“而不是”but not

有学生容易在翻译“而不是”时翻成but not，没有用instead of，关于这一点算不算错主要还是看该句子这样翻译之后结构符不符合语法，句意和原句是否一致

比如下面这一句

直到妻子与他离了婚，他才意识到他应该多抽一些时间陪伴家人，而不是一心只有工作。(until)

Not until **his wife divorced him** did he realize that he **should have spared/set aside** more time to **keep the family company**/**stay with the family** **instead of** **being obsessed with/absorbed in** his work.

He didn’t realize that he should have set aside more time to accompany the family instead of being busy with his work until **he was divorced from/with his wife**.

这里如果后半句改成but not be obsessed with，那么语法上就不对，找不到和be obsessed并列的动词短语（问题：但如果学生写but not to be obsessed with...，是不是可以算对呢？？）

**结论：but not后跟动词词组不是一种地道的表达，不推荐学生这样用**