

# TED 你凭什么认为自己不会画画

题目: Why people believe they can't draw

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Hi. I've got a question for you: how many people here would say they can draw? I think we've got about one or two percent of the hands going up, and it's interesting, isn't it? It's a little bit like people think of spelling or singing. They think, "You can either do it, or you can't." But I think you can. Because when people say they can't draw, I think it's more to do with beliefs rather than talent and ability.

嗨。我有一个问题问大家：今天在场多少人敢说他会画速写呢？我看举手的大概有1%到2%。很有意思，是不是？有点像人们想起拼写或者唱歌。他们想，“你或者会，或者不会。”可是，我相信你们一定能。因为当人们说他们不能画的时候，我认为更多跟他们的信仰有关系，而不是他们的天才或者能力。

So I think when you say you can't draw, that's just an illusion, and today I'd like to prove that to you. When I say "draw", I'm not saying we're all going to draw like Michelangelo. We are not going to be painting the Sistine Chapel's ceiling. But would you be happy if, by the end of this session, you could draw pictures a little bit like this?

所以我认为，当他们说他们不会画的时候，那仅是一个错觉。我就想给你们证明这一点。当我说“画”的时候，我不是说我们大家都要像米开朗基罗那样画。我们不是要去画西斯廷礼拜堂的天顶画。而是说，在这个讲话结束后，你们会感觉高兴于你们都能画，有点像这样的画。

Oh, yes! Or even a little bit like this? Actually, there are only two things you need to do to be able to achieve this. One is have an open mind. Are you up for that?

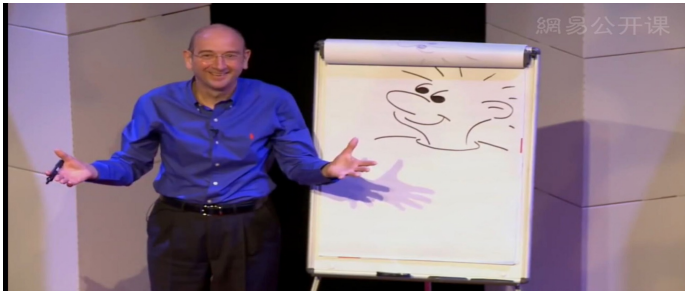
甚至于有点像这样的画？事实上要做到这些，你们只要做两件事情。首先，要解放思想，你们能做到吗？

rather than  
而不是

illusion  
n. 错觉

session  
n. 一段时间；  
会议

a little bit  
有点儿



Yes! And two, just be prepared to have a go. So grab a pen and a piece of paper. OK, so here's how it's going to work: I'll show you the first cartoon we're going to do, so just watch to begin with. Here we go. Just watching. That's going to be our first cartoon.

当然！然后第二点，准备好开始。那么，拿一张纸和一支笔出来。好，下面我们这么着。我给大家看看我们要画的第一张卡通，那么开始先好好看，来开始了。好好看。这将是我们要画的第一张卡通。

It's a **character** called Spike. I'd like you to draw along with me. I'll draw the first line, you draw, and when you've done that, look up, and I'll know you're ready for the next line. Okay, here we go.

这是一个叫史派克的卡通人物。我想请你们跟我一起画。我画第一条线，然后你们跟着画。画完了之后请抬起头来。这样我就知道你们准备好画下一笔了。好，我们开始。

Start with the nose. Now the eyes. They're like 66s or speech marks. That's it. Next, the mouth. Nice, big smile. Now, over here, the ear. Next, some **spiky** hair. Next, put the pen to the left to the mouth, little line like that. Pen under the ear, drop a line like that. Pen to the left of the neck, top of the T-shirt. Line to the left, line to the right. Just hold your **drawings** up and show everyone. How are we all doing? OK. OK, fantastic.

先画鼻子。现在画眼睛。眼睛看起来像66或者双引号。这样就好了。然后，画嘴巴。漂亮的，大大的微笑。现在，在这里，画鼻子。然后，小平头。然后，我们把笔落在嘴巴的左边，轻轻一笔，在耳朵下方落笔，这么画一笔。脖子左边落笔，T恤的脖子。左边一笔，右边一笔。把你们的画举起来让大家看看。我们画的怎么样？好。好，太棒了！

be prepared  
to  
准备...

character  
n.人物；性格；特征

spiky  
大钉一般的，尖刻的

drawings  
n.图纸



So, it looks like you've just learned to draw one cartoon, but you've actually learned more than that; you've learned a sequence that would enable you to draw hundreds and thousands of different cartoons, because we're just going to do little variations on that sequence. Have a go at this.

