

The One Where Ross Finds Out

207 罗斯发现瑞秋对他有意思

钱德发现自己发福，答应让莫妮卡当私人健身教练。

健身成效显著，当莫妮卡太较真了，钱德开始恨起她来。

菲比和一个她真心喜欢的男人约会，但他们迟迟没有更进一步的关系，使她困惑不已。

罗斯和朱丽计划合养一只猫；

瑞秋重新开始和别的男人约会。

但整个晚上她都在为罗斯和朱丽的事伤心，借酒浇愁。

酩酊大醉的瑞秋打电话给罗斯留言说，她已忘了他。

第二天早晨，罗斯在瑞秋家查电话留言。

面对这突如其来的告白，罗斯显然无法应对，落荒而逃。

后来两人对吵，罗斯说太晚了我都已经有朱丽了，并再次离开。

不过他最终还是回到瑞秋身边，还亲吻瑞秋。



2.07 The One Where Ross Finds Out

Chandler realizes he's put on some weight, so he agrees to let Monica be his personal fitness trainer.

The results are great, but Monica is a bit too intense for Chandler's liking.

Phoebe's dating a guy she really likes, but is perplexed that they haven't had sex yet.

Ross and Julie plan to get a cat together.

Rachel has her first real date since finding out about Ross' feelings for her.

She spends the whole date obsessing about Ross and Julie, and drinking too much wine.

While drunk, she leaves Ross a message saying she's over him.

The next morning, Ross retrieves his messages while at Rachel's apartment.

Confronted with the truth at such an inconvenient time, Ross can't deal with it and leaves.

Later, they argue, and Ross says it's too late, because he's with Julie now; he leaves again.

However, he comes right back and kisses her.

[Scene: Monica and Rachel's apartment. Everyone is sitting at the couches, Chandler enters.]

Chandler 'OK, what is it about me? Do I not look fun enough? Is there something repellent about me?

repellent adj. 排斥的 令人反感的[eg: The idea of doing that is repellent to him]

Rachel 'So, how was the party?

Chandler 'Well, it couldn't have been worse. A woman literally passed through me. Ok, so what is it, am I hideously unattractive?

hideously adv. 可怕地

Phoebe 'No, you are not, you are very attractive. You know what, I go through the exact same thing. Every time I put on a little weight, I start questioning everything.

Chandler 'I've put on a little weight?

Phoebe 'No, not weight... y'know, more like insulation.

insulation n. 隔离 孤立

Monica 'Chandler, I'm unemployed and in dire need of a project. Do you wanna work out? I can remake you.

unemployed adj. 失业的/in dire need of adv. 急需/project n. 事业/work out <俚>do physical exercises in order to make your body fit and strong/remake v. 重塑

Chandler 'Oh, you know, I would, but that might get in the way of my lying-around time.

get in the way v. 妨碍/lie around v. spend one's time relaxing and being lazy

Monica 'Please.

All 'C'mon. Let her. Yeah.

Chandler 'Alright, OK, alright. But if we put on spandex and my boobs are bigger than yours, I'm goin' home.

Spandex or elastane is a synthetic fiber(n. 人造纤维) known for its exceptional elasticity(n. 弹性). It is stronger and more durable(adj. 耐用的) than rubber, its major non-synthetic competitor. It was invented in 1959 by DuPont chemist Joseph Shivers. When first introduced it revolutionized many areas of the clothing industry. "Spandex" is a generic name and not derived from the chemical name of the fiber, which most manufactured fibers are, but an extension of the word expand. "Spandex" is the preferred name in North America; elsewhere it is referred to as "elastane".



Phoebe 'Your boobs are fine. Look, I never should have said anything. Come here. Come here. (hugs Chandler but holds her hands apart behind his back) Oh, can't make hands meet.

Opening Credits

[Scene: Hallway between the apartments. Chandler comes out wearing spandex, jogging in place. Monica is there.]

jog v. 慢跑

Chandler 'OK, let's do it. What?

Monica 'Nothing, just never seen you in little stretchy pants before.

stretchy adj. 有弹性的

Chandler 'And we're changing. (jogs back in his apartment)

(Cut to the city street. Monica and Chandler are jogging. Chandler is lagging behind so he **hops in a cab** and takes off, leaving Monica behind)

lag behind v. 落后

[Scene: Back in Chandler and Joey's apartment. Chandler is doing situps.]

