师问话时写他张了张嘴，嗓子发紧，最后说不知道。注意这个例子只用了三个词，没有一口气堆五个，素材是调料不是主菜。

第二类，写守信品格的词和句。词：一诺千金、言而有信、说到做到、从不失约、把话当回事。句子示例：他借书从来按日子还，日子在他那里比日历上的圈还准。运用小例：写爷爷答应每周三带我去图书馆，十年没断过，用他看表、摸钥匙、出门前把伞放门口三个动作写一诺千金，一个形容词都不用。品格类词语最容易犯的错误是直接当结论用，我爷爷一诺千金，这句是空的；把一诺千金换成动作，让读者自己得出这个词。

第三类，愧疚与坦然的对比词和句。愧疚词：脸红心跳、不敢看眼睛、耳朵发烫、心里像压了块石头。坦然词：心口踏实、睡得香、腰杆挺直、对视不躲。句子示例：撒了一个谎之后，别人的目光都像探照灯。运用小例：答应周末陪同学打球却爽约，下周见面耳朵发烫、不敢看眼睛；补还书那天心口踏实，腰杆都直了。对比类素材最好成对用，前后各一次，愧疚和坦然互相衬。

摘抄方法：每类不超过十个词、五个句子，多了背不动也用不上。每个素材旁边必须自己写一行用法，比如耳朵发烫后面写适合写在爽约后见面。没有用法行的素材等于没抄。

运用检查：交作文前数一遍全文成语和四字词语，超过五个就删到五个以内，删掉的换成动作和短句。素材本帮你把心情写准，不是把作文写花。

How to Build an Honesty Material Notebook: Three Categories of Words and Sentences, Each with an Application Example

A material notebook is not a pile of copied pretty sentences; it is an ammo dump sorted by feeling. The ammo an honesty essay needs comes in three categories, each with excerpts plus application, done in one step.

Category one: words and sentences for hesitation. Words: started to speak then stopped, throat tightening, sweaty palms, words on the tip of the tongue, hesitated a few seconds. Sample sentence: That I don't know rolled twice inside my throat and finally rolled out. Application example: having promised to keep a secret for your deskmate, when the teacher asks, write him starting to speak, throat tightening, and finally saying he does not know. Notice this example uses only three of the words,

not all five at once; material is seasoning, not the main dish.

Category two: words and sentences for the character of keeping faith. Words: a promise worth a thousand gold, true to one's word, does what he says, never breaks an appointment, treats his words as real. Sample sentence: He always returns borrowed books on the promised day; for him the date is more exact than the circles on a calendar. Application example: write about Grandpa promising to take me to the library every Wednesday for ten unbroken years, showing a promise worth a thousand gold through three gestures, checking his watch, feeling for the keys, setting an umbrella by the door before leaving, without a single adjective. The commonest mistake with character words is using them as conclusions: my grandpa is a man of a thousand-gold promises is hollow; replace the idiom with gestures and let the reader arrive at the idiom himself.

Category three: contrasting words for guilt and ease. Guilt words: blushing and heart pounding, unable to meet someone's eyes, ears burning, a stone sitting on the chest. Ease words: heart at rest, sleeping soundly, back straight, holding a gaze without flinching. Sample sentence: After one lie, every glance from others feels like a searchlight. Application example: promising to play ball with a classmate on the weekend and then standing him up; next week your ears burn and you cannot meet his eyes. The day you return the borrowed book, your heart goes quiet and your back straightens. Contrast material works best in pairs, once before and once after, guilt and ease setting each other off.

How to excerpt: no more than ten words and five sentences per category; more than that cannot be memorized or used. Beside every item write one line of usage in your own hand, for instance ears burning suits the first meeting after a broken promise. An item without a usage line might as well not have been copied.

Application check: before handing in, count the idioms and four-character phrases in your essay. More than five, cut down to five, and replace the cut ones with actions and short sentences. The notebook helps you name feelings precisely, not dress up the essay.