这么说，看起来你们只是学会了画一张卡通画，可是，你们实际上学到了更多；你们学会了画的顺序，让你们可以画出千千万万张各种各样的卡通，因为，我们只是在这个顺序上做小小的变化。我们再试试这个。

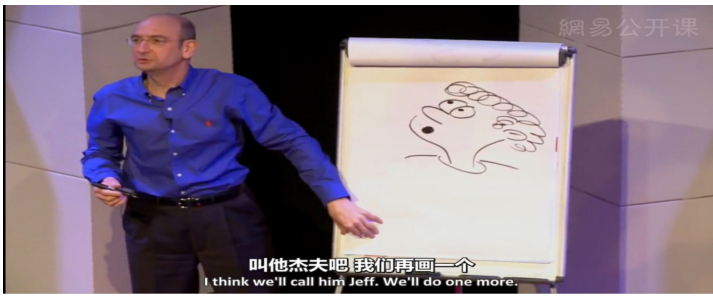
Draw along with me. Nose. Eyes. Smile. That's it. Now some hair. Pen to the left of the mouth, under the hair, little V-shape for the top, line to the left, line to the right. So we've got another character. Let's call her Thelma. So, we've got Spike and Thelma. 跟着我画。鼻子。眼睛。微笑。好。再画点头发。嘴巴左边下笔，头发下面。上衣的V领。左一条线，右一条线。我们又画了一个卡通人物。让我们叫她萨尔玛。现在我们画了史派克和萨尔玛。

Let's try another one. Here we go. Another little variation. You're getting the idea. Starting with the nose. But this time we'll change the eyes slightly. Look, two circles together like that. That's it. Then, two little dots in for the eyes. And this time we'll change the mouth slightly. Watch. Little circle colored in there. Have a go at that. Next, the ear.

我们再来一个。现在就开始了。再搞点小小的变化，你马上就会明白这个意思。从鼻子开始。这次我们稍稍改变一下眼睛。看着，两个连在一起的圆圈。就这样。然后，眼睛里点两个小黑点。而且，我们稍稍改变一下嘴巴。你们看。小圆圈，这儿涂上颜色。就这样试试。然后，耳朵。

hundreds and  
thousands of  
千千万万的

variation  
n. 变化



Now, we'll have some fun with the hair, watch. Nice curly hair. Then same thing: pen to the left to the mouth, little line like that. Under the ear, drop a line. Top of the T-shirt. Line to the left, line to the right. I think we'll call him Jeff.

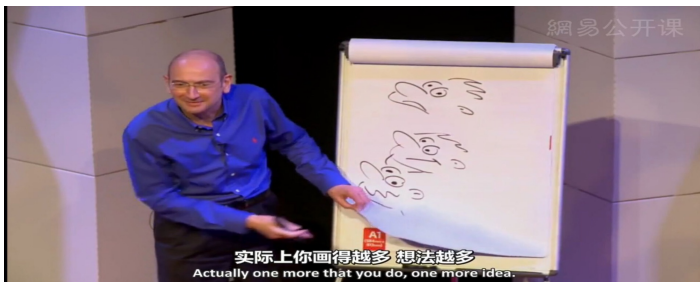
现在，我们搞搞头发。你们看。漂亮的卷发。同样，在嘴巴左侧也画上，小小一道线。耳朵下方，往下画一道。T恤领子。左一道，右一道。我想，我们可以叫他杰夫。

We'll do one more. One more go. Here we go. You're getting the idea. So we'll start with a nose again. Notice we're doing little variations. Now we'll change the eyes, so we've got them apart. We'll put some little dots in like that. Next, the mouth slightly different. Let's put a little V-shape like that. **Triangle**. And a little line across, and we'll just color this a little bit in. Now, watch this bit carefully; some hair, watch. Here we go, little line like that. Next, a bit more there. And watch, **a couple of** triangles to make a little bow. Triangle at the bottom, rest of the hair. Pen to the left of the mouth again. You get the idea. Drop a line for the neck. Now the V-shape. Line to the left, line to the right. There we go. Let's call her Pam.

