

天天译新闻：五彩斑斓的颜色可预告心情 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/499/2021\\_2022\\_\\_E5\\_A4\\_A9\\_E5\\_A4\\_A9\\_E8\\_AF\\_91\\_E6\\_c94\\_499731.htm](https://www.100test.com/kao_ti2020/499/2021_2022__E5_A4_A9_E5_A4_A9_E8_AF_91_E6_c94_499731.htm) Our clothes are a

powerful tool that can make us feel better about ourselves. One way in which this works is by wearing different colors of clothes.

Normally when we are sad, we will wear dark colored clothes.

Oppositely, when we are happy, we often choose to wear brightly colored clothes. The reason for this is that our choice of color mirrors how we are feeling. Those who don ' t believe in the idea are often heard saying, “ if only this truly worked ” . Well in reply to those people, there has been a lot of research into what happens to someone ' s feelings ' when they are asked to wear just one color of clothes. It has been proven that if we wear particular colors of clothes these can change our feelings. Suppose we are feeling sad, if we wear black we may begin to feel worse. However if we wear Green, Red or Yellow we may begin to feel better. Each colour is said to have its own healing power. So remember, if you are not feeling your best, you can always try out some different coloured clothes. If one colour has no effect on your feelings, maybe another will. 我们身上穿的衣服可以使我们自我感觉更好，其中一个原因就是衣服的颜色。通常当我们心情不好时，我们会穿颜色灰暗的衣服。相反，当我们心情愉快时，我们常常会选择颜色鲜亮的衣服。这是因为我们选择的颜色是我们心情的外在反映。不相信这一观点的人都会说“要是真的就好了”。好吧，为了回答这些人的疑问，科学家做了许多实验，测试当人们只能穿一种颜

色的衣服时情绪会有什么变化。事实证明穿特定颜色的衣服,会影响我们的情绪。假设我们情绪低落,如果再穿黑色的衣服那心情就会更遭,如果穿绿色、红色或是黄色的衣服则会感觉好点。每一种颜色都有它的治疗作用。如果我们穿的是红色的衣服,我们会觉得自己更有活力;穿黄色衣服,会觉得自己更聪明;穿蓝色衣服,会觉得自己更有想法;穿橙色衣服,会觉得自己更快乐;穿绿色衣服,会觉得自己更平和;穿白色的衣服,会觉得自己更乐于助人;穿褐色衣服,会觉得自己学习更好;穿粉色衣服,会觉得自己更浪漫;穿紫色衣服,会觉得自己更易坠入爱河;穿黑色的衣服,会觉得自己更安全。所以记住,如果你的情绪没有达到最高点,你始终可以尝试穿一些不同颜色的衣服。即使某个颜色无法改变你的情绪,另一个也会的。100Test 下载频道开通,各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)