

遗愿清单总是好事吗？ Are bucket lists always a good thing?

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

大家好。这里是BBC学习英语栏目的六分钟英语。我是内尔。我是萨姆。

Have you always wanted to learn to dance the tango, do a magic trick, or skydive?

你有没有想要学习探戈，变魔术或跳伞呢？

If so, perhaps you need a bucket list—a list of all the things you want to do before you die—that's the topic of our programme.

如果是这样的话，你也许需要一个遗愿清单——一个列着你在死之前想做的所有事情的清单——这是本期节目的话题。

Bucket lists have been called 'the greatest hits of your life' and have helped some people overcome anxiety and fear of following their dreams.

遗愿清单一直被称作“你人生中最伟大的时刻”，而且帮助一些人克服了追随梦想带来的焦虑和恐惧。

But they've also been accused of limiting the imagination by encouraging people to follow someone else's idea of the perfect life.

但是它们也被指控限制了想象力，因为它们鼓励人们去追求他人心目中的完美人生。

So, what would be on your bucket list, Neil?

所以你的遗愿清单上会有什么，内尔？

Are you a skydiving kind of person?

你是会去跳伞的人吗？

Not really!

不是！

Bungee-jumping maybe—as long as someone checked the elastic rope!

也许会蹦极——只要有人检查弹力绳！

How about you?

你呢？

One thing I've always wanted to do is swim with dolphins.

我一直想做的一件事是跟海豚游泳。

Well, you're not alone there, Sam, because swimming with dolphins is one of the most **commonly** included personal goals on bucket lists.

嗯，你不一个人，萨姆，因为跟海豚游泳是遗愿清单上最常见的个人目标之一。

But which of the following things do you think tops the list?

不过你认为以下哪件事能够排第一呢？

添加的词汇

commonly

英:/'kɒmənlɪ/ 美:/'kɑmənlɪ/

adv. 一般地；通常地；普通地



扫码APP内查看
每日英语听力

That's my quiz question for today.

这就是我今天的问题了。

Is it a) swimming with dolphins, b) getting a tattoo, or c) seeing the northern lights?

是 A. 跟海豚一起游泳, B. 纹纹身, 还是 C. 看北极光?

I'll go for a) swimming with dolphins-one, because it's something I really want to do and two, because I've heard so many stories about how it improves your mental health.

我要选 A. 跟海豚一起游泳——首先, 因为这是我很像要做的事情, 第二, 因为我听到很多关于它能够改善心理健康的故事。

Well, that was certainly true in the case of blogger Annette White.

嗯, 对于博主安妮特·怀特来说这肯定是真的。

She listed hundreds of things she wanted to accomplish—from learning Spanish to hanging out with penguins in Antarctica—as a way of improving her psychological wellbeing.

她列出了几百件她想完成的事情——从学习西班牙语到在南极洲跟企鹅闲逛——作为改善她心理状态的方式。

Here she is talking to Claudia Hammond for BBC Radio 4's programme All in the Mind.

以下是她在BBC电台4频道节目《All in the Mind》中跟克劳迪亚·哈蒙德的谈话。

You said that you started all this to try to help you overcome your anxiety—has it done that?

你说开始这一切是为了帮助你克服焦虑——它做到了吗?

It definitely has and I feel that the reason is because that promise to live my bucket list really continuously pushes the comfort zone, you know, to its limits and beyond it.

确实做到了, 而且我觉得原因是因为要实现我的遗愿清单的承诺真的一直在把舒适区推向极限并超越它。

So every time I can have a chance to step out of my comfort zone, a little piece of that fear of the unknown is removed and replaced with a little piece of empowerment, and by continuously doing that, the size of my fear bubble has gotten smaller.

所以每当我有机会踏出我的舒适区, 那丝对于未知的恐惧就消除了, 取而代之的是一丝赋权, 而且通过不断地这样做, 我的恐惧气泡也不断变小。

Annette feels that choosing adventurous goals for her bucket list helps her step outside of her comfort zone—the situations where she feels safe and comfortable but where her ability and determination are not really being tested.

安妮特感觉选择冒险的目标作为她的遗愿清单帮助她踏出了舒适区——她感到安全和舒适的环境, 但是她的能力和决心没有得到真正的考验。

Moving out of her comfort zone has helped Annette replace her feelings of fear with feelings of empowerment—the process of becoming stronger and more confident, especially in controlling her life.

离开她的舒适区帮助安妮特用赋权感代替了恐惧感——赋权指的是变得更强大、更自信的过程，尤其是在掌控自己生活方面。

Well, that all sounds pretty good to me.

嗯，我觉得这个挺好的。

But not everyone is convinced that bucket lists can really help people like Annette in the long run.

但是不是每个人都相信遗愿清单从长远来看真的能够帮助像安妮特那样的人。

Here's clinical psychologist Linda Blair to explain why.