我们再来一张。再来一张，开始。你们现在明白了。我们还是从鼻子开始。注意，我们做了一些小小的变化。这次，我们改一下眼睛，两只眼睛分开。里面点上这样的小点点。然后，嘴巴也稍稍不同。还是来一个小V形。三角形。一小道线条穿过三角，并且把颜色涂深一点。现在，仔细看这里；来点头发，看着。继续，这么一小道。接着，再来一点点。好好看着，一对三角，形成小拱形。下面在家一个三角，这是剩下的头发。还是嘴巴左边下笔。这你们都知道。一条线画脖子。现在画V形。一道向左，一道向右。完成了。让我们叫她派姆。

tiangle  
n.三角形

a couple of  
两三个；  
一对



So you've done... So you've done four cartoons. You can have a little rest now. Take a rest. You're getting the idea. All we're doing is little variations. I'll just **demonstrate** a couple to you. We could go on all day, couldn't we? You could do someone looking unhappy, a bit like that, or you could experiment with, perhaps, someone who is... just draw a straight line, someone looking a bit fed up. Or perhaps, you could do anything you like, really, just try things out. Look at this. Little **squiggle**. There we are. So, all sorts of things we could do.

这么着，你们已经……这么着，你们已经画了四个卡通画。现在可以休息一下。休息一下。你们慢慢明白了。我们所做的只是细微的变化。我只是跟你们演示了一两个地方。我们可以接着画一整天，能么？你们可以画一个闷闷不乐的人物，像这样，或者也可以试试这样，或许，一个就这么画一条直线，一付受厌烦了的样子。或者，也许你们可以想怎么画就怎么画，真的，就随便试着画。看这里，一条弯弯扭扭的线条。就这样。所以，我们可以画各种各样的东西。

Actually, one more I'll let you do, one more idea. This is a great little **technique**. Have a go at this: people with glasses on. Just draw a nose a bit like Spike's. Next, draw some frames, so two circles like that with a little bit in between. Now, just put some dots inside for the eyes like that.

事实上，我想让你们再画一张。还有一个主意。这一个超级小技巧。试试这个：戴眼镜的人物。我们就画一个有点像史派克的鼻子。然后，画镜框，两个这样的圆圈，之间一小道。现在，只要在里面加上两点，代表眼睛，就这样。

**demonstrate**

v.演示；证明

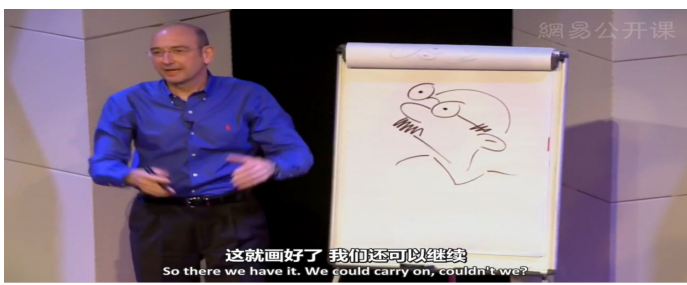
**squiggle**

n.胡乱写的字；花体

**technique**

n.技巧，工艺





Next, the ear. So it's little bit like we did before, but this time we'll join up the frames. That's it. Watch this bit. And this bit I really like. Watch. And then, little bit there. Pencil under the **mustache**, line down, top of the shirt, left and right. So there we have it.

然后，耳朵。基本跟我们之前画的一样，只是这次我们要把镜框架起来。就这样，好好看这一点点。这一点点，我真的很喜欢。看着。然后，这里一点点。胡子底下下笔，往下一道，T恤领子，左一笔，右一笔。这么就画完了。

We could carry on, couldn't we? Hopefully, we've done enough to convince you that in fact we can all draw. And not just people here. I've worked with... I'm going to give you three examples of other people who've learned to draw, and that actually surprised them, too. I'm going to save what I think is my favorite, most surprising example until last. The first example is: I've worked a lot with children and students in schools.

我们还可以继续，可以么？希望我们画到这里，足以说服你们事实上我们大家都会画。而且不只是今天在场的人。和以前跟我学过画的人……我给你们举三个例子，其他学会画速写的人的例子。而且他们当时也吃惊不小，跟你们一样。我要把我觉得最喜欢，最令我震惊的例子，放到最后。

mustache  
n.胡子



Actually the little ones, they just draw fine, but when they get to about 15 or 16, most of them think they can't draw. But I worked with them. I worked this week in a school where I was coaching them on using pictures for memory. A girl was trying to remember what red blood cells do, and she drew this little picture of a red blood cell carrying a **handbag** with O<sub>2</sub> on it to remind her that the red blood cells carry oxygen to all parts of the body. That was a great one. The other people I worked with are many adults in all walks of life, and particularly in business, and they often will want to make **presentations memorable**. So again, a quick cartoon or sketch could be really good for that. And again, most people think they can't draw, but take this example. Couple of wavy lines, little boat could be a metaphor to represent we're all in this together. So that, if that was just drawn in the presentation, would really stay in the memory, wouldn't it? Yeah.

