

# 孤独是什么 Loneliness

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Rob.

我是罗伯。

It's great that you're here to keep me company, to spend time with me so I don't get lonely, because loneliness is the subject of this programme.

很高兴有你陪我，跟我在一起，我才不会感到孤独，因为孤独是今天节目的主题。

It's good to be here, Neil.

能在这里很好，内尔。

I think many of us have experienced loneliness at some point.

我想我们很多人都曾经经历过孤独。

Maybe you've felt lonely because all your friends have gone out for dinner without you, or maybe you've felt lonely just because you don't fit in somewhere.

也许你会因为你所有的朋友都出去吃饭而没有带上你而感到孤独，或者也许你会因为无法融入某个地方而感到孤独。

Yes, that's when we sometimes use the expression 'to feel lonely in a crowd'.

是的，这就是我们所说的“在人群中感到孤独”。

Well, we'll be exploring if this is a new idea or something humans have always experienced, and along the way we'll be teaching you some new vocabulary.

嗯，我们会探索这是一个新的概念还是人类总是在经历的事情，而且在这个过程中我们会教你一些词汇。

But now I'm here to keep you company, how about a question for me?

不过既然我在这里陪你，那就给我出个题目吧。

Of course!

当然！

Well, one possibly lonely man is Mauro Morandi.

嗯，Mauro Morandi 可能是一个孤独的人。

He's lived alone on Budelli Island in Italy for many years, but how many years exactly?

他一个人在意大利的布代利岛上住了很多年，但是具体是多少年呢？

Is it a) 6 years, b) 31 years, or c) 44 years?

是 A. 6年，B.31年，还是 C. 44年？

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Umm, 44 years would be tough, as would 31, so I'll go for 6 years.

嗯，44年有点难，31年也是的，所以我要选 A. 6年。

OK, Rob, we'll find out later if that's right.

好的，罗伯，我们稍后会揭晓答案。

Now, I'm sure we all want to be alone from time to time, to escape the demands of our colleagues or the pressures of real life, but would we really want to be totally alone?

我确定我们偶尔都会想要一个人待着，逃离来自我们同事的要求或真实生活的压力，但是我们真的想要彻底的孤单一个人吗？

Well, I certainly wouldn't.

嗯，我肯定不想。

And research has found that prolonged social isolation is bad for us, particularly mentally.

研究发现，长期社交隔离对我们不好，尤其是在心理上。

It's an interesting topic, and one that the BBC Radio 4 programme Thinking Aloud has been exploring.

这是一个有趣的话题，也是 BBC 电台 4 频道的节目《Thinking Aloud》一直在探索的。

Its guest, Fay Bound Alberti, Reader in History at the University of York, explained how loneliness is a relatively new emotional state.

节目的嘉宾，约克郡大学历史系的讲师 Fay Bound Alberti 解释孤单为何是一个相对比较新的情感状态。

A state is a condition at a particular time.

状态指的是某个时间的状况。

Let's hear what she had to say about references to loneliness in literature.

我们来听听关于文学作品中是如何描述孤单的吧。

Well, novels are fascinating, because there's a difference between novels in the 18th Century, when they first came into being, and novels in the 19th Century—in the 18th Century something like Robinson Crusoe, there's not a single reference to loneliness.

嗯，小说很迷人，因为18世纪刚刚出现的小说和19世纪的小说有所不同——在18世纪的作品中，例如《鲁滨逊漂流记》，里面一次都没有提及孤单一词。

By the 19th Century novels are full of lonely people and that reflects those kinds of social changes.

在19世纪之前，小说里都是孤独的人，而这反映了那些社会变革。

Give me some examples.

给我举些例子吧。

What may count as examples?

哪些算做例子呢？

Well, I suppose I'm thinking about if you compare something like Wuthering Heights where you have this desperate desire on the part of the heroine to find love which is bundled up to in this sense of the self not being complete without another, or Tess of the d' Ubervilles.

嗯，我想如果你比较把另一部作品和《呼啸山庄》或者《苔丝》，你会发现女主角的内心极度渴望找到真爱，好像如果没有另一半她们就没有自我。

And so Victorian fiction in particular tends to be full of women who are in search of the significant other and needing to find happiness and an absence of loneliness in the domestic.

所以尤其是维多利亚时期的小说中往往充满了追寻重要的另一半，并且需要寻找幸福的女性，而且家里不存在孤单。

It's interesting that Fay mentions the story of Robinson Crusoe -about a man living on a desert island-does not mention the word loneliness.

有趣的是 Fay 提到了《鲁滨逊漂流记》的故事——关于一个在荒岛上生存的男性——没有提到孤单这个词。

But because of a shift in how people behaved and thought in the 19th century-called social change-loneliness became an emotion that was written about in stories.

但是因为19世纪人们的行为和想法发生了改变——这叫做社会变革——孤单成为了故事中被描写的情绪。

Ah, but loneliness tended to be something affecting women.