一段作文的素材运用实录：从堆砌到化用改三处

下面这段假设的五年级作文，写的是答应同学还书却忘了带的愧疚。先看堆砌版，再看三处修改。

堆砌版原文：那天我言而有信地答应了小宇，结果忘了带书，我脸红心跳、无地自容、羞愧万分、恨不得找个地缝钻进去。小宇却一诺千金地没有怪我，我下定决心以后一定说到做到。点

评：一段五十七个字里塞了七个成语，全是现成的，没有一个属于这篇作文。逐处改。

第一处，删成语。言而有信地答应这个搭配本身不通，答应就是答应，改成我拍着胸脯答应小宇周五一定带书。拍着胸脯是动作，比言而有信准，因为拍胸脯恰恰暗示了后来的靠不住。删掉无地自容、羞愧万分、恨不得钻地缝三个，只留一个身体反应。

第二处，换身体反应。脸红心跳太常见，全班一半人写愧疚都用它。改成：小宇问书呢，我耳朵先热了，眼睛落在他鞋带上。点评：耳朵热和看鞋带是两个只有愧疚的人才有的动作，读者自己就能读出脸红心跳，不需要你说。这就是化用：素材本里的词被拆成动作，藏进句子里。

第三处，改一诺千金。小宇却一诺千金地没有怪我，成语用错了地方，一诺千金说的是守承诺，小宇这里根本没承诺什么。改成：小宇只说了句没事，明天也一样。点评：明天也一样四个字比任何成语都重，它写的是小宇没把失信当回事，友谊照旧。结尾我下定决心以后一定说到做到是空头保证，改成：周五放学，我把那本书从书包最底层抽出来，抚平卷了边的封面。决心不用宣布，还书前抚平封面这个动作就是决心。

三处改完，段落里成语只剩零个，字数反而多了二十个，多出来的全是动作和对话。素材运用的标准就一条：你的好词好句是写在纸上的，还是藏在动作里的。藏起来的才算会用。

A Live Record of Using Material in One Paragraph: Three Fixes from Stacking to Blending In

The paragraph below, written as if by a fifth grader, is about the guilt of promising to return a book and then forgetting it. Read the stacked version first, then the three fixes.

The stacked version reads: That day I promised Xiao Yu with a true-to-my-word promise, but forgot the book, and I blushed and pounded, was utterly ashamed, felt extremely mortified, and wished the ground would swallow me up. Xiao Yu, a man of thousand-gold promises, did not blame me, and I resolved that from now on I would surely do what I said. Review: seven idioms crammed into fifty-seven characters, all off the shelf, none belonging to this essay. Fix them one by one.

Fix one: delete idioms. The phrase with a true-to-my-word promise does not even collocate; a promise is just a promise. Change it to: I thumped my chest and promised Xiao Yu I would definitely bring the book on Friday. Thumping the chest is an action, and more accurate than the idiom, because a thumped chest quietly hints at the unreliability that follows. Delete utterly ashamed, extremely mortified, and wished the ground would swallow me, keeping only one physical reaction.

Fix two: swap the physical reaction. Blushing and heart pounding is too common; half the class writes it for guilt. Change it to: When Xiao Yu asked where the book

was, my ears went hot first, and my eyes dropped to his shoelaces. Review: hot ears and staring at shoelaces are two actions only a guilty person performs; readers read the blushing and pounding on their own without being told. That is blending in: the notebook words are broken into actions and hidden inside the sentence.

Fix three: fix the thousand-gold idiom. Xiao Yu, a man of thousand-gold promises, did not blame me uses the idiom in the wrong place; thousand-gold promises is about keeping a promise, and Xiao Yu promised nothing here. Change it to: Xiao Yu only said it's fine, tomorrow's the same. Review: those four words, tomorrow's the same, weigh more than any idiom; they say Xiao Yu refused to treat the broken promise as a crack, and the friendship stands. The closing I resolved to do what I say from now on is a bounced guarantee. Change it to: Before Friday dismissal, I pulled that book out of the very bottom of my schoolbag and smoothed its dog-eared cover. Resolve needs no announcement; smoothing the cover before returning the book is the resolve.

After three fixes, the paragraph contains zero idioms and somehow twenty more characters, all of them actions and speech. The standard for using material is one line: are your good words sitting on the paper, or hidden inside the actions? Only the hidden ones count as skill.