第一个例子是这样的：我教过很多小孩和学校的学生。小孩子，一般都画得很好，可是一旦过了十五六岁，大多数都认为自己不会画。但是我跟他们交流。就本周，我去了一个学校。主要是教他们利用画图来帮助记忆。一位女生试图记住红细胞的功能，她画了这个小图，一个红色的细胞，提着一个手袋上面写着O<sub>2</sub>，好让她记住血红细胞将氧气带到身体的各个部分。这是个不错的例子。除此之外，我也跟处于不同年龄段的成年人工作过，特别是在生意圈子里，他们经常想让他们做的介绍观众过目不忘。在这种情况下，一个速写的卡通或者草图可以大显神通。同样多数人认为他们不会画。可是，我们看看这个例子。几条波浪线，小船象征着我们大家都在里面。所以如果在演讲中画出来，一定会过目不忘，是不是？当然是的。

**handbag**  
n. 手提包

**presentation**  
n. 仪式

**memorable**  
adj. 难忘的；  
显著的

But the third example is - you shouldn't have favorites, should you? This is my favorite. Have you ever been at the party when someone asks you what you do? It gets a little bit **skeptical** when people ask me that. This lady said to me, well - I said, "I do a little bit of training, and I teach people to draw," and she said, "Would you come along and do some for our group?" She said, "I work with some people" - she was a **volunteer** - a group of people who have suffered strokes. So I said, "Sure, I could spare some time for that." So I said I would, and I booked the time in. Have you ever done that? You get near of that time and you think, "What have I let myself in for here?" "Will I be able to do it?" I thought, "What could I do with them?" you see. "I know.

可是第三个例子是 - 你们不能有偏好，对不对？这是我的最爱。你有没有经历过在一个宴会里有人问你是做什么的？当人们问我时，会有点怀疑 这位女士对我说，哦 我说，“我做一点培训，我教人学画画”然后，她说，“你能来为我们的团体做一些培训吗？”她说，“她和一些一起工作”-她是志愿者- 这个团体的人们都经历过中风 所以我说，“当然可以，我可以花一些时间做培训”然后我说我可以，我预定了时间。你曾经做过这个吗？那时你在接近 然后你会想，“是什么让我自己陷入在这里？”我能做它吗？我想，“我能和他们做些什么呢？”你们明白 我知道。

I'll do my cartoon drawing. They'll like that." But then, as I got near of the time, I got more **apprehensive**, because then I was thinking, "I've worked with children, with all sorts of adults; I've never worked with a group like this." It turns out it was all part of a charity called TALK. This TALK charity is a wonderful charity that helps people who've suffered strokes, but have a particular condition known as aphasia.

我要画我的卡通画，他们应该喜欢。但是，随着时间接近，我变的更加忧虑 因为我一直在想 我已经培训过小孩子们，培训过各种成人 但是我从未培训过像这样的团体 它证明是一个叫TALK的慈善机构的部分 这个TALK慈善机构是一个的了不起的慈然机构，它帮助那些患中风疾病的人们。而且有患有失语症的特殊的情况。

**skeptical**

adj. 不相信的，怀疑的

**volunteer**

n. 志愿者

**apprehensive**

adj. 忧虑的，不安的



You might have heard of aphasia, sometimes called dysphasia. The key thing is it affects their ability to communicate. So, for example, they might have trouble reading, writing, speaking, or understanding. It can be quite an isolating condition; it can be very, very **frustrating** and can lead to a loss of confidence. Anyway, so I prepared all this stuff, what to do for this session - for a couple of hours, tea break in the middle - and I got more **apprehensive**. But actually, I needn't have worried, because I'm going to show you now the work that they did. It was one of the best things I've ever done. I'm going to show you the first slide. I taught them Spike, just like I did for you, and I want you to see the reaction on their faces when they did this.

你可能听说过失语症。有时候叫做言语障碍症 关键的事情是它影响他们的沟通交流能力 比如，他们可能有问题在 读，写，说，或者理解上面 它可以使比较孤立的一种情况 它可以是非常非常使人沮丧，甚至导致失去信心 不管怎样，我准备了所有的资料，怎么做这个培训 大概几个小时，中间喝茶休息时间 我变得更加忧虑 但是实际上，我没有必要担心 因为我将要向你们展示他们做的 这是我做过的最好的事情之一 我将给你们展示第一张幻灯片 我教了他们史派克，像刚刚教你们一样 我想让你们看看他们画画时的表情。

Oh. What you can see here are two of the stroke recoverers on the left and right, and one of the volunteer helpers in the center. Each stroke recoverer, there are about 36 in the room with volunteers as well, there's one-to-one helpers. You can just see the delight on their faces, can't you? Let's look at another picture. This is a **gentleman** called David, and he's holding up his picture, and you can tell it was the picture of Spike, can't you?

