

羞耻会是一件好事吗？ Could shame ever be good?

Hello, and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Neil.

我是内尔。

And I'm Sam.

我是萨姆。

In this programme we'll be talking about the emotion of shame.

在本期节目中我们将讨论羞耻这种情绪。

What can you tell us about this word, Sam?

你能跟我们解释一下这个词吗，萨姆？

Well, it can be a verb or a noun.

嗯，这个词可以是动词也可以是名词。

As a noun it's an emotion for the uncomfortable feeling we have when we feel embarrassed or guilty about something that we've done.

作为一个名词，它指的是我们在对我们所做的事情感到尴尬或内疚的时候的感觉。

It's a very strong feeling.

这是一种很强烈的感觉。

We'll explore this topic in more detail shortly, but first a question.

我们稍后会详细探索这个话题，但是首先是一个问题。

Now it might seem like a random question, but all will become clear later, I promise.

这个看起来像是随机提出的问题，但是我保证稍后就会一目了然了。

The chemical which is used to make cooking pan's non-stick was discovered by accident, when was this?

用于制作不粘锅的涂层的化学物质是无意中被发现的，那么是什么时候被发现的呢？

Was it a) 1930s, b) 1960s, or c) 1980s?

是 A. 20世纪30年代，B. 20世纪60年代，还是 C. 20世纪80年代？

What do you think, Sam?

你怎么看，萨姆？

Ah, well, first, I've no idea what non-stick cookware has to do with our topic of shame but as to the question itself, I think it has something to do with NASA and the space programme, so I'm going to say 1960s.

啊，首先我不知道不粘锅厨具跟今天关于羞耻的话题有什么关系，但是至于问题本身，我认为它跟NASA和太空项目有关，所以我要选20世纪60年代。

Well, we will find out later in the programme if you are right.

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嗯，我们在稍后的节目中将会知道你是否回答正确。

The idea of shame is not new, by any means, but social media has made it a very modern concept, hasn't it?

无论如何羞耻并不是一个新概念，但是社交媒体让它成为了一个非常现代的概念，不是吗？

Yes, when it's used as a verb, to shame someone, it means to say or write things in public designed to make other people feel bad about their behaviour and this is something we see a lot in social media.

是的，当它被用作动词时，它指的是在公共场合说一些或写一些话让人们对自己的行为感到不适，而且这是我们在社交媒体上经常看到的。

This topic was discussed on a recent edition of the BBC radio programme Woman's Hour.

BBC电台节目《女性时间》最近一期节目讨论了这个话题。

One of the guests was Hetta Howes from City University, London.

其中一名嘉宾是来自伦敦城市大学的海蒂·豪斯。

Does she think that shame is always a bad thing?

她认为羞耻总是一件坏事吗？

If you have too much shame ,it's crippling, it's sort of debilitating and that's bad, but the right amount of shame can be really positive because it effects change and I wonder if we're starting to see that a bit in modern culture as well from sort of social media platforms because if someone's done something that we consider to be a little bit wrong, we can sort of publicly shame them and maybe effect some positive change.

如果你有太多羞耻感的话，这是很严重的，它令人手足无措，这样不好，但是适当的羞耻感真的有积极作用，因为它会引发改变，而且我想知道我们是否开始在现代文化中以及社交媒体平台上看到这一点，因为如果有人做了一些在我们看来不太正确的事情，我们可以公开地斥责他们，这样也许能带来一些积极的改变。

So is shame always bad?

所以羞耻总是不好的吗？

Well, she does say that too much shame can be crippling and debilitating.

嗯，她确实说过多的羞耻感会造成不良后果，令人手足无措。

Both these words mean that shame is so strong that we really can't manage the emotion, we can't deal with it, we can't do anything to put it right.

这两个词的意思都指的是羞耻感过于强烈以至于我们无法处理这种情绪，我们无法应对它，我们无能为力。

But she does say that a bit of shame can be positive because it effects change.

但是她也说了一点羞耻感可能有积极作用，因为它能够引发改变。

This means that it causes change.

这里指的是它会引发改变。

If someone is shamed on social media, it's very public and can mean that they change their behaviour.

如果某个人在社交媒体上被斥责了，这是很公开的，那么这意味着他们会改变他们的行为。

I suppose though there is one group I think have to accept public shaming, and perhaps deserve it more than others.

不过我认为有一个群体必须要接受公众的斥责，而且也许比其他人更应该受到这样的待遇。

I think I can guess.

我想我能猜到。

Would it be politicians, perhaps?

是政客吗？

These days we are very cynical about politicians, aren't we?

如今我们对政客口诛笔伐，不是吗？

Social media is one area where the public can directly contact and comment on what their representatives are or aren't doing.