A sit-up is an exercise to strengthen your stomach muscles (腹肌) in which you lie down and lift yourself into a sitting position without using your arms 仰卧起坐

Monica 'C'mon give me five more. Five more.

Chandler 'No.

Monica 'Five more and I'll flash you.

flash <俚> show my boobies to you

Chandler 'One...two...two and a half. OK, just show me one of them.

[Scene: Central Perk. Chandler and Joey are sitting on the couch. Rachel is working.]

Chandler 'She's insane, the woman is insane. It's before work, it's after work, it's during work. She's got me doing butt clenches at my desk. And now, they won't bring me my mail anymore.

insane adj. 精神失常的/clench n. 捏紧 紧握/butt clench n. 收臀运动

butt clench



Rachel 'Hey Phoebs, **how'd it go with** Scott last night?

Phoebe 'Oh, it was nice. Took him to a romantic restaurant, ordered champagne, nice.

Joey 'The guy still won't put out, huh?

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put out<俚>agree to have sex

Phoebe 'Nope. Zilch, nothing.

zilch n. Zero; nothing 微不足道的事

All 'Sorry Phoebs.

Phoebe 'Look, I don't mind taking it slow, I like him a lot, he's really interesting and he's really sweet and why won't he give it up?

take it slow v. 慢慢来

Joey 'Maybe he drives his car on the other side of the road, if you know what I mean.

Phoebe 'No, what do you mean? He's not British.

Joey 'Maybe he's gay.

Phoebe 'Oohh, no, I don't think that's the problem. 'Cause we went dancing the other night and the way he held me so close, and the way he was looking into my eyes I just like definitely felt something.

the other night adv. 不久前的某个夜里

Rachel 'Yeah, but how much can you tell from a look?

Phoebe 'No, I felt it on my hip. You could tell.

hip n. 屁股

Monica 'Bing. Racquetball in 15 minutes.

Racquetball is a racquet sport played with a hollow rubber ball in an indoor or outdoor court.



Chandler 'Joey, be a pal. Lift up my hand and smack her with it.

pal n. 兄弟/smack v. 拍击

Phoebe ' (seeing Ross kissing Julie outside the window) Oh, Rachel, don't look.

Rachel ' What? C'mon you guys, I don't care, I have a date tonight.

Joey ' Woah, you have a date?

Rachel 'Yeah, Monica's settin' me up.

set up v. 安排见面

Joey ' But what about Ross and. . .?

Rachel 'Oh what, my whole insane jealousy thing? Well, y'know, [as much fun as that was](#), I've decided to opt for sanity.

jealousy n. 妒忌 吃醋/opt for v. 选择/sanity n. 明智

Chandler 'So you really ok about all this?

Rachel ' Oh yeah, c'mon, I'm movin' on. He can [press her up against](#) that window [as much as he wants](#). For all I care, he can throw her through the damn thing.

for all I care<俚> Meaning that you don't care at all, it doesnt concern you.

Ross 'Hi guys.

All 'Hey.

Ross 'Oh, Monica, I figured I'd come by tomorrow morning and pick up Fluffy's old cat toy, OK?

come by v. 经过/fluffy adj. 有绒毛的 蓬松的

Monica 'Only if you say his full name.

Ross 'Can I come over tomorrow and pick up Fluffy Meowington's cat toy.

come over v. 过来/meow n. 猫叫声

Monica ' Alright.

Joey 'You're getting a cat?

Ross 'Actually we're getting a cat.

Rachel 'Together?

Ross 'Uh huh.

Rachel 'Both of you?

Ross 'Yep.

Rachel ' Together.

Julie: Yeah, we figure it'll live with Ross half the time, and with me half the time.

Rachel 'Ohh, well, isn't that just lovely? That's something the two of you will be able to enjoy for a really, really, really long time.

Ross 'Hopefully.

Rachel ' Well. Woah, look at that! I gotta go, I gotta date. With a man. OK, you guys have a really... have a really good night and you two have a really good cat. (she leaves carrying her tray then comes back in) OK, we're not supposed to take these when we leave.

[Scene: A nice restraunt. Rachel is on her date with Michael.]

Michael 'I don't know if Monica told you 'but [this is the first date I've gone on](#) since my divorce 'so if I seem a little nervous, I am.

Rachel 'How long do cats live?

Michael 'I'm sorry?

Rachel 'Cats, how long do they live figuring you don't throw 'em under a bus or something?

Michael 'Maybe 15, 16 years.

Rachel 'That's just great. (she picks up her champagne and starts drinking)

Michael 'Cheers.

