

词汇	词根/词缀	联想记忆法	例句
psychology	psycho (心理) + logy	"心理研究"→心理学	She majored in psychology.
emotion	e- (出) + mot (动)	"内心波动"→情绪	His voice trembled with emotion.
cognitive	cogn (知道) + itive	"认知的"→认知能力	Cognitive skills develop with age.
conscious	con- (全) + sci (知)	"全知道"→有意识的	I was conscious of my mistake.
subconsciou	sub- (下) + conscious	"意识之下"→潜意识	Dreams reveal subconscious thoughts.
perception	per- (通过) + cept (拿)	"通过感官获取"→感知	Color perception varies among people.
intuition	in- (内) + tuit (看)	"内心看到"→直觉	Her intuition told her to wait.
empathy	em- (入) + path (感受)	"代入感受"→共情能力	Doctors need empathy for patients.
apathy	a- (无) + pathy	"无感受"→冷漠	Voter apathy affects elections.
compassion	com- (共) + pass (忍受)	"共同忍受"→同情心	She showed compassion to refugees.
anxiety	anx- (紧) + iety	"紧绷状态"→焦虑	Exam anxiety affects performance.
depression	de- (下) + press (压)	"情绪被压下"→抑郁症	Depression requires professional help.
stress	-	"死拽死"谐音→压力	Chronic stress harms health.
frustration	frustr (失败) + ation	"挫败感"→沮丧	Technical issues caused frustration.
euphoria	eu- (好) + phor (携带)	"携带快乐"→极度兴奋	Winning caused momentary euphoria.
nostalgia	nostos (回家) + algia (痛)	"思家之痛"→怀旧	Old photos evoke nostalgia.
trauma	-	"戳磨"谐音→心理创伤	Childhood trauma affects adulthood.
phobia	-	"怕病"谐音→恐惧症	His arachnophobia makes him avoid
obsession	ob- (反) + sess (坐)	"反坐心头"→强迫观念	Cleanliness became his obsession.
addiction	ad- (向) + dict (说)	"被欲望诉说"→成瘾	Video game addiction is a growing issue.
motivation	mot (动) + ivation	"驱动力量"→动机	Financial motivation boosts productivity.
inspiration	in- (入) + spir (呼吸)	"注入气息"→灵感	Nature is her inspiration for art.
willpower	will + power	"意志力量"→自制力	Willpower helps resist temptations.
impulse	im- (内) + puls (推)	"内心推动"→冲动	Impulse buying wastes money.
habit	-	"嗨bit"谐音→习惯 (每天嗨一点)	Nail-biting is a bad habit.
instinct	in- (内) + stinct (刺)	"内在刺激"→本能	Survival instinct is primal.

temperamen	temper (调节) + ament	"调节状态"→性情	Babies have different temperaments.
introvert	intro- (内) + vert (转)	"转向内部"→内向者	Introverts recharge by being alone.
extrovert	extro- (外) + vert	"转向外部"→外向者	Extroverts enjoy social events.
ambivert	ambi- (双) + vert	"双向转换"→中间性格者	Ambiverts adapt to situations.
neurotic	neur (神经) + otic	"神经紧张的"→神经过敏	Neurotic people overanalyze.
optimism	optim (最好) + ism	"相信最好"→乐观主义	Optimism improves resilience.
pessimism	pess (坏) + imism	"预期最坏"→悲观主义	Pessimism clouds judgment.
rational	rat (计算) + ional	"计算性的"→理性的	Rational decisions lack emotion.
irrational	ir- (非) + rational	"非理性"→不合理的	Irrational fears are hard to control.
ego	—	"自我"拉丁词源→自尊	Criticism hurt his ego.
altruism	alter (其他) + ism	"为他主义"→利他行为	Volunteers show altruism.
narcissism	Narcissus (希腊神话)	"自恋者"→自我陶醉	Extreme narcissism harms relationships.
mindset	mind + set	"思维设定"→心态	A growth mindset embraces challenges.
resilience	re- (回) + sil (跳)	"跳回来"→心理韧性	Resilience helps overcome failures.
gratitude	grat (感激) + itude	"感激状态"→感恩	Expressing gratitude improves happiness.
jealousy	—	"姐乐死"反义→嫉妒 (姐不乐)	Jealousy ruins friendships.
guilt	—	"跪了"谐音→愧疚感	Guilt made him apologize.
shame	—	"羞m"拼音→羞耻	Public failure brought shame.
conflict	con- (共) + flict (打)	"共同打击"→冲突	Family conflicts need mediation.
harmony	—	"哈moni"谐音→和谐 (大家哈哈	Teamwork requires harmony.
attachment	at- (向) + tach (钉)	"钉住关系"→依恋	Infant attachment shapes adulthood.
isolation	isol (岛) + ation	"孤岛状态"→孤立	Social isolation causes loneliness.
meditation	medit (思考) + ation	"深度思考"→冥想	Daily meditation reduces stress.