



wěn luàn

紊乱

Adjective · disorder / chaos

## Example Sentences

zù jìn wǒ de zuò xī shí jiān yǒu diǎn wěn luàn xū yào tiáo zhěng yí xià  
最近我的作息時間有點紊亂，需要調整一下。

My daily routine has been a bit disordered recently, and I need to adjust it.

tā de sī xù yīn guò dù jiāo lǜ ér biàn de yì cháng wěn luàn nán yǐ jí zhōng  
他的思緒因過度焦慮而變得異常紊亂，難以集中。

His thoughts became unusually disordered due to excessive anxiety, making it hard to concentrate.

nán dào nǐ bù jué de zhè zhǒng xìn xī guò zài huì dǎo zhì rén zhī wěn luàn ma  
難道你不覺得這種信息過載會導致認知紊亂嗎？

Don't you think this information overload could lead to cognitive disorder?

Trace each character, then write the word on your own.

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| 紊 | 紊 | 紊 | 紊 | 紊 | 紊 | 紊 | 紊 | 紊 | 紊 | 紊 |
| 紊 | 紊 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| 乱 | 乱 | 乱 | 乱 | 乱 | 乱 | 乱 | 乱 | 乱 | 乱 | 乱 |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |