

词汇	词根/词缀	联想记忆法	例句
cognitive	cogn (知) + itive	"认知相关的"→认知的	Cognitive therapy focuses on changing thought
empathy	em- (入) + path (感)	"情感投入"→共情	Empathy helps build stronger relationships.
neurotic	neur (神经) + otic	"神经质倾向"→神经症的	Neurotic behaviors often stem from anxiety.
behaviorism	behave + ism	"行为研究学派"→行为主义	Behaviorism emphasizes observable actions.
perception	per- (全) + cept (取)	"全面获取信息"→感知	Visual perception varies among individuals.
subliminal	sub- (下) + limin (阈)	"阈值之下"→潜意识的	Subliminal messages may influence decisions.
introvert	intro- (内) + vert (转)	"内向转向"→内向者	Introverts recharge through solitude.
extrovert	extro- (外) + vert	"外向转向"→外向者	Extroverts thrive in social settings.
altruism	alter (其他) + ism	"利他主义"→无私行为	Altruism motivates volunteer work.
conformity	con- (共) + form (形)	"共同塑形"→从众行为	Peer pressure increases conformity.
dissonance	dis- (分) + son (声)	"声音不谐"→认知失调	Cognitive dissonance arises from conflicting
mnemonics	mnem (记忆) + onics	"记忆术"→记忆技巧	Mnemonics improve recall efficiency.
stimulus	stim (刺) + ulus	"刺激物"→外部刺激	The experiment tested response to visual stimuli.
conditioning	con- (共) + dition	"条件训练"→条件反射	Pavlov's dogs demonstrated classical conditioning.
schema	—	"认知框架"→图式	Children develop schemas to organize knowledge.
trauma	—	"心理创伤"→创伤	Childhood trauma affects adult mental health.
resilience	re- (回) + sil (跳)	"反弹能力"→心理韧性	Resilience helps overcome adversity.
compulsion	com- (共) + puls (推)	"强迫推动"→强迫行为	OCD involves repetitive compulsions.
phobia	—	"恐惧症"→恐惧症	Arachnophobia is the fear of spiders.
placebo	—	"安慰剂"拉丁词源→安慰剂	Placebo effects demonstrate mind-body
serotonin	sero (血清) + tonin	"血清素"→神经递质	Serotonin regulates mood and sleep.
dopamine	dopa (多巴) + mine	"多巴胺"→快乐物质	Dopamine release reinforces rewarding behaviors.
psychosis	psycho (心理) + sis	"心理异常"→精神病	Psychosis may involve hallucinations.
delusion	de- (离) + lus (玩)	"脱离现实"→妄想	Delusions are common in schizophrenia.
hallucination	hallu (游) + cination	"幻觉游走"→幻觉	Hallucinations alter sensory perception.
neuroplasticit	neuro (神经) + plastic (塑)	"神经可塑性"→大脑适应性	Neuroplasticity enables learning recovery after

bystander	by + stand	"旁观者"→旁观者效应	Bystander apathy reduces intervention rates.
attribution	at- (向) + tribute (给)	"归因理论"→属性归因	Attribution bias affects conflict resolution.
heuristic	heur (发现) + istic	"启发式思维"→经验法则	Heuristics simplify decision-making.
confabulation	con- (共) + fabul (说)	"虚构叙述"→虚构记忆	Confabulation fills memory gaps falsely.
catatonia	cata- (下) + ton (紧张)	"紧张性僵直"→木僵状态	Catatonia involves motor immobility.
anhedonia	an- (无) + hed (乐)	"快乐缺失"→快感缺乏	Anhedonia is a core symptom of depression.
dysphoria	dys- (不良) + phor (感)	"情绪不良"→烦躁不安	Gender dysphoria involves identity distress.
apathy	a- (无) + path (感)	"情感淡漠"→冷漠	Apathy reduces motivation in dementia patients.
eidetic	eid (形) + etic	"形象记忆"→遗觉象	Eidetic memory resembles photographic recall.
somnambulism	somn (睡) + ambul (走)	"睡梦中行走"→梦游症	Somnambulism occurs during deep sleep.
paranoia	para- (旁) + noia (思)	"偏执思维"→妄想症	Paranoia involves irrational suspicions.
mania	—	"躁狂"希腊词源→躁狂症	Mania leads to impulsive risk-taking.
dissociation	dis- (分) + soci (联)	"意识分离"→解离状态	Dissociation detaches from traumatic memories.
synesthesia	syn- (共) + esthes (感)	"感官联觉"→通感	Synesthesia blends colors with musical notes.
amnesia	a- (无) + mnes (记忆)	"记忆缺失"→失忆症	Retrograde amnesia erases past memories.
lucid	luc (光) + id	"清醒梦境"→意识清醒的	Lucid dreamers control their dream narratives.
flow	—	"心流状态"→沉浸体验	Flow occurs during intense focus on enjoyable
gestalt	—	"完形心理学"→格式塔	Gestalt theory emphasizes holistic perception.
archetype	arche (原) + type	"原始模型"→原型	Jungian archetypes appear across cultures.
sublimation	sub- (下) + lim (界)	"本能升华"→心理防御机制	Sublimation channels impulses into creative work.
transference	trans- (跨) + fer (带)	"情感转移"→移情	Transference affects therapist-client dynamics.
habituation	habit (惯) + ation	"习惯化反应"→适应性减弱	Habituation reduces responses to repeated stimuli.