Rachel 'Oh, right, clink. [downs her glass]

clink v. (使)发丁当声

Michael 'Monica told you I was cuter than this, didn't she?

美国人在口语中表达自己与别人不同的见解很喜欢用反意疑问句

Rachel 'Oh, no, Michael, it's not you. I'm sorry, it's just, it's this thing. *It's probably not as bad as it sounds* but this friend of mine is getting a cat with his girlfriend.

Michael 'Oh, that does sound...

Rachel 'I mean he just started going out with her.

Michael 'Is this guy an old boyfriend?

Rachel 'Yeah, he wishes. Oh, I'm sorry, look at me. OK, Michael, let's talk about you.

he wishes <口>他想得美

Michael 'Alright.

Rachel 'Ok. So, you ever get a pet with a girlfriend?

[Scene: Central Perk. Phoebe and Joey are sitting on the couch.]

Phoebe 'So, I figured it out.

Joey 'What?

Phoebe 'Why Scott doesn't want to sleep with me. It's 'cause I'm not sexy enough.

Joey 'Phoebe, that's crazy. When I first met you, you know what I said to Chandler? I said, "Excellent butt, great rack."

rack <俚> large breasts

Phoebe Really? That's so sweet. I mean, I'm officially offended but sweet.

Joey 'Phoebs look, if you want to know what the deal is, you're just gonna have to ask him.

Phoebe ' You're right, you're right. Ah, you are so yum.

yum <俚> awesome

(Outside the window, Monica and Chandler jog up. Monica playfully pushes him. They start punching and slapping harder and harder until Monica pushes him down. Chandler stands up, with a serious expression, and chases her away.)

[Scene: Back in the restraunt. Rachel pours the last of the champagne bottle in her glass.]

Rachel ' (obviously drunk) I mean, it's a cat, y' know, it's a cat. Why can't they get one of those bugs, y' know, one of those fruitflies, those things that live for like a day or something? What're they called, what're they called, what're they called?

bug n. 小昆虫/fruitfly n. 果蝇

Michael: Fruitflies?

Rachel ' Yes! Thank you.

Waiter: So, would you like any dessert?

dessert n. 餐后甜点

Michael: No! No dessert, just a check, please.

check n. 账单

Rachel ' Oh, you're not having fun, are you?

Michael: No, no, I am, but only because for the last hour and a half I've been [playing the movie Diner in my head](#).

Diner is a 1982 comedy-drama film written and directed by Barry Levinson which along with Avalon, Tin Men, and Liberty Heights [constitutes his series of "Baltimore films"](#). Diner is the first film Levinson directed. His screenplay [was nominated for an Academy Award](#).



Rachel 'Oh, look at me, look at me. Oh, I'm [on a date with](#) a really great guy, [all I can think about is](#) Ross and his cat and his Julie. I just want to [get over](#) him. God, why can't I do that?

Michael: Look, I've been through a divorce, trust me you're gonna be fine. You just can't see it now because you haven't had any closure.

[be through v. 经历/closure n. 了结](#)

Rachel 'Yeah! Closure. That's what it is, that's what I need. God, you're brilliant! Why didn't I think of that? How do I get that?

Michael: Well, you know, there's no one way really, it's just, you know, [whatever it takes](#) so that you can finally say to him, "[I'm over you](#)."

Rachel 'Over you, that's what it is. Closure. Hello, excuse me. Excuse me.

Guy: Hang on.

Rachel 'Hello, excuse me.

Guy: What.

Rachel 'Hi, I'm sorry, I need to borrow your phone for just one minute.

Guy: I'm talkin'!

Rachel 'I can see that. Just one phone call, I'll be very quick, I'll even

pay for it myself. OK, you're **bein' a little weird about** your phone.

Guy: Alright, fine. I'll call you back.

Rachel 'Thank you. OK. Machine. Just waiting for the beep.

Michael: Good.

Rachel 'Ross, hi, it's Rachel. I'm just calling to say that everything's fine and I'm really happy for you and your cat who by the way, I think you should name Michael. And, you know, you see there I'm thinking of names so obviously, I am over you. I am over you and that, my friend, is what they call closure. (hangs up and tosses phone in the ice bucket)

ice bucket n. 冰桶



Commercial Break

[Scene: Chandler and Joey's apartment. Chandler is **answering the door** in his robe.]

robe n. 长袍

Chandler 'No, no, no, no, no, no No. Monica, it's Sunday morning. I'm not running on a Sunday.