社交媒体是一个公众可以直接接触并评论他们的代表们的作为或不作为的地方。

But politicians are a particular kind of person, aren't they?

但是政客们是一个特殊的群体，不是吗？

Cultural historian Tiffany Watt-Smith made this comment on the same Woman's Hour programme.

文化历史学家蒂芙尼·华特史密斯在同一个节目中作出了以下点评。

Shame is...can be very very useful and the idea of someone who doesn't experience that at all, like a sort of Teflon-coated politician, I mean, that's... that's a kind of frightening image.

羞耻感是.....可能会非常有用，而且想到有人完全没有羞耻感，就像一个涂上了Teflon的政客一样，我的意思是，这.....这个形象有点吓人。

What's she saying here, Sam?

她说了什么，萨姆？

She's talking about how some politicians do not seem to be bothered by shaming.

她谈到有些政客似乎不会被羞耻感困扰。

They just ignore it and move on.

他们无视它然后随心所欲。

She describes them as Teflon coated.

她把她们描述为涂了Teflon。

This is-aha-a reference to non-stick cookware!

这是——啊哈——与不粘锅厨具有关！

Teflon is the brand name of the chemical which was used to make pots and pans non-stick.

Teflon是用于做不粘锅的罐子和平底锅的化学物质的品牌名。

The pans were coated or covered in this material.

平底锅被涂上了这种物质。

The reference to politicians is that there are some to whom criticism and shame just don't stick.

与政客的联系就是对于有些人来说批评和羞耻感不会粘住。

They manage to avoid any negative consequences of their actions and this, she says, is scary.

他们成功地避免了他们的行为带来的任何消极的后果，而且她说这很吓人。

Here's Tiffany Watt-Smith again.

再听一遍蒂芙尼·华特史密斯的话。

Shame is...can be very very useful and the idea of someone who doesn't experience that at all, like a sort of Teflon-coated politician, I mean, that's... that's a kind of frightening image.

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It's nearly time now to review our vocabulary, but first, let's have the answer to the quiz question, which was about non-stick coating on cookware, or Teflon, as we heard.

是时候回顾我们的词汇了，但是首先我们来揭晓今天问题的答案吧，问题是跟不粘锅厨具的涂料有关的，或者如我们所听到的那样，叫Teflon。

When was it invented?

它是何时被发明的？

A) 1930s, b) 1960s ,or c) 1980s?

是 A. 20世纪30年代，B.20世纪60年代，还是C.20世纪80年代？

What did you think, Sam?

你怎么想的，萨姆？

I guessed the 1960s and I think it was invented as part of the US space programme.

我猜的是20世纪60年代，因为我认为它是作为美国太空项目的一部分被发明的。

Well, a lot of people think that and, like you, a lot of people are wrong.

嗯，很多人那么认为，而且跟你一样，很多人都错了。

It was actually discovered, by accident, in 1938. So well done if you got that right but no shame if you didn't!

事实上它是在1938年被意外发现的。所以如果你答对了的话那么你很棒，但是如果没答对也别感到羞耻。

Now on with today's words.

现在该回顾今天的单词了。

OK. Yes, we were talking about shame, an uncomfortable feeling of guilt and embarrassment at something we've done.

好的。没错，我们一直在谈论羞耻感，一种因为我们所做作为而内疚或尴尬的不舒服的感觉。

Shame can be crippling and debilitating.

羞耻感会让人手足无措。

Both these adjectives mean making someone unable to deal with the situation.

这两个形容词都可以表示让某人无法应对处境。

They can feel so badly about what they have done that they find it difficult to move forward emotionally.

他们可能对他们做的事情感觉非常不好，以至于他们发现很难过情感上那一关。

We then had to effect change.

然后我们说到了引发改变。

This means to make change happen.

这个的意思是让改变发生。

Note this is 'effect' with an 'e' and not 'affect' with an 'a'.

请注意这里是e开头的effect，而不是a开头的affect。

Teflon is a non-stick covering for cookware.

Teflon是一种不粘锅厨具的涂层。

And something that is coated with something is covered with something.

某物上涂有某物的意思是被某物覆盖。

So Teflon coated means covered in Teflon.

所以涂有Teflon的意思是被Teflon覆盖。

Well, that's all for this programme.

好的，今天的节目就到这里。

We'll be with you again soon, but if you can't wait, you can find us in all the usual places on social media, online and on our app.

我们很快会再见，但是如果你们等不了那么久，你们可以在所有常见的社交媒体上，网上还有我们的APP上找到我们。

Just search for bbclearningenglish.

只需要搜索bbclearningenglish。

Goodbye!

再见！

Bye!

再见！
