

你能辨别出他人在撒谎吗？ Can you tell when someone is lying?

Hello.

大家好。

This is 6 Minute English.

这里是六分钟英语。

I'm Rob.

我是罗伯。

And I'm Sam.

我是萨姆。

In this programme, we're talking about biscuits.

本期节目我们将讨论饼干。

Really?

真的吗？

That's not what I was told...oh, hold on, you're lying.

这个我被告知的不一样啊.....哦，等等，你在撒谎。

Yes, you're right, Sam.

是的，没错，萨姆。

I am lying simply to demonstrate our topic-lying and how to detect it.

我说谎只是为了示范我们的话题——撒谎，以及如何识别它。

You detected my lie very easily, Sam!

你很轻易就识破了我的谎言，萨姆！

I could tell from the smirk on your face that you were telling a fib—that's the word for a small, inoffensive lie.

我可以从你脸上的坏笑看出来你是撒了个小谎——这个词指的是很小的，无伤大雅的谎言。

To be honest, talking about lie detecting will be much more interesting than biscuits.

老实说，谈论识别谎言会比谈论饼干要有趣得多。

But first, let's start with a question for you to answer.

但是首先，我们从一个需要你回答的问题开始。

A competition is held in Cumbria in the UK every year to find and award the title of "The Biggest Liar in the World".

英国的坎布里亚每年都会举办一个比赛来寻找并颁发“世界上最大的骗子”的头衔。

But which type of people are not allowed to take part?

但是哪种人不被允许参加呢？

添加的词汇



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A) Farmers, b) Lawyers, or c) Estate agents? What do you think, Sam?

A.农民, B.律师, 还是 C. 不动产代理? 你怎么看, 萨姆?

I'd be lying if I said I knew-but based on personal experience, I'd say estate agents-they'd find it too easy!

如果我说我知道的话, 那就是在撒谎——但是基于我的个人经验, 我要选不动产代理——他们会觉得这个太简单了!

Ha, well, that's your opinion but I'll let you know if you're right at the end of the programme.

哈, 好的, 这是你的看法, 但是我会节目结束的时候告诉你你是答对了还是答错了。

So, lying is something I'm sure a lot of us do-sometimes to avoid trouble, sometimes to cheat people, or sometimes just to impress someone-did you know I can speak seven languages, Sam? Sam That's just a barefaced lie, Rob!

我肯定我们中很多人都会撒谎——有时候是为了避免麻烦, 有时候是为了欺骗人, 或者有时候只是为了给某人留下印象——你知道我能说七种语言吗, 萨姆? 这不过是个厚脸皮的谎言罢了, 罗伯!

But I can see how easy lying can be, and that's what neuroscientist Sophie Scott thinks.

但是我能看出来撒谎有多么容易, 而这也是神经科学家苏菲·斯科特的看法。

Here she is on BBC Radio 4's 'Seriously' podcast, explaining how we sometimes lie just to be nice!

下面是她在BBC电台4频道的播客节目《Seriously》中解释有时候我们撒谎只是为了表现得善良。

Often what we mean by lying is someone setting out to deceive us with their words or their actions but actually normal conversation probably can only happen because we don't actually say all the time exactly what we really think and what we really mean.

多数时候我们在说撒谎的时候指的是某人用他们的言语或行为来欺骗我们, 但是其实日常对话之所以能够产生是因为我们其实并没有总是把我们的真实想法和真实意图说出来。

And that kind of cooperation is at the heart, I think, of a lot of social interactions for humans and I think that's one of the strong pushes to make conversation polite and therefore frequently not actually truthful.

而且我认为在很多人类的社交交流中这种合作是处于核心地位的, 而且我认为它是促使谈话变得有礼貌的强有力的推力之一, 因此很多时候并非是真心的。

So Sophie mentions two types of lying.

所以苏菲提到了两种撒谎。

There's the one when we try to deceive someone-so that's trying to hide something by tricking someone to gain an advantage.

其中一种是我们用来欺骗某人的——即试图通过愚弄某人来隐瞒某事, 从而获利。

Hmm, that's like you getting me to pay £10 for a cinema ticket when actually they were only £5. That's just dishonest, but there are also what we like to call white lies-small lies we tell to avoid upsetting someone.

嗯, 就像你让我付10英镑的电影票, 而实际上电影票只要5英镑。这就是不诚实, 但是还有一种我们要称其为善意的谎言——我们为了避免让某人不开心而撒的小谎。

Those are lies that aren't intended to give you an advantage.

这些谎言并不是为了要让你获利。

Yes, Sophie Scott says we use them in normal conversation-when we don't say what we really mean.

是的，苏菲·斯科特说我们在日常对话中使用它们——我们没有说出我们真实的意图。

So, we want to make conversation polite because we want to cooperate with each other-she says cooperation is at the heart.

