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Did you know you can catch a mood?

你知道你会感染情绪吗？

A bad mood isn't spread by a virus like the flu is, but it can be contagious.

坏的情绪不会像流感那样通过病毒传播，但是它有传染性。

Moods sort of drift from person to person unconsciously.

情绪在一定程度上不知不觉的在人与人之间转移。

Slight, unintentional signals carry the mood.

轻微的，无意识的信号携带着情绪。

You've probably experienced it yourself.

你们可能自己都经历过。

You're around someone who's feeling down and showing it—slumped shoulders, downcast mouth, subdued voice—all that sort of thing.

你在某人身边，此人情绪消沉并且显示出来——低垂的肩膀，沮丧的嘴角，弱弱的声音——诸如此类的事。

Pretty soon you begin to feel depressed too.

很快你也会开始感觉压抑。

Of course, good moods are also catching, not just bad ones.

当然，好心情也会传染，并不只是不好的（内些）

Moods spread in steps.

情绪扩散（是）按步骤来的。

One person's facial expression or whatever is observed by another, who then unconsciously begins to mimic.

一个人的面部表情或者任何其他方面被另一个人观察到，这个人就会不知不觉地开始模仿。

The process is automatic—a split second mimicry.

这个过程是无意识的 —— 一刹那间的模仿。

The person isn't even aware of the copying.

这个人甚至没有注意到在模仿。

A full-blown case of mood transfer develops as this copying continues.

随着这个模仿继续，一个全面的情绪转移形成了。

Not everyone picks up moods to the same degree.

不是每个人都在同一个程度上感染情绪。

Those who're most susceptible often have strong physiological responses to what's going on around them.

那些最容易受影响的，通常是对他们周围发生的事有着强烈的生理反应的人。

You know, people who break out in a nervous sweat easily and whose stomachs churn.

你们知道的，容易突然紧张出汗和胃部翻腾的人

People don't all send moods equally well either.

人们也不会都传递同样的情绪。

The best mood senders are expressive people because mood contagion can't happen without signals.

最好的情绪传递者是有表现力的人，因为情绪传染不能在没有信号时发生。

If they aren't there—that is, the person gives no indication of the mood they're in—nobody will pick up the mood.

如果他们没有——也就是说，该人没有表露他们所处的情绪的迹象——没有人将会沾染该情绪。