素材运用五个误区：脸红心跳、一诺千金、言而有信最容易用错的地方

摘抄了一堆好词好句，用错比不用更糟。五个误区按出错频率排，每个给错例和改法。

误区一：脸红心跳写一切心情。写愧疚用它，写紧张用它，写喜欢也用它，一个词包办所有情绪，作文就成了复读机。错例：上台朗诵前，我脸红心跳。改法：紧张和愧疚的身体反应不一样，紧张是腿软、手抖、深呼吸；愧疚是不敢看眼睛、耳朵发烫。上台那句改成：手心里的稿子湿了一角，我做了三次深呼吸才迈出去。

误区二：一诺千金用错对象。这个词形容的是承诺的分量和守信的品格，不能形容没承诺过的行为。错例：小宇没怪我，真是一诺千金。改法：先问这个人承诺过什么。小宇没承诺过什么，这句就该删。换成写真正守诺的人：爷爷答应每周三接我，十年没缺过一次，这才配得上一诺千金。

误区三：言而有信当口头禅。每段结尾都贴一句他真言而有信，标签贴多了全文都是结论没有过程。错例：他借书按时还，言而有信。改法：把结论句拆成过程。他借书按时还改成：还书那天下了雨，他把书装在塑料袋里，宁可袖子湿了半截也没让书面沾水。写完成过程，言而有信四个字读者自己会想到，不用你写。

误区四：素材成串堆砌。攒了素材就恨不得全用上，一句话塞三四个成语。错例：我羞愧万

分、无地自容、脸红心跳、恨不得钻地缝。改法：一个场景只许用一个重点素材，其余全换成动作。四个成语留耳朵发烫一个，其余改成眼睛落在他鞋带上、说话开始结巴。

误区五：只摘抄不运用。本子抄得漂亮，作文里一个没用过。识别方法：翻开素材本，每个素材后面有没有自己写的用法行；交上去的作文里，有没有哪句明显来自本子。两个都没有，本子就是白抄。改法：每次写作文前，从本子里挑三个素材强制用掉一个，用不上的划掉，划掉的比留下的多也正常。

五个误区的共同解法只有一个：素材不是抄来贴在作文上的，是拆成动作藏进句子里的。摘抄时多写一行用法，写作文时少用一个成语，素材就算用活了。

Five Misuses of Material: Where Blushing, Thousand-Gold Promises, and True-to-Word Go Wrong Most Often

Copying piles of good words and sentences can backfire; using them wrongly is worse than not using them. The five misuses below are ranked by frequency, each with a wrong example and a fix.

Misuse one: blushing and heart pounding for every feeling. Guilt uses it, nervousness uses it, liking someone uses it; one phrase covering all emotions turns the essay into a copy machine. Wrong example: Before reciting on stage, I blushed and my heart pounded. Fix: nervousness and guilt live in different bodies. Nervousness is weak knees, trembling hands, deep breaths; guilt is unable to meet eyes, burning ears. Change the stage line to: the script in my palm went damp at one corner, and I took three deep breaths before stepping out.

Misuse two: thousand-gold promises aimed at the wrong target. The idiom describes the weight of a promise and the character of keeping it; it cannot describe an act that was never promised. Wrong example: Xiao Yu did not blame me, truly a man of thousand-gold promises. Fix: first ask what this person promised. Xiao Yu promised nothing, so the line should go. Replace it with someone who actually kept faith: Grandpa promised to pick me up every Wednesday and missed it zero times in ten years; that earns the idiom.

Misuse three: true-to-one's-word as a catchphrase. Every paragraph ends with he is so true to his word; too many labels leave the essay full of conclusions and empty of process. Wrong example: He returns borrowed books on time, true to his word. Fix: break the conclusion into process. It reads instead: the day he returned the book it rained, he bagged it in a plastic bag, and let his sleeve get soaked halfway rather than let the pages take a drop of water. Once the process is written, readers think of true to his word themselves; you need not write it.

Misuse four: stacking material in strings. Having collected material, you want to use all of it, cramming three or four idioms into one sentence. Wrong example: I was extremely mortified, utterly ashamed, blushing and pounding, wishing the ground would swallow me. Fix: allow one key item per scene and turn the rest into actions. Keep burning ears from the four idioms; change the others to eyes dropping to his shoelaces, speech starting to stutter.

Misuse five: excerpting without applying. The notebook looks beautiful, but nothing from it ever appears in an essay. How to spot it: open the notebook and check whether each item has a usage line in your own hand; check the essay you handed in for any sentence clearly lifted from the notebook. If neither exists, the copying was wasted. Fix: before each essay, pick three items from the notebook and force yourself to use one; cross out what does not fit, and crossing out more than you keep is normal.

All five misuses share one solution: material is not pasted onto the essay; it is broken into actions and hidden inside sentences. Write one usage line while excerpting, use one fewer idiom while writing, and the material comes alive.