

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.