

哭泣的力量 The power of crying

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。

Do you cry easily, Sam?

你容易哭吗，萨姆？

I mean, when was the last time you cried?

我的意思，你上次哭是什么时候？

Let me think...

让我想想.....

Last week watching a movie, probably.

大概是上周看电影的时候吧。

I was watching a really dramatic film and in one scene, the heroine gets separated from her children.

我当时看的是一部非常戏剧化的电影，其中有一幕女主角跟她的孩子分开。

I just burst out crying.

然后我就嚎啕大哭了。

How about you, Neil-when was the last time you cried?

你呢，内尔——你上次哭是什么时候？

Men don't cry, Sam.

男人不会哭的，萨姆。

Oh, come on, Neil!

哦，得了吧，内尔！

That's a bit stereotypical, isn't it? -the idea that men don't show their emotions and women cry all the time.

这样有点刻板印象，不是吗？——认为男人不会表露情感而女性总是在哭泣。

Well, that's an interesting point, Sam, because in today's programme we're discussing crying.

嗯，这个观点很有趣，萨姆，因为今天的节目中我们要讨论哭泣。

We'll be investigating the reasons why we cry and looking at some of the differences between men and women and between crying in public and in private.

我们会调查我们哭泣的原因，同时了解男性和女性之间，在公共场合哭泣和在私下哭泣的差别。

And of course, we'll be learning some related vocabulary along the way.

当然我们还会在此过程中学习一些相关的词汇。

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I guess it's kind of true that women do cry more than men.

我认为女性确实比男性哭得更多吧。

People often think crying is only about painful feelings but we also cry to show joy and when we are moved by something beautiful like music or a painting.

人们通常认为哭泣只关乎痛苦的感觉，但是我们也会喜极而泣，同时被美好的事物，比如音乐或绘画，感动时也会流泪。

So, maybe women are just more in touch with their feelings and that's why they cry more.

所以也许女性只是情绪上更敏感，而这就是她们哭得更多的原因。

Well, actually, Sam, that brings me to our quiz question.

嗯，事实上，萨姆，这让我想到了今天的问题。

According to a study from 2017 conducted in the UK, on average, how many times a year do women cry?

根据2017年在英国进行的一项研究，通常来说女性一年中会哭多少次？

Is it a) 52, b) 72, or c) 102?

是 A. 52次，B.72次，还是 C. 102次？

Hmm, it's a tricky question, Neil.

嗯，这题很难，内尔。

I mean, there are so many different reasons why people cry.

我的意思是，人们哭的原因多种多样。

And what makes me cry might make someone else laugh.

而且让我流泪的东西可能会让其他人捧腹。

I think some of my female friends probably cry around once a week, so I 'll guess the answer is a) 52. OK, Sam.

我想我的一些女性朋友大概每周会哭一次吧，所以我猜答案是 A. 52次。好的，萨姆。

We'll find out later if you were right.

我们稍后会揭晓你是否回答正确。

Now, while it may be true that men cry less often, it also seems that they feel less embarrassed about crying in public.

现在，尽管男性也许确实更少哭，但是他们似乎认为在公共场合哭泣没有那么尴尬。

This may be because of differences in how men and women think others will view their public displays of emotion.

这可能是因为男性和女性在他人对他们在公共场合的情感流露的反应上有差异。

Here's BBC Radio 4's Women's Hour speaking to therapist Joanna Cross about the issue of crying at work.

以下是BBC电台4频道的《女性一小时》节目就在职场中哭泣这一问题对话治疗师乔安娜·罗斯。

Let's take the workplace.

我们以职场为例。

If you've got somebody who seems to cry regularly, I think that's not helpful for the individual because then if they cry over something that really is important to them, they might not be taken so seriously-or they get a label.

如果你看到有人似乎总是在哭泣，那么我认为这对那个人来说并没有帮助，因为那样的话，如果有一天他们为真的很重要的事情而哭泣，他们可能不会被认真对待——或者他们会被打上标签。

But I do think crying is often a build-up of frustration and undealt-with situations and it's a bit of a final straw moment.

但是我确实认为哭泣往往是因为沮丧和无法处理的处境的不断积累，而且它可以说是最后一根稻草的时刻（濒临崩溃的时刻）。

So people who regularly cry at work risk not being taken seriously-not being treated as deserving attention or respect.

所以那些在职场中总是哭泣的人会面对不被认真对待的风险——被认为不配获得关注或尊重。

And they might even get a label-become thought of as having a particular character whether that's true or not.

而且他们甚至可能会被打上标签——被认为有某种特定的性格，不管是否属实。

Here's Joanna Cross again.

下面还是乔安娜·罗斯的话。

You build up your resentments, your lack of boundaries, not being able to say 'no' and then somebody says, 'Can you go and make a cup of tea?' and you suddenly find yourself weeping.

你的愤恨、缺乏界线、无法拒绝他人的情况在积累，然后有人对你说：“你能去泡杯茶吗？”然后你突然发现自己在落泪。

And everybody says, 'What's wrong with her?', you know, but actually that's often a backlog of situations.

然后大家会说：“她怎么了？”但是事实上这往往是各种情况的积压。

So, a common reason for crying at work seems to be a build-up of resentments-feelings of anger when you think you have been treated unfairly or have been forced to accept something you don't like.

所以在职场哭泣的原因似乎是愤恨——当你认为你被不公平地对待或被强迫接受你不喜欢的东西时的愤怒的感觉——的积累。

When left undealt with, these feelings can create a backlog-an accumulation of issues that you should have dealt with before but didn't.

如果这些情绪没有得到处理，它们会产生积压——各种你本应该之前就解决但是没有解决的问题的积累。

Right.

没错。

And then, like Joanna says, someone asks you to do something very simple and easy, like make a cup of tea, and you start weeping-another word for crying.

然后就想乔安娜说的那样，某个人让你去做一件非常简单容易的事情，比如泡杯茶，然后你就开始落泪——哭泣的另一个说法。

That's a good example of a final straw moment, a term which comes from the expression, 'The straw that broke the camel's back'.

这是一个很好地说明了最后一根稻草的时刻的例子，这个说法源于“压垮骆驼的最后一根稻草”的表达。

The final straw means a further problem which itself might be insignificant but which finally makes you want to give up.

最后一根稻草指的是本身可能无足轻重的问题，但是最终会让你想要放弃。

I hope this programme won't be the final straw for us, Sam.

我希望这个节目不会成为我们的最后一根稻草，萨姆。

I doubt it, Neil.

我对此表示怀疑，内尔。

The only time I cry at work is when you used to bring in your onion sandwiches for lunch.

我在职场哭的唯一一次就是你把洋葱三明治带来做午餐。

In fact, I can feel a tear rolling down my cheek right now...

事实上我现在就能感觉到一滴泪从我脸上滑落.....

Ah, so that counts as one of your cries, Sam.

啊，所以这就算你哭了一次，萨姆。

Remember, I asked you on average how many times a year women in the UK cry-and you said?

还记得吗，我刚刚问你英国女性平均每年哭几次，你说的是？

I said a) 52. Well, don't cry when I tell you that you were wrong.

我说的是 A. 52次。嗯，我跟你说你答错了可别哭哦。

The actual answer was 72 times a year.

正确答案是每年72次。

Which on average is more than men, but less than parents of new-born babies, both mothers and fathers.

这个平均来看高于男性，但是低于家里有新生儿的家长，包括父母。

They cry almost as much as their babies!

他们哭的频率跟他们的孩子差不多！

Today, we've been talking about crying, or weeping, as it's sometimes called.

今天我们讨论了哭泣，或者说落泪，它有时被这么说。

People who often cry at work risk not being taken seriously-not treated as deserving of attention or respect.

在职场哭泣的人会面对不被认真对待的风险——被认为不配获得关注或尊重。

This means they might get a label-becoming known as someone with a particular kind of personality, even though that may not be true.

这意味着他们可能被打上标签——人们认为他们是拥有某种特定性格的人，即使可能并非如此。

But crying is also a healthy way of expressing emotions.

但是哭泣也是一种健康的宣泄情绪的方式。

It can help deal with resentments—feelings of anger that you have been treated unfairly.

它有助于处理愤恨——当你被不公平地对待时感受到的愤怒。

If we don't deal with these feelings in some way, they can grow into a backlog—an accumulation of unresolved issues that you now need to deal with.

如果我们不通过某种方式处理这些情绪，它们可能会造成积压——你现在需要处理的未解决的问题的积累。

And if you don't deal with them, you might become a ticking bomb waiting to explode.

如果你不处理它们，你可能会成为一个等待爆炸的定时炸弹。

Then anything someone says to you can become the final straw—the last small problem which makes you want to give up and maybe start crying.

然后某个人说的任何事情都可能成为最后一根稻草——让你想要放弃并且可能开始哭泣的最后一个问题。

What's the matter, Neil?

怎么了，内尔？

Was it something I said?

是因为我说了什么吗？

No, Sam—I'm crying because it's the end of the programme!

不是的，萨姆——我哭是因为节目要结束了！

Ahh, don't worry because we'll be back soon for another edition of 6 Minute English.

啊，别担心，因为我们很快就会在下一期六分钟英语中回来的。

But bye for now.

但是先再见啦。

Bye.

再见。