以下是临床心理学家琳达·布莱尔解释其中的原因。

I'm not really in favour of bucket lists.

我并不是很支持遗愿清单。

There are a couple of reasons.

原因有很多。

Most of all, you're kind of fooling yourself with a bucket list.

最重要的是，你差不多是在用遗愿清单愚弄你自己。

We fear death, more than I think we fear anything else in our existence, because we can't predict it, and because we don't know what it's like because nobody comes back and tells us.

我认为我们害怕死亡甚于其它任何存在的事物，因为我们无法预测它，而且因为我们不知道它是什么样子的，因为没有人能够死而复生然后告诉我们。

And when you create a bucket list-something to do before you 'kick the bucket', the idea that you're giving yourself is that you can somehow control when and what death is going to be all about.

而当你创造遗愿清单——在你“翘辫子”之前要做的事情——时，你给自己灌输的想法是你通过某种方式可以掌控死亡的时刻和意义。

We only make sense of our lives at the end of it.

我们只是在死亡之前理解生命的意义。

A bucket list takes you away from the chance to be spontaneous and I think it's so delicious to be able to say, 'that's an opportunity? – oh, I'll do that!' Linda thinks some people use bucket lists as a coping strategy to try to control something uncontrollable-death.

遗愿清单让你失去了顺其自然的机会，而且我认为能够说“这是个机会？- 哦，我要做。”是很有诱惑力的。琳达认为有些人把遗愿清单用做一种应对策略来试图掌控一些无法掌控的事物——死亡。

In this way they are fooling-or deceiving-themselves-trying to make themselves believe something they know is not really true.

通过这种方式，他们在愚弄——或者说欺骗——他们自己——努力让他们自己相信他们知道不是真实的事情。

And by having a checklist of adventures to tick off before they die, people might lose the chance to be spontaneous-to act in a natural or impulsive way without planning.

而且通过在他们死之前能够有一张清单来打勾，人们可能会失去顺其自然的机会——在不计划的情况下以一种自然或冲动的方式做事。

Linda also uses an unusual expression which gave 'bucket list' its name in the first place.

琳达还用了一个不同寻常的表达，透露了“遗愿清单”这个名字是怎么来的。

A bucket list is all the things you want to do before you 'kick the bucket' -an informal way of saying, 'die'.

遗愿清单是你在“翘辫子”——“死亡”的非正式说法——之前想做的所有事情。

'Kick the bucket' is an old English expression that was even used by Shakespeare.

“翘辫子”是一个古老的英语表达，连莎士比亚都用过。

It refers to kicking the bucket away from under the feet of a hanging man, leaving him to drop to his death.

它指的是上吊的人把脚下的桶踢开，让他上吊而死。

Well, anyway, I hope I don't kick the bucket before I've had a chance to tell you the correct answer to today's quiz.

嗯，不管怎样，我希望在我有机会告诉你今天问题的正确答案之前不会翘辫子。

Remember, I asked you which personal goal was most often included in bucket lists.

记得吗，我之前问你哪个个人目标是遗愿清单里最常见的。

I said, a) swimming with dolphins.

我说的是 A. 跟海豚一起游泳。

But the actual answer was c) seeing the northern lights.

但是正确答案是 C. 看北极光。

Well, maybe we could combine the two in a single trip.

嗯，也许我们可以在一趟旅行中同时完成这两件事。

And then get a tattoo!

然后再纹个身！

That would be spontaneous!

这就很顺其自然了！

Today, we've been discussing bucket lists-lists of all the things you want to do before you 'kick the bucket' -an informal way of saying 'die'.

今天我们讨论了遗愿清单——所有你在“翘辫子”——“死亡”的非正式说法——之前想做的事情。

Bucket lists can be a great way to feel empowered-stronger and more in control of your life, because they take you out of your comfort zone-comfortable situations which are safe but not challenging.

遗愿清单是一个让自己有赋权感的好方法——赋权指的是更强大，并且对你的生活更有掌控力，因为它们让你走出舒适区——安全但是没有挑战性的舒适场景。

But others think you're fooling-or deceiving yourself-if you think bucket lists can really help you control your life.

但是其他人认为如果你认为遗愿清单真的能够帮助你掌控自己的生活，那么你是在愚弄——或者说欺骗自己。

In fact, they might even make you less spontaneous-less able to act in natural, sudden and impulsive ways.

事实上，它们甚至可能让你更不顺其自然——更不能够以一种自然、突然和冲动的方式做事。

That's all from us for now.

今天的节目都到这里。

Why not go and make some plans for all the things you'd like to achieve in your life?

何不去做一个所有你一生中想要达成的事情的计划呢？

And start having adventures before we see you next time here at 6 Minute English from BBC Learning English.

同时在收听下一期BBC学习英语栏目的六分钟英语前开始你的冒险。

Bye.

再见。

Byebye.

再见。
