

跟陌生人聊天 Chatting to new people

Hello. This is 6 Minute English and I'm Neil.

大家好，这里是六分钟英语，我是内尔。

Joining me for our discussion is Georgina.

和我一起参加讨论的是乔治娜。

Hello!

大家好！

Now, Georgina, you're a chatty, sociable kind of person, aren't you?

乔治娜，你是那种健谈、善于交际的人，对吧？

Well, yes, I think so.

嗯，是的，我想是的。

But would you go up to a stranger and strike up a conversation?

但是你会走向一个陌生人并主动与之对话吗？

That might be going too far-if you don't know them, what are you going to start talking about?

这样可能太过了——如果你不认识他们，那么你要聊什么来开始对话呢？

A good question.

好问题。

But maybe you should-because in this programme we're looking at how talking to strangers might actually be good for you!

但是也许你应该这么做——因为在本期节目中，我们将了解跟陌生人聊天是如何对你产生好处的！

But first, let me talk to you about today's question.

但是首先，让我用今天的问题来考考你。

I'd like you to answer this.

我希望你来回答这一题。

To make conversation we need words-so according to the Oxford English dictionary, approximately how many words are in use in the English language?

为了进行对话，我们需要单词——那么根据牛津英语字典，英语中有大约多少单词在使用呢？

Is it a) 171,146, b) 271,146, or c) 371,146?

是 A. 171146个，B. 271146个，还是 C. 371146个呢？

We use a lot of words in English, but not 371,000-so I'll go for a) 171,146. OK. Well, as always I will reveal the answer later in the programme.

我们在英语中使用很多单词，但是不会是371000个——所以我要选 A. 171146个。好的。老规矩，我会在稍后的节目中揭晓答案。

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Now, let's continue our conversation about having conversations with strangers!

现在我们继续关于跟陌生人对话的对话吧！

Many of us spend part of every day surrounded by strangers, whether on our commute to work, sitting in a park or cafe, or visiting the supermarket.

我们中很多人每天都会跟陌生人相处一段时间，无论是在我们通勤的路上，坐在公园或咖啡馆里，或者逛超市。

But we rarely reach out and talk to them because we fear it would make us both feel uncomfortable, or awkward.

但是我们几乎不会主动跟他们攀谈，因为我们害怕这样会让我们双方都不舒服，或者说局促。

And Gillian Sandstrom, social psychologist from Essex University in the UK, can explain why.

英国艾塞克斯大学的社会心理学家吉莉安·桑德斯特罗姆可以解释其中的原因。

Here she is speaking on BBC Radio 4's All In The Mind programme.

以下是她在BBC电台4频道的《All In The Mind》节目中的发言。

We kind of underestimate, we have this negative voice in our head that's telling us "I shouldn't have said that, why did I do that?"

我们可以说低估了，有这样一个消极的声音在我们的脑海里告诉我们：“我本不该那样说的，我为什么会那样做？”

I should... I said that story better last time".

我上次故事讲更好一些。”

But the other person doesn't know any of that and they're probably, you know, they might be anticipating that they won't have a positive conversation and then they do.

但是对方根本就不知道，而他们，嗯，他们可能原本估计自己不会进行一场积极的对话，而事实却是如此。

And they think, wow, that person was amazing.

然后他们会想，哇，那个人太棒了。

So it's we walk round with this fear that the other person isn't going to be interested in talking to us.

而我们会因为害怕对方不会有兴趣跟我们聊天而犹豫不前。

Fascinating stuff.

真有趣。

So we have a negative voice in our head telling us about all the bad things that might happen.

所以有一个消极的声音在我们的脑海里告诉我们所有可能会发生的坏事情。

We basically underestimate ourselves.

我们其实低估了自己。

To underestimate means to think that something is smaller or less important than it really is.

低估的意思是认为某事比真实情况更小或更不重要。

We worry that what we say won't be interesting or important enough.

我们担心我们所说的话不够有趣或重要。

Ah, but the other person doesn't know that.

啊，但是对方却并不知道。

They're also anticipating, or guessing, the outcome.

他们也在估计，或者是猜想（聊天的）后果。

They're thinking that if they have a conversation, it won't go well.

他们在想如果他们要进行一场对话的话，事情不会那么顺利。

But of course, when strangers do talk to each other it normally goes well.

但是，当然了，陌生人真的互相聊起天来，一般来说是会很顺利的。

Yes, it's just fear that is stopping us.

是的，只不过是害怕的情绪阻止了我们。

But if we get over that fear, and get chatting, people might actually like us, and we might make new friends.

但是如果我们克服了那种害怕，然后开始聊天，人们可能会真的喜欢我们，并且我们可能会交到新朋友。

Another reason why you should pluck up the courage to talk to strangers is that it's good for our health!

