

约会应用程序：我们的大脑如何反应 Dating apps: How our brains react

Hello and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Dan.

我是丹。

And hello, I'm Rob.

大家好，我是罗伯。

In today's programme we're going to be looking at what our brains are doing when we are using dating apps.

在今天的节目中，我们将了解我们的大脑在我们使用约会应用程序是会做什么。

Now, Rob, have you ever used a dating app?

那么，罗伯，你用过约会应用程序吗？

No way, I would never use one.

没有，我永远都不会用的。

Hmm, so Rob, can you explain, when talking about dating apps, what we mean by swipe left and swipe right?

恩，罗伯，你能解释一下这个吗，当我们在谈论约会应用程序时，什么叫左滑和右滑？

Ah, yes. These are not new words but technology has given them new meaning.

啊，是的。这并不是新词，但是科技赋予了它们新的意义。

To swipe is the movement of your finger on a smartphone to change the screen you're looking at.

滑动指的是你的手指在智能手机上的动作，它会改变你所看到的屏幕内容。

So imagine turning the page in a book, well, on a phone, you swipe.

想象一下翻书，在手机上就是滑动了。

In some dating apps, they show you pictures of people you might find attractive.

在一些约会应用程序中，它们会向你展示一些你可能会认为很迷人的人的照片。

If you do like them, you swipe right.

如果你喜欢，你就往右滑。

If you don't like them, you swipe left.

如果你不喜欢，就左滑。

We will dig deeper into this topic shortly, but first, a question.

我们马上会深入探讨这个话题，但是首先是一个问题。

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In the UK, approximately how many marriages start with the couple meeting online?

在英国，大约有多少婚姻是始于网恋的？

Is it: a) One in three, b) One in four, or c) One in five?

是 A. 三分之一，B.四分之一，还是 C. 五分之一？

What do you think?

你怎么看？

Well, all of those seem quite high to me, so I'm going to guess in the middle, one in four.

嗯，这些答案在我看来都太高了，所以我要选中间的，四分之一。

Well, we'll find out if you're right later in the programme.

好的，我们会在稍后的节目中揭晓你是否回答正确。

Now, Alice Gray is a science communicator and blogger.

爱丽丝·格雷是一位科学传播人员兼博主。

Recently she was a guest on BBC Radio 4's Woman's Hour programme and she was asked about what goes on in our brains when we use dating apps compared to when we meet people in real life.

最近她做客BBC电台4频道的《女性时间》节目，并且她被问到与真人见面相比当我们使用约会应用程序时，我们的大脑中会发生什么。

What difference does she say there is?

她说存在什么样的差异？

It's very easy to think that just with these instantaneous swipe left, swipe right, that the process in our brain of how we pick out a suitable mate would be very different, while actually it's really similar to how we do it in person.

人们很容易认为仅凭这些即时的左滑，右滑，我们大脑中选择一个合适的伴侣的过程会非常不同，然而事实上这跟我们见到真人的情况是很类似的。

So she says that what goes on in our brains is actually very similar.

所以她说我们大脑里发生的事情是很类似的。

Online we make decisions very quickly about who we like.

在网上我们会快速地决定我们喜欢谁。

These decisions are almost immediate—she used the adjective instantaneous for this.

这些决定几乎是立刻产生的——她使用形容词“即时的”来表达这个意思。

So we make these instantaneous decisions then choose to swipe left or swipe right.

所以我们会作出即时的决定然后选择左滑还是右滑。

In real life, we do the same thing.

在现实生活中，我们也是一样。

We know almost immediately when we see someone if we find them attractive or not.

我们几乎一看到某个人就会知道我们是否觉得他们迷人。

Although of course in digital dating, once you've swiped left you will never see that person again and you won't have the chance to meet.

不过当然了，在数字约会的过程中，你一旦左滑了，你就不会再见到那个人，并且你们也不会有机会再见面了。

In the real world you could meet someone you don't find attractive instantaneously and then get to know them and find that you do quite like them.

在现实生活中你可能会遇见你没有一眼看上的人，然后慢慢了解他们，然后发现你确实很喜欢他们。

Yes, this is true, but then possibly they won't like you.

是的，确实如此，不过他们很可能不喜欢你。

And then you have to deal with rejection.

然后你还要应对被拒绝。

Rejection is when someone doesn't find you attractive and they don't want to spend time with you or get to know you.

拒绝指的是某个人不觉得你迷人并且他们不想在跟你一起共度一段时光或了解你。

So what's the difference in our brains between online rejection and real life rejection?

那么我们的大脑在应对网络拒绝和现实生活中的拒绝方面有什么差异呢？

Here's Alice Gray again.