Monica 'Why not?

Chandler 'Because it's Sunday. It's God's day.

Monica 'Ok, if you say stop, then we stop.

Chandler 'OK, stop.

Monica 'No, c'mon, we can't stop, c'mon, we've got three more pounds to go. I am the **energy train** and you are on board. Woo-woo, woo-woo, woo-woo (Chandler walks out of the apartment, leaving Monica) Woo.

on board adv. 在火车上

[Scene: Rachel and Monica's apartment. Rachel is taking aspirin. Ross enters.]

Ross 'Hey Rach.

Rachel 'Ahhhh.

Ross 'Oh. And how was the date?

Rachel ' I think there was a restaurant... I know there was wine. . .

(Rachel looks at Ross as though she remembers something, but can't place what it is.)

place v. identify or classify in a particular context

Ross 'Wow, well, actually, Julie's downstairs [getting a cab](#), I just need the cat toy, did Monica say...What? Why are you looking at me like that?

Rachel 'I don't know, I feel like I had a dream about you last night but I don't remember.

Ross ' Ok. Oh, oh, oh.

Rachel 'Did we speak on the phone last night? Did you call me?

Ross 'No, I stayed at Julie's last night.

Rachel 'Huh.

Ross 'Oh, actually I haven't even been home yet. Do you mind if I check my messages?

Rachel ' Oh yeah, go ahead. (Rachel walks in her room. Ross picks up the phone and dials his machine to check his messages.)

Ross 'Rach, I got a message from you. Who's Michael?

(Rachel comes out of her room, suddenly she remembers leaving the message.)

Rachel ' Oh my God. Oh my God Ross, no, hang up the phone, give me the phone Ross, give me the phone, give me the phone, give me the... (jumps

the couch and [lands on Ross's back](#), finally getting the phone from him. Ross has a confused expression on his face.)

Ross 'You're over me?

Rachel ' Oh God.

Ross ' Wha... you're over me?

Rachel 'Ohh, ohh.

Ross 'When were you under me? Rach. Rachel do you, I mean, were you... What?

Rachel 'OK, OK, well, basically, lately, I've sort of had feelings for you.

have feeling for v. 对...有感觉

Ross 'You've had feelings for me?

Rachel 'Yeah, so? You had feelings for me first.

Ross ' Woah. You know about my, I mean, you know I had... you know?

Rachel 'Chandler told me.

Ross 'Chandler. When did he... when did he... when did he?

Rachel 'When you were in China.

Ross 'China.

Rachel 'Meeting Julie.

Ross 'Julie. Julie. That. Oh God. Julie, right. OK, I need to lie down. No, I'm gonna stand. I'm gonna stand, I'm gonna walk, I'm walkin' and I am standing. OK so you... and now you're over me?

Rachel 'Are you over me?

Ross ' That's Julie. Julie, Julie. Hi Julie.

Julie: Hi honey, I've got a cab waiting.

Ross 'I'll be right down.

Rachel ' Wait, so you're going?

Ross ' Well, Ok, I have to. I can't deal with this right now. I mean, I've got a cab, I've got a girlfriend, I'm gonna go get a cat.

Rachel ' OK, OK.

Ross 'Cat.

[Scene: Chandler and Joey's apartment. Joey is watching a rabbi play an electric guitar on TV. Phoebe enters.]

rabbi n. 拉比(犹太人的学者)

Phoebe 'Hey Joey.

Joey 'Hey Phoebs.

Phoebe 'How come you're watching a rabbi play electric guitar?

Joey ' I can't find the remote. Thank you.

remote n. 遥控器

Phoebe 'So, Scott asked me to come over for lunch today and I did.

Joey 'And?

Phoebe 'And we did.

Joey 'All right Phoebs, way to go.

way to go<口>干得好

Phoebe 'Yay me.

Joey 'So how did it happen?

Phoebe 'Well, I finally took your advice and asked him what was going on.

Joey 'And what did he say?

Phoebe ' He said that he understands how sex can be like, a very emotional thing for a woman and he was just afraid that I was gonna get all, y' know, like is he gonna call me the next day' and, y' know 'where is this going' and, ya know, blah-la. So he said he wanted to hold off until he was prepared to be really serious.

emotional adj. 情绪化的/hold off v. 拖延

Joey 'Wow.

Phoebe 'Yeah, so I said, Ok, relax please, y' know, I mean, sex can be just about two people right there in the moment, y' know, if he wants to see me again he can call and if not, that's fine too. So after a lot of talking, I convinced him.

