

## 《经典:英语口语8000句(95) 郁闷、忧郁》

### 郁闷、忧郁

我很沮丧。

I'm depressed.

I'm depressed. I lost my job. (我很沮丧，因为我失去了工作。)

Cheer up! You'll get a new job. (打起精神来!你一定能找到新工作。)

I feel blue.

I feel low.

I feel really down.

我今天感到很忧郁。

I've got the blues today. \*blue表示“忧郁的”，blues表示“郁闷，忧郁症”。

I feel down in the dumps today.

这真让人沮丧。

It's depressing.

No one understands me. It's depressing. (没人能理解我，真让人泄气。)

Don't talk like that! I understand you. (别那样说，我理解你。)

It's sad. (真可悲。)

It makes me feel depressed. (这使我感到闷闷不乐。)

雨天使我感到消沉。

Rainy days get me down.

Rainy days make me sad.

I feel blue on rainy days.

我提不起精神来做事。

I don't feel like doing anything.

I don't feel like doing anything today. (我今天什么都不想干。)

Come on! Let's get moving. (好了好了，咱们赶快点儿吧。)

I don't have any enthusiasm for life. (这辈子没什么能让我提起兴趣来。)

他满脸忧愁。

He looks melancholy.

He has a melancholy look.

今天，他看上去很郁闷。

He looks gloomy today. \*gloomy

常用来形容“(天气等的)阴沉沉的”，在此表示“烦闷、忧郁的感觉”。