另一个你应该鼓起勇气去跟陌生人聊天的理由是，它有益健康！

'Pluck up the courage'-that's a good phrase, Georgina, meaning force yourself to do something that you're scared about and research by the University of Chicago found we may often underestimate the positive impact of connecting with others for both our own and others' wellbeing.

“鼓起勇气”——这是个很好地表达，乔治娜，意思是强迫你自己去做你害怕的事情，并且芝加哥大学的研究发现我们可能常常低估了与他人联系对我们自己和他人的健康的积极影响。

And connecting here means starting or having a good relationship with someone.

这里的联系指的是跟某人开始或拥有很好的关系。

So the research found that, for example, having a conversation with a stranger on your way to work may leave you both feeling happier than you would think.

所以研究发现，比如，在去上班的路上跟陌生人对话可能会让你们双方都感到超出你们想象的开心。

Gillian Sandstrom also spoke about her research and the power of talking to strangers on the You and Yours programme.

吉莉安·桑德斯特罗姆还在《You and Yours》节目中谈论了她的研究以及跟陌生人对话的力量。

Listen out for the word 'connected'.

我们来听听“connected”这个词。

What we've shown in the research is that it's really good for your mood.

我们在研究中表明它真的有益你的情绪。

So people are in a better mood after they reach out and have a conversation, however minimal, and the other thing that the research has shown is that just makes people feel more connected to each other.

所以人们在主动聊天之后心情会更好，无论程度有多么细微，同时这项研究的还表明它会让人们感觉互相之间的联系更紧密。

There you go!

就是这里！

Talking to strangers is good for our mood, and mood means the way we feel.

跟陌生人聊天有益我们的情绪，情绪指的是我们的感觉。

It's good for our mental health, and we might discover people actually like us!

它有益我们的心理健康，而且我们可能会发现人们实际上很喜欢我们。

And even if we're an introvert-a person who prefers to be alone rather than with others-experiments have shown that talking to others can make us happier.

而且即使我们是一个内向的人——指的是喜欢独处而不是跟其他人在一起——实验表明跟他人聊天可以让我们更开心。

The problem remains, Neil, that when speaking to someone new, what do you talk about?

内尔，还有个问题，在跟不认识的人聊天时，你会聊什么呢？

How about some interesting facts-like approximately how many words are in use in the English language?

一些有趣的事实怎么样——比如英语中有大约多少单词在使用呢？

Which is what I asked you earlier.

我之前问了你这个问题。

Is it a) 171,146, b) 271,146, or c) 371,146?

是 A. 171146个， B.271146个， 还是 C. 371146个呢？

What did you say, Georgina?

你说的是什么，乔治娜？

I said 171,146. Was I right?

我说的是171146个。我答对了吗？

Spot on, Georgina.

答对了，乔治娜。

Well done!

干得漂亮！

Yes, there's an estimated 171,146 words currently in use in the English language, according to the Oxford English Dictionary-plus many more obsolete words.

是的，根据牛津英语词典目前英语中正在使用的单词估计有171146个——再加上很多其它过时的单词。

I shall pick a few of them and make conversation with someone on the Tube later, but not before we recap some of the vocabulary we've explained.

我之后会从中挑一些单词，然后用这些单词跟地铁上的人聊天，但是在那之前我们来回顾一下之前解释的一些词汇吧。

Yes, so we highlighted six words, starting with underestimate which is to think that something is smaller or less important than it really is.

好的，我们强调了六个单词，先从低估开始，这个词的意思是认为某事比它真实的情况要更小或更不重要。

Anticipating means guessing or expecting a certain outcome.

估计的意思是猜想或期待一个特定的结果。

I anticipate this programme to be 6 minutes long!

我估计本期的节目有6分钟！

That's a given!

这是理所当然的！

Next, we mentioned the phrase to pluck up the courage, meaning to force yourself to do something that you're scared or nervous about.

接下来我们提到了鼓起勇气这个短语，意思是强迫自己去做一些你害怕或紧张的事。

When you connect with someone, it means you start or have a good relationship with someone.

当你跟某人联系时，意思是你开始跟某人或跟某人有一段很好的关系。

I think we've connected on this programme, Neil!

我知道我们跟这个节目有联系，内尔！

Absolutely, Georgina.

当然了，乔治娜。

And that's put me in a good mood—mood means the way we feel.

而这让我心情很好——心情指的是我们的感受。

And finally, an introvert is a person who prefers to spend time on their own.

最后内向者指的是更喜欢自己一个人待着的人。

Thanks, Georgina.

谢谢你，乔治娜。

Well, that's our conversation over, but you can hear more from us on our website and on our app.

好的，我们的对话结束了，但是你们还可以在我们的网站和APP上听到更多内容。

Goodbye!

再见！

Bye!

再见！