Joey 'Let me get this straight. He got you to beg to sleep with him, he got you to say he never has to call you again, and he got you thinking this was a great idea.

get straight<美>了解 搞通/get sb to do 使某人做某事

Phoebe 'Um-hum.

Joey 'This man is my God.

[Scene: Central Perk. Rachel is closing up and Ross comes in. Get your Kleenex]

close up v. 关店/Kleenex is a brand name for a variety of products such as facial tissue, bathroom tissue, paper towels, and diapers. Kleenex is a registered trademark of Kimberly-Clark Worldwide, Inc.. It is an invented word, owned and used as a trademark by Kimberly-Clark since June 12, 1924.



Rachel 'Hi.

Ross 'I didn't get a cat.

Rachel 'Oh, that's interesting.

Ross 'No, no it's not interesting. Ok, it's very not interesting. In fact it's actually 100 percent completely opposite of interesting.

Rachel 'Alright, I got it Ross.

Ross 'You had no right to tell me you ever had feelings for me.

Rachel 'What?

Ross 'I was doing great with Julie before I found out about you.

Rachel 'Hey, I was doin' great before I found out about you. You think it's easy for me to see you with Julie?

Ross 'Then you should have said something before I met her.

Rachel 'I didn't know then. And how come you never said anything to me?

Ross 'There was never a good time.

Rachel 'Right, you only had a year. We only hung out every night.

Ross 'Not, not every night. You know, and it's not like I didn't try, Rachel, but things got in the way, y'know? Like Italian guys or ex-fiances or Italian guys.

get in the way v. 妨碍/fiancé n. <法>未婚夫

Rachel 'Hey, there was one Italian guy, Ok, and do you even have a point?

Ross ' The point is I don't need this right now, it's too late, I'm with somebody else, I'm happy. This ship has sailed.

Rachel 'Yeah, what're you saying, you just sort of put away feelings or whatever the hell it was you felt for me?

put away v. 抛弃

Ross 'Hey, I've been doin' it since the ninth grade, I've gotten pretty damn good at it.

Rachel 'Alright, fine, you go ahead and you do that, alright Ross.

Ross 'Fine.

Rachel 'Cause I don't need your stupid ship.

Ross 'Good.

Rachel ' Good.

(Rachel gets up and opens the door, yelling after him.)

Rachel ' And you know what, now I've got closure.

(Rachel slams the door and locks it. She sits down, visibly upset. She puts her head in her hands and begins to cry. Ross comes back and is standing outside the window. When Rachel regroups and [gets back up to](#) finish closing, she sees him. She smiles. She goes to open the door and can't get the lock undone.)

visibly adv. 显然地/regroup v. organize anew(adv. 重新) as after a setback

Ross 'Try the bottom one.

(She opens the door and they kiss.)

Closing Credits

[Scene: Chandler and Joey's apartment. Chandler answers the door to find Monica.]

Chandler 'Monica, it's 6:30 in the morning. We're not working out, it's over.

Monica 'No way, with one pound to go, c'mon. We're workin', we're movin', we're in the zone we're groovin'.

groove <俚>使极快活 尽情享受

Chandler 'Ok, I don't mind the last pound. In fact I kind of like the last pound. [So don't make me do anything that I'll regret.](#)

Monica 'Ooh, what are you gonna do, fat boy, huh? What?

Chandler 'Nothing, except tell you I think it's wonderful how much energy you have.

Monica : Well, thanks.

Chandler : I mean, especially considering how tough it's been for you to find work.

considering adv. 鉴于

Monica : Well, you know.

Chandler : You know, I mean, you can't tell your parents you were fired because they'd be disappointed.

Monica : Uh-huh.

Chandler : And it's not as if you have a boyfriend's shoulder to cry on.

Monica : Well no, but...

Chandler : I mean, if it were me, I think I'd have difficulty just getting out of bed at all.

Monica : Y'know, I try to stay positive. . .

Chandler : So, you feel like goin' for a run?

Monica : Alright.

Chandler : Because, you know, you don't have to. If you want, you could just take a nap right here.

Monica : Ok. Just for a little while.

Chandler : OK. [Puts an afghan over her and dances into his room]

afghan n. a blanket knitted or crocheted(v. 用钩针编织) in strips(n. 条) or squares(n. 正方形); sometimes used as a shawl(n. 披肩) 一种宽松的羊皮外衣

END