也就是说我们想让对话变得有礼貌，因为我们想要互相合作——她说合作是处于核心地位的。

Something that's at the heart is the most important or essential part.

某事如果处于核心地位，那么它是最重要或最关键的部分。

Now telling lies is one thing but how do you know if we're being lied to?

撒谎是一方面，但是你要如何知道是否有人在对我们撒谎呢？

Sometimes there are telltale signs, such as someone's face turning red or someone shuffling their feet.

有时候会有一些暴露实情的迹象，比如某人的脸会变红，或坐立不安。

But if you really want to know if someone is lying, maybe we should listen to Richard Wiseman, a psychologist at the University of Hertfordshire.

但是如果你真的想知道某人是否在撒谎，也许我们应该听听赫特福德大学的心理学家理查德·怀斯曼的说法。

Here he is speaking on the 'Seriously' podcast.

下面是他在播客节目《Seriously》中的发言。

Liars in general say less.

说谎者一般话更少。

They tend to have a longer what's called response latency, which is the time between the end of the question and the beginning of the answer.

他们往往会有更久的所谓的回应延迟，也就是问题的结尾和回答的开头之间的时间。

And there also tends to be an emotional distance in the lie-so the words 'me', 'my', 'I' -all those things tend to drop away in lies and it's much much harder for liars to control what they're saying and how they're saying it, so focus your attention there, you become a better lie detector.

而且谎言中往往会有一种情感疏离——也就是“我”，“我的”这样的词——这些东西往往会在谎言中减少，而且对于说谎者来说是很难控制他们正在说的内容和说话的方式的，所以请把注意力集中在那一部分，这样就会成为一个更优秀的谎言识别者了。

Some good advice from Richard Wiseman.

理查德·怀斯曼提供了一些很好的建议。

So to detect lies we need to listen out for the response latency-a term used in psychology to describe the time taken between a stimulus or question and a response to it.

所以为了识别谎言我们需要听回应延迟——这个名词被用在心理学中，来描述激励因素或者说问题及其回应之间说话的时间。

The bigger the gap, the more chance there is that someone is lying.

间隔越大，那个人在撒谎的可能性就越大。

Is that a good summary, Sam?

这个总结还不错吧，萨姆？

Sort of, Rob.

还行吧，罗伯。

Richard also suggests we focus on-or concentrate on-what and how people are saying things too.

理查德还建议我们专注于人们说话的内容和方式。

There's probably more to it than just that.

它可能有更多的意味。

Well, now you know how to detect my lies, Sam, maybe honesty is the best policy-as they say.

好的，现在你知道如何识别我的谎言了，萨姆，也许就像他们说的那样，诚实才是最好的准则。

So I'm now going to give you an honest answer to the question I asked earlier.

所以我要诚实地告诉你我之前问你的问题的答案。

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但是哪种人不被允许参加呢？

A) Farmers, b) Lawyers, or c) Estate agents? I guessed c) estate agents.

A.农民，B.律师，还是C. 不动产代理？我猜的是不动产代理。

And you are wrong, I'm afraid.

恐怕你答错了。

Lawyers, as well as politicians, are not allowed to enter the competition.

律师，还有政客不允许参加这个比赛。

It's claimed "they are judged to be too skilled at telling porkies"-porkies is an informal word for 'pork pies' and that rhymes with 'lies'.

人们声称“他们被认定为过于擅长撒谎”——这里的porkies是“猪肉派”的非正式说法，而且刚好跟“lies”押韵。

Fascinating stuff, Rob and that's no lie!

真棒，罗伯，我可没有撒谎！

But now, shall we recap some of the vocabulary we've heard today?

不过现在我们能回顾我们今天听到的词汇吗？

Yeah,why not?

何乐而不为呢？

A fib is a small inoffensive lie.

小谎指的是无伤大雅的小谎言。

A white lie is also a small lie, told to avoid upsetting someone.

善意的谎言也是一种小谎，为了避免让某人不高兴而说的。

When you deceive someone, you try to hide something by tricking them to gain an advantage.

当你欺骗某人，你试图通过愚弄他们来隐瞒某事，从而获利。

When something is at the heart of something, it is the most important or essential part of it.

当某物处于某物的核心地位，那么它就是最重要且最关键的部分。

And we heard about response latency—a term used in psychology to describe the time taken between a stimulus or question and a response to it.

我们还听到了回应延迟——这个名词被用在心理学中，来描述激励因素或者说问题及其回应之间说话的时间。

OK, thank you, Sam.

好的，谢谢你，萨姆。

That's all from 6 Minute English.

这就是六分钟英语的所有内容。

We look forward to your company next time.

我们期待您下次的陪伴。

Goodbye!

再见！

Bye everyone!

再见，各位！
