

## 幸灾乐祸的益处 The benefits of schadenfreude

Hello and welcome to 6 Minute English, I'm Neil.

大家好，欢迎收听六分钟英语，我是内尔。

This is the programme where in just six minutes we discuss an interesting topic and teach some related English vocabulary.

在本节目中我们用六分钟的时间讨论一个有趣的话题并教授一些相关的英语词汇。

And joining me to do this is Rob.

和我一起的是罗伯。

Hello.

大家好。

In this programme we're discussing schadenfreude.

在本期节目中，我们要讨论幸灾乐祸。

Hold on, Neil, schadenfreude, that's a German word.

等等，内尔，幸灾乐祸，这是个德语词。

Schadenfreude is what we can call a loanword—a word from one language that is used in another language without being changed.

幸灾乐祸就是我们所说的借用词——即来自于某个语言中原封不动地被用到另一种语言中的词。

So you're right—schadenfreude is used in English and am I right in thinking it describes the satisfying feeling you get when something bad happens to someone else?

你说得对——幸灾乐祸被用于英语中，我认为它描述的是一种当别人身上发生不好的事时，你会感到很满意的情感，我说的对吗？

You're absolutely right, Rob.

你说得完全正确，罗伯。

Imagine you're in a queue at the supermarket and someone pushes in, but when they got to pay, their credit card doesn't work—think of the feeling you might get just seeing their misfortune—another word for bad luck.

想象一下你在超市排队，然后有人插队，但是当他们准备付钱的时候，他们的信用卡失效了——想想看到他们的不幸，这是表示运气不好的另一种说法，你可能会有的感受。

Yes, that is a very satisfying feeling, but it's quite a mean feeling too.

是的，这感觉让人很满意，但是这也是一很很卑鄙的感觉。

It is but we'll be discussing why that feeling could actually be good for us.

确实，但是我们要讨论那种感觉事实上对我们有好处的原因。

But first, let's set a question for you, Rob, and our listeners at home, to answer.

但是首先，我有一个问题要问你，罗伯，还有我们的听众。

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This is about false cognates, also called false friends, words that look the same in two languages but have different meanings.

这个问题是关于假同源词的，它们也被称为假朋友，即在两种语言中的形式是一样的，但是意思不一样。

So in English we have the word 'rat' but what does that mean in German?

在英语中我们有“老鼠”这个词，但是它在德语中是什么意思呢？

Is it a) a big mouse, b) annoyed, or c) advice?

是 A. 一只大老鼠，B.生气的，还是 C. 建议呢？

That's tricky because I don't speak German.

这题很难，因为我不会说德语。

So I'll guess and say b) annoyed.

所以我要猜 B. 生气的。

Well, I'll have the answer later on.

好的，我稍后会揭晓答案。

Now, let's talk more about schadenfreude.

现在我们再来谈谈幸灾乐祸。

Enjoying someone's misfortune can certainly make us feel good.

享受别人的不幸确实会让我们感觉很好。

And studies have shown this feeling is quite normal-particularly when it happens to someone we envy.

而且研究表明这种感觉非常普遍——尤其是当它发生在我们嫉妒的人身上。

If we see a wealthy celebrity suffering on a reality TV show, or are exposed for not paying their taxes, we feel good.

如果我们在真人秀上看到一个有钱的名人受罪，或者被曝光偷税漏税，我们会感觉很好。

We say they've had their comeuppance.

我们会说他们罪有应得。

That's a good word, meaning a person's bad luck that is considered to be deserved punishment for something bad that they have done.

这是一个很好的词，意思是某个人的厄运被认为是他们之前作恶的应得的惩罚。

Let's hear from psychologist Wilco Van Dijk from the University of Leiden, who's been talking about this on the BBC Radio 4 programme, All in the Mind.

我们来听听莱顿大学的心理学家Wilco Van Dijk的话，他在BBC电台4频道的节目《All in the Mind》中谈论了这个话题。

What have his studies found about our enjoyment of others misfortune?

他的研究发现了关于我们因他人的不幸而感到高兴的什么内容呢？

People especially feel schadenfreude when they think the misfortune is deserved.

人们在他们认为不幸是应得的时候尤其会感到幸灾乐祸。

Then the question is where this joy arises, is this actually joy experienced towards the misfortune of others or is it also at least partly joy about a just situation—that this misfortune of another actually appeals to a sense of justice.

然后问题就是这种愉悦感从何而来，是对他人不幸而直接感受到的快乐还是至少有一部分跟某个正义的情形也有关——即这种他人的不幸事实上唤起了一种正义感。

That's also the reason why we like the misfortune of hypocrites because if they fall down that also is a deserved situation.

这也是我们为什么喜欢看到伪君子们遭受不幸的原因，因为如果他们失势也是罪有应得的一种情形。

OK, so Wilco Van Dijk's studies found we get joy when someone's misfortune is deserved, there is justice, in other words, the punishment someone receives is fair.

好的，所以Wilco Van Dijk的研究发现我们会在某人的不幸是罪有应得的情况下感到高兴，这里有正义的成分，换句话说，某人受到的惩罚是公平的。

And a just situation means a fair situation—it is right.

正义的情形指的是公平的情形——它是正确的。

So I guess he's saying we're not just being mean.

所以我想他的意思是我们这样并不卑鄙。

Yes. And he also mentioned the type of people whose misfortune is just and deserved, are hypocrites—people who claim to have certain moral beliefs but actually behave in a way that shows they are not sincere.

是的。他还提到有种人的不幸是正义且应得的，那就是伪君子——声称有某种道德信仰但是做事方式却表明他们并不真诚的人。

The All in the Mind programme also heard from another expert on the subject—author and historian of emotions, Dr Tiffany Watt-Smith.

《All in the Mind》节目还听取了另一位这个话题的专家的看法——作家兼情感历史学家蒂芙尼·瓦特-史密斯。

She talked about how schadenfreude is a subjective thing—based on our feelings—and it's not as simple as deciding what is right or wrong.

她谈论了幸灾乐祸为何是一个主观的东西——基于我们的情感——以及它并不只是决定什么是好什么是坏这么简单。

What word does she use that means to express sympathy to someone about someone's bad luck?

她用了哪个词来表达对他人的不幸表示同情的意思？

We don't really experience emotions, you know, as either-or things, it's not black or white.

其实我们的情感并不是非此即彼的，或者说非黑即白的。

I think it's perfectly reasonable that we could genuinely commiserate with someone else's misfortune at the same time as a terrible sly smile spreading across our lips because, you know, something we've envied about them has turned out not to work out so well or whatever it is.

我认为我们会在真心怜悯其他人的不幸的同时嘴角却扬起奸诈的微笑是完全合情合理的，因为，你知道的，我们嫉妒他们的某个事物最终被证明不那么好，或其它原因。

You know, we have a much deeper ability to hold contradictory emotions in mind, much more so than your average moral philosopher would allow.

你知道的，我们拥有非常深沉的在心里同时抱有完全矛盾的情绪的能力，远远超出一般的道德哲学家所允许的范围。

Interesting stuff.

有趣的内容。

She says when something goes wrong for someone, we have the ability to commiserate with them-that's the word for expressing sympathy to someone about their bad luck.

她说当某人出事的时候，我们有能力去怜悯他们——这就是表示对某人的不幸表示同情的词。

So overall, Tiffany Watt-Smith thinks we have a range of emotions when we experience schadenfreude, but these are contradictory emotions, different and opposite emotions.

所以总的来说，蒂芙尼·瓦特-史密斯认为我们在体验幸灾乐祸的时候有各种情感，但是这些是矛盾的情感，不同且相反的情感。

Maybe, Neil, we should just be nicer people?

内尔，也许我们应该做更善良的人？

No way!

没门！

I loved seeing Germany getting knocked out of last year's World Cup-not really!

我喜欢看到德国人在上届世界杯出局——不完全是！

Talking of Germany, earlier we mentioned false friends and I asked in English we have the word 'rat' but what does that mean in German?

说到德国，之前我们提到了假朋友，我问在英语中我们有“老鼠”这个词，但是这个词在德语里是什么意思呢？

Is it a) a big mouse, b) annoyed, c) advice?

是 A. 一只大老鼠，B.生气的，C.建议？

And, Rob, you said...

罗伯，你说的是.....

I said b) annoyed.

我说的是 B. 生气的。

And that is the wrong answer, I'm afraid.

恐怕这个答案是错误的。

The right answer is c) advice.

正确答案是 C. 建议。

Well done if you knew that at home.

如果你知道答案的话，那你真不错。

Now on to the vocabulary we looked at in this programme.

现在该说说我们在本期节目中说到的词汇了。

So today we've been talking about schadenfreude-that describes the satisfying feeling you get when something bad happens to someone else.

今天我们一直在说幸灾乐祸——这个词描述的是当别人身上发生不好的事情的时候你所感到的满意的感觉。

And that's an example of a loanword-a word from one language that is used in another language without being changed.

而且这是一个借用词的例子——即来自于某个语言中原封不动地被用到另一种语言中的词。

In this case German.

在这里指的是德语。

We mentioned comeuppance which describes a person's misfortune that is considered to be deserved punishment for something bad that they've done.

我们还提到了罪有应得，它描述的是某个人的不幸被认为是他之前作恶应得的惩罚。

Next we mentioned justice-that's the punishment someone receives that is fair for what they've done.

接下来我们提到了正义——这是指某人受到的惩罚对于他的所做作为来说是公平的。

And the word just describes something that is fair and right.

正义的这个词描述的是公平或正确的事情。

Hypocrites are people who claim to have certain moral beliefs but actually behave in a way that shows they are not sincere.

伪君子指的是声称有某种道德信仰但是做事方式却表明他们并不真诚的人。

And finally commiserate is a word that means expressing sympathy to someone about their bad luck.

最后一个词是怜悯，这个词的意思是对某人的不幸表示同情。

That's the verb.

这是动词形式。

The noun form is commiseration.

名词形式是commiseration。

Well, commiserations, Neil. We've run out of time for this programme.

嗯，真可怜，内尔。我们本期节目的时间快到了。

See you soon, goodbye.

再见了。

Goodbye!

再见！