以下依然是爱丽丝·格雷。

We see that a lot of the patterns associated with rejection in real life and rejection on dating apps are similar.

我们在现实生活中看到了很多与拒绝有关的模式，在约会应用程序上的拒绝是类似的。

It's just the exposure to the rate of the amount of rejection you get on dating apps is a lot higher than the ones in real life.

只不过你在约会应用程序上被拒绝的比率会比在现实生活中要高。

So in real life you'll have time to, sort of, compute the rejection, get over it a little bit, and dust yourself off and get on with it.

所以在现实生活中，你会有时间去估算拒绝，渐渐克服它，拍拍灰尘然后继续生活。

Whereas the rate of rejection on dating apps is so high, it's often hard to cope with one coming in after another.

然而约会应用程序上的拒绝率非常高，往往很难去应对一个接一个的拒绝。

So, she says that our brain's response to real life and online rejection is quite similar, but in the digital world you can be rejected many more times.

那么她说我们的大脑对现实生活中的拒绝和网络上的拒绝的反应是类似的，但是在数字世界中你可能被拒绝的次数更多。

In real life you have a bit more time to recover from the rejection, to get over it, as she says.

如她所说，在现实生活中，你有更多的时间从拒绝中恢复。

You can dust yourself off which is a way of saying you think positively to make yourself feel better—imagine falling over on the ground, when you get up, you might be covered in dust and dirt, you need to dust yourself off to make yourself ready again, before you carry on.

你可以拍拍灰尘，这是表达你积极地思考来让你感觉更好的一种方式——想想一下摔了一跤，当你站起来的时候，你身上也许满是灰尘，你需要把灰尘拍干净，让你能够在继续之前再次做好准备。

In the online world though, you don't have that time.

然而在网络世界里，你可就没有那个时间了。

Online dating apps can lead to many rejections and psychologically that can be difficult to manage.

在线约会应用程序可能会导致许多拒绝，而这从心理上来说很难以应对。

Another way of saying 'difficult to manage' is difficult to cope with.

“难以应对”的另一种说法是“难以处理”。

Well, we don't want you to reject us, so time now to give you the answer to that quiz question before a recap of today's vocabulary.

我们可不希望你们拒绝我们，所以现在该告诉你们今天问题的答案了，然后再回顾今天的词汇。

I asked: in the UK, approximately how many marriages start with the couple meeting online?

我问的是：在英国，大约有多少婚姻是始于网恋的？

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Hmmm, so I said b) one in four-25%.

嗯，我说的是 B. 四分之一——25%。

Was I right?

我答对了吗？

Sorry, Rob, the answer is a) , one in three.

不好意思，罗伯，答案是A.三分之一。

Does that surprise you?

你很吃惊吗？

Yes, it does, I didn't think it would be that high.

是的，我很吃惊，我没想到会那么高。

It's the sign of the times, Rob.

这就是时代的印记，罗伯。

Digital world-digital dating!

数字世界——数字约会！

Let's have a look at that vocabulary.

我们来看看词汇吧。

OK, well, we started with the verb to swipe.

好的，我们是从动词滑动开始的。

The movement of our finger on a smartphone or tablet screen to indicate whether we like someone or not.

你的手指在智能手机或平板屏幕上的动作，来表示你是否喜欢某个人。

Swipe right for like, swipe left if you don't like.

右滑表示喜欢，左滑表示不喜欢。

Our decisions on whether we find someone attractive or not are often instantaneous.

我们对于某个人是否迷人的决定往往是即时的。

This adjective means immediate, at once.

这个形容词的意思是立刻，马上。

Rejection is when you let someone know that you are not interested in them, you don't want to be romantically involved with them.

拒绝指的是你让某人知道你对他们没有兴趣，你不想跟他们谈恋爱。

If you are rejected you might need some time to feel better, and for this you can use the phrasal verb get over.

如果你被拒绝了，你可能会需要一些时间来好转，你可以用get over这个短语来表达这个过程。

It can take some time to get over a rejection.

挺过拒绝可能会需要一些时间。

Yeah, I know!

是的，我知道了！

Now being positive and optimistic after a rejection can be described as dusting yourself off.

被拒绝后还表现得积极乐观可以被描述为重新振作。

But, having many rejections can be difficult to cope with, which means it can be difficult to manage, difficult to keep positive.

但是被拒绝太多次可能会很难接受，意思是难以处理，很难保持乐观。

Well, we hope you don't swipe left on this programme and you will join us again next time.

好的，我们希望你不会左滑这个节目，并且会收听我们的下期节目。

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Oh, good idea.

哦，好主意。

See you soon.

再见。

Bye.

再见。

Bye bye!

再见。