啊，但是孤单往往影响的是女性。

They were searching for happiness by finding a 'significant other' -a partner, usually a man, who they wanted to marry.

她们通过寻找“重要的另一半”——一个她们想要与之结婚的人，通常是男性——来寻求幸福。

How things have changed!

这世界变化快呀！

Yes, now Fay also went on to talk about how some female authors, like Virginia Woolf, looked for solitude-that's being alone-because that helped them be creative.

是的，Fay 还继续谈论了一些女性作家，例如弗吉尼亚·伍尔夫，寻求独处——即一个人待着——因为这能让她们更有创造力。

Even today, being alone gives us headspace and time to think, as long as it doesn't last forever.

甚至是今天，独处都能让我们有空间思考，只要它不会一直延续到永远。

Anyway, as we mentioned, we've probably all been lonely at some point, and Fay Bound Alberti told the Thinking Aloud programme that loneliness can take many forms.

不管怎样，正如我们提到的那样，我们可能在某些时候是孤单的，而 Fay Bound Alberti 告诉《Thinking Aloud》节目孤单有很多形式。

Absolutely, I think that loneliness is something that affects all people but at different times in their lives.

当然，我认为孤单会影响所有人，只是时间不同而已。

So I would describe in terms of pinch points-there are times when we change, when we become...we get married, we become mothers, we get divorced, anything that changes our life might put us under temporary loneliness.

我想用夹点这个词来描述——当我们发生改变时，当我们结婚，成为母亲，离婚，任何改变我们人生的事情都会让我们处于暂时的孤单之中。

When it's a problem is when it becomes chronic.

只有当它开始变成长期的状态才成为问题。

It seems that there are certain times in our lives when we might feel lonely-when we break up with a partner or have a baby and feel isolated, for example.

似乎我们人生中有些时刻会感到孤单——例如当我们跟伴侣分手或生了孩子并感到与世隔绝。

These are moments that Fay describes as pinch points-times in your life where there are difficulties and things slow down or change.

这些时刻就是 Fay 所描述的夹点——你的人生中出现困难或开始出现减速或变故的时候。

We could say loneliness at these times is understandable, normal and temporary.

我们可以说这些时刻的孤单是可以理解的，正常的且暂时的。

When it becomes a bigger issue, it's what Fay describes as chronic-so, long lasting.

当它变成了更大的问题时，它就是 Fay 所描述的长期的——即持续很久的。

And loneliness isn't always obvious to other people, so it's good to check in with friends and family to see how they're feeling and to ask if they're OK.

而孤单对于其他人来说并不明显，所以应该跟朋友和家人联系一下看看他们感受如何，问问他们过得好不好。

Of course, it would be difficult to check in on Mauro Morandi, who's been living on Budelli Island in Italy for many years, but how many years exactly?

当然，要想联系 Mauro Morandi 可就难了，他在意大利的布代利岛上生活了很多年，但是具体是多少年呢？

Ahh, well, I thought 6 years.

啊，我当时想的是6年。

Was I right?

我答对了吗？

I'm afraid not.

恐怕没有。

It's actually been 31 years.

实际上是31年。

He told National Geographic magazine "I'm sort of in prison here...but it's a prison that I chose for myself." So I'm guessing he's got used to his own company!

他告诉《国家地理》杂志：“我感觉在这里像坐牢.....但是这是我自己选择的牢房。”所以我想他已经习惯了自己一个人！

I certainly couldn't live alone for that long-I'd been too lonely, I need company, Rob.

我绝对不可能一个人生活那么久的——我会非常孤单，我会需要陪伴的，罗伯！

Yeah, me too, Neil!

是的，我也是，内尔！

And loneliness is what we've been discussing in this programme.

本期节目一直在讨论孤单。

Here's a recap of some of the vocabulary we've mentioned.

下面来回顾我们今天提到的一些词汇。

Firstly, to keep someone company is to spend time with someone so they don't get lonely.

首先，陪伴某人指的是跟某人一起度过一段时间，这样他们不会感到孤单。

Social change is a shift in how people behave and think.

社会变革指的是人们行为和想法的转变。

A significant other is an informal way of describing a partner.

重要的另一半是描述伴侣的非正式表达。

Solitude describes being alone.

独处指的是一个人待着。

When talking about life, pinch points are times where there are difficulties and things slow down or change.

当谈论人生的时候，夹点指的是出现了困难或开始减速或改变的时刻。

And chronic describes a health condition that is long lasting.

而长期的描述的是一种持续很久的健康状况。

And that's all we have time for in this programme, but remember you can find more useful vocabulary, trending topics and help with your language learning here at BBC Learning English.

我们今天的节目就到这里，但是请记住你可以在 BBC 学习英语栏目找到更多有用的词汇，流行的话题以及你学习语言的助力。

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Bye for now!

再见！

Bye bye!

再见！