

提出异议是好事吗？ Is it good to disagree?

Hello. This is 6 Minute English from BBC Learning English.

大家好。这里是BBC学习英语栏目的六分钟英语。

I'm Sam.

我是萨姆。

And I'm Rob.

我是罗伯。

In this programme, we'll be talking about disagreeing.

在本期节目中，我们将要讨论不同意。

No, we won't!

不，我们不讨论。

I think we will, Rob.

我想我们要讨论，罗伯。

We're discussing the following: 'Is it good to disagree?' I know, but I feel better for having that little disagreement-so that proves it is good to disagree!

我们要讨论以下话题：不同意有好处吗？我知道，但是我因为有那么一点分歧而更好受——所以这证明不同意是有好处的。

Well, I hate to disagree, but I think we should explore this subject a little further first in the next six minutes.

嗯，我讨厌不同意，但是我想我们会在接下来的六分钟里稍微更深一步地探索这个话题。

Err, shouldn't that be five minutes? - Oh, Rob, you are being pedantic-focussing too much on the small details or formal rules.

呃，不应该是五分钟吗？罗伯，你表现得像个老学究——太专注于小细节或教条。

Just joking!

开个玩笑！

Of course, disagreeing is normal-it would be boring if we agreed about everything.

当然了，不同意是很正常的——如果我们在所有事情上都思想一致，那就太无聊了。

However, I guess agreement, on some things, may have prevented a few wars.

然而我想在某些事情上达成一致也许可以避免一些战争。

Indeed, but it is a fascinating subject and it's something the BBC Radio 4 programme 'A Guide to Disagreeing Better' looked at.

确实，但是这是一个迷人的话题，而且这也是BBC电台4频道的节目《教你如何更好地提出异议》所关注的话题。

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I think we should hear about how NOT to disagree first.

我想我们听听如何不提出异议。

This is couples' therapist, author and speaker Esther Perel, who knows a thing or two about that.

以下是婚姻咨询师，作家，兼演讲者埃斯特·佩瑞尔的话，她对这一点十分了解。

In a battle, you position yourself in a hierarchy—one is on top of the other, and then there is arguing that comes with a contempt in which it's not just that I don't accept your point of view, is that I actually really think you're a lesser human being.

在一场战役中，你将自己放在一个等级制度中——一方凌驾于对方之上，然后进行带有轻蔑的争论，我不仅不接受你的观点，实际上我也认为你不够格成为一个人。

Right, so Esther explains that bad disagreement is a battle—one person tries to take a higher position in the hierarchy.

是的，埃斯特解释说不好的分歧是一场战役——一个人想要在等级制度中获取更高的地位。

A hierarchy is a way of organizing people according to their importance.

等级制度指的是将人按照其重要性排序的方法。

So, a disagreement doesn't go well if one person thinks they're more important than someone else.

所以如果一个人认为他比其他人更重要，那么提出异议就不会有好结果。

And according to Esther, things also don't go well if someone has contempt, which is a dislike or lack of respect for someone or something.

根据埃斯特的话，如果某个人带有蔑视的情绪——指的是不喜欢某人或某事，或者对他们缺乏尊重——事情也不会顺利。

And contempt in a bad disagreement can be more than just not liking somebody's point of view—their perspective on something—it could be thinking someone is a lesser human being.

而且在不好的分歧中蔑视不仅仅是喜欢某人的观点——他们对某事的看法——它可能是认为某人不够格当人。

Ouch! That's not nice.

哎哟！这个不太友好。

Let's think more about good disagreement.

我们现在再来想想好的分歧吧。

The BBC podcast Seriously has listed some tips for disagreeing better, including not aiming for the middle ground—another way of saying 'compromising'.

BBC的播客节目《Seriously》列出了一些更好地提出异议的建议，包括不以保持中庸——妥协的另一种说法——为目的。

It also suggests speaking truthfully, listening intently—that means giving all your attention to what's being said—and aiming for empathy.

它还建议实事求是地说话，全神贯注地聆听——指的是把你所有的精力都放到别人说的话上面去——并且以共情为目的。

But not feeling at the end of a disagreement that you have to agree!

但是不是在分歧结束的时候觉得你必须同意。

I agree—and I'm sure former British politician Douglas Alexander would too.

我同意——而且我确信前英国政治家道格拉斯·亚历山大也会同意。

He presented the programme 'A Guide to Disagreeing Better' and explained why he thought disagreeing is a good thing.

他参加了《教你如何更好地提出异议》，同时解释了为什么他认为提出异议是一件好事。

A couple of decades I spent as an elected politician convinced me that disagreement is necessary if society is to progress and a society that values civility over justice and truth would simply be a recipe for stagnation.

我作为民选政治家的几十年让我相信如果社会要进步，分歧是有必要的，并且一个认为客套比正义和真相更重要的社会会导致停滞不前。

But honest conversations involve listening intently as well as speaking truthfully.

但是诚实的对话包括全神贯注地聆听以及实事求是地说话。

The thoughts of Douglas Alexander there, who, through his work as a politician, is convinced that disagreement is a good thing.

以上是道格拉斯·亚历山大的想法，他基于他作为政治家的工作认为分歧是好事。

He says we shouldn't just follow the values of civility—that means polite behaviour.

他说我们不应该只讲客套——指的是礼貌的行为。

It's important to challenge and question thoughts and ideas—not just be polite and accept them!

挑战和质疑想法和观点是很重要的——不能只是礼貌地接收它们。

Yes, and if we don't challenge things and search for truth and justice, he feels it would lead to stagnation—staying the same and not developing.

是的，如果我们不质疑并寻求真相和正义，他觉得这会导致停滞不前——即保持原样并且不发展。

The verb form is 'to stagnate'.

动词形式是stagnate。

But, he does say that when we discuss things and disagree we must be honest, listen to the other person intently, and speak truthfully.

但是他确实说当我们讨论和提出异议的时候必须要诚实，全神贯注地听对方的话，并且实事求是地说话。

But I would add that this should be done politely and with respect.

但是我要补充应该礼貌且带有尊重地做。

Now, if you'll agree, could we recap some of the vocabulary we've discussed in this programme?

现在，如果你同意的话，我们能回顾我们今天节目中讨论的一些词汇吗？

Of course.

当然。

First of all, I was accused of being pedantic - focussing too much on the small details or formal rules.

首先，我被控诉表现得学究气，也就是过于关注小细节或规则。

Then we mentioned hierarchy-this is a way of organising people according to their importance.

然后我们提到了等级制度——这是一种把人按照其重要性排列的方式。

Contempt is a dislike or lack of respect for something or someone.

蔑视指的是不喜欢某事或某人，或者对他们缺乏尊重。

A point of view describes someone's perspective on something.

观点描述的是某个人对某事的看法。

Your point of view might be different from my point of view.

你的观点可能跟我的观点不一样。

Indeed.

确实。

And we also mentioned civility, which means polite behaviour.

我们还提到了客套，意思是礼貌的行为。

And stagnation means staying the same and not developing.

停滞不前指的是保持原样并且不进步。

Would you agree, Sam?

你同意吗，萨姆？

You are right, Rob-and that brings us to the end of our discussion about disagreeing!

没错，罗伯——我们今天对不同意的讨论也到此结束了。

Don't forget you can find lots more learning English materials on our website at bbclearningenglish.com, on social media and on our app.

别忘记你可以在我们的网站**bbclearningenglish.com**，社交媒体上以及我们的APP上找到更多学习英语的材料。

Please join us again next time.

请收听我们的下期节目。

Bye-bye.

再见。

Goodbye.

再见。