哦 你们这里看到的是两个中风患者的康复者 在左边和右边 其中一个志愿帮助者在中间 每一个中风康复者，这个房间里大概有36个人，包括志愿者们 这是一对一的帮助者 你可以看到他们脸上的快乐，是吧 让我们看另外一个图片 这位先生叫大卫，他在拿着这个图片 你可以说这是史派克的图片，是吧！

**frustrating**  
adj. 令人懊恼的

**apprehensive**  
adj. 忧虑的，不安的

**gentleman**  
n. 绅士

In fact, I think he's drawn Spike even better there. But what I didn't realize until even after the session was that the number of the people in this session, including David, were drawing with their wrong hand. David's stroke meant that it affected the right side of his body, and he drew with his left hand, as many did. Nobody mentioned it to me, nobody complained.

事实上，我认为他画的史派克更好些 但是我没有意识到的是，直到结束这次培训 在这次培训中，很多人包括大卫 是用他们非惯用的手画画的 大卫中风影响到他右侧身体 所以他用他左手画的，很多其他人也是 没有人向我提这回事，也没有人抱怨。

They just got on with it. It was an inspirational session for me. It was quite a humbling session, one of the best things I felt I've ever done. At the end of it, I had a lovely email from doctor Mike Jordan, and he's the chair of the TALK group; happens to be a medical doctor, but he's the chair of the group. He wrote to me, and I'm quoting, he said, "Our recoverers learned today that they can draw. It's a bit more than that; this sort of activity really builds their confidence." So I was happy, he was happy, everyone was happy, they've invited me back again, and I go in there now about every three or four months. So it's great. I thought that was a lovely example to share. Fancy one more drawing?

他们就这样画画的 它是一个鼓舞人心的培训 它又是一个令人谦恭的培训 是我觉得我做过的最美好的事情之一 培训结束后，我收到Mike Jordan医生一封令人愉快的邮件 他是TALK机构的主席 他是一名医生，但是他又是一个机构的主席 我这里引用他写给我的，他说 “今天我们的康复者认识到他们可以画画 它不仅仅是这些；这是一种让他们建立自信心的活动。所以当时我很高兴，他也很高兴，每个人都很高兴 他们又邀请我去 现在我大概每三，四个月都会去那里一次 很不错。我想这是很温馨的值得分享的例子 想再画一个画？

mention

v.提及

inspirational

adj.鼓舞人心的

Yes. Here we go. Grab your pens. Here we go. Right. I'm going to get you to draw someone that you would recognize. So start with a big nose, a bit like Spike's. Next, we'll do some eyes, and you might be thinking, "This is also a bit like Spike." Watch the next bit. You're getting warm. There you go. Little line down there. Down here. Little V-shape, line to the left, line to the right. And you've got Albert Einstein.

是 那我们开始，拿起你的笔 我们开始了 我将让你画一个你可能认出的人 开始于大鼻子，有点像史派克的鼻子 下面。我们做眼睛。你可能会想 这个也有点像史派克 看看下面 你已经热身了 开始吧 下面这里一条小线 再下面 小的V型领，左边一笔，右边一笔 那么你画出了艾伯特 爱因斯坦。

So you've got the pens with you, you've proved that you can draw. You're very welcome to take the pens with you and have a practice at home, even show somebody else. But actually, I'd like to leave you with a final thought. When you walked in here today, many of you didn't believe you could draw. I've got a question for you about that. How many other beliefs and limiting thoughts do we all carry around with us every day? Beliefs that we could perhaps potentially challenge and think differently about. If we did challenge those beliefs and think differently about them, apart from drawing, what else would be possible for us all? Thank you very much.

那么你有了你的笔 你证明了你可以画画 你可以随意带着笔回去 回家里练习 甚至展示给其他人 但是实际上，我想给你留下一个最后的想法 今天当你们来在这里时 很多人认为你们不会画画 我想针对这个问大家一个问题， 还有哪些信念和限制性的想法 每天都带着？ 那些我们有办法挑战 和换个角度去思考的信念 如果我们真的挑战那些信念并用不同的角度思考他们 除了画画，还有什么对我们来说是可以做到的呢？ 谢谢大家。

potentially  
adv.潜